

Do you know your neighbours?



At Lifewise, we see every day that the one thing many people struggling with homelessness, addiction and mental illness have in common is how isolated they are. Most people have lost vital connections with friends, whanau and their local community.

With no one to turn to in times of need, many people find that turning to things like drugs offers a way of coping. Lifewise delivers practical solutions for social problems – like helping people recover from addiction, and getting homeless people into homes. But to really get to the root of social issues, we have to look at the wider community. How can we make NZ a place where people look out for one another?

Because social isolation isn't just something that affects those living in poverty – it touches most of us these days. These days, only one third of Kiwis feel connected to their neighbours. We live in a unique time in history where modern life has us constantly connected to work and our social networks, but disconnected from the people we pass each day in the streets. The sad thing about this is that people need meaningful connections with others to thrive.

A simple way to make connections with people is to start where you live. Whether you live in a suburb, on a city block, in an apartment or on a rural property, you all have neighbours – and knowing your neighbours matters.

Over 80% of Aucklanders wants to get to know their neighbours better, but most people don't know where to start. That's a big reason why Lifewise started Neighbours Day Aotearoa, NZ's biggest celebration of neighbourliness.

Neighbours Day on the 28th and 29th of March is a way Kiwis can break the ice and get to know the people they share a community with. On Neighbours Day, thousands of neighbours, organisations, local government and businesses from all across the country got together to turn their streets into neighbourhoods. By encouraging connections in neighbourhoods and encouraging more 'neighbourliness', we'll be one step closer to strong, resilient communities.

"HOW CAN WE MAKE NZ A PLACE WHERE PEOPLE LOOK OUT FOR EACH OTHER?"

Knowing who your neighbours are won't solve all of society's ills – but simply saying 'hello' and starting a conversation with the people we share space with is a simple step you can take to make your patch in NZ a little bit less isolated, and a little bit more neighbourly.

To find out how you can get connected with your local neighbourhood all year round, visit www.neighboursday.org.nz



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A life turned around



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Recycle your reading



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Running for a reason

Coco's Cantina's community spirit

Coco's Cantina is a delicious eatery on K' Road that is world-famous in Auckland for the work they do building a sense of community all year round.

The Coco's Cantina hold Community Days twice a year, where local businesses donate their time and wares to fundraise for local causes. The Coco's Cantina team recently really went the extra mile for Lifewise, training for our Round the Bays charity team by running after their shifts – often at 1am in the morning! On a sunny morning in March, the Coco's team held their biggest Community Day yet, with all proceeds going to Lifewise. Getting into the spirit of it, the Coco's team cycled frantically on exercycles to power blenders to make smoothies for the thirsty crowds! The Coco's team are an amazing example of how organisations can go beyond offering a service to becoming the heart of a community.

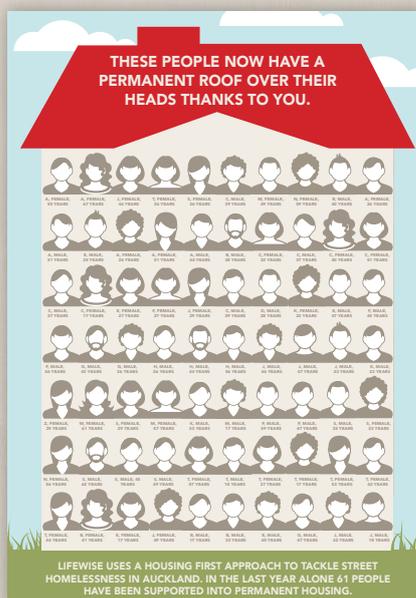


THE COCO'S CANTINA TEAM

Snippets

124 PEOPLE HOUSED!

We know that there is a very simple solution to homelessness – getting people like Lee off the streets and into homes. Thanks to your support, each week, 1 more person gets a permanent place to call home. Our Lifewise team also helped over 70 people get into temporary shelter last year.



ONE STEP CLOSER TO ENDING HOMELESSNESS!

The team at Lifewise's Hub have set up a spot in Merge Café where people can look for the latest rentals on iPads. There is also a form-filling station, where people can fill in forms that they need to get the vital documents needed to apply for things like income support.

TIME TO CARE – FINDING FOSTER CARERS FOR KIDS IN NEED

Lifewise is on the hunt for Aucklanders who are interested in becoming carers for young Kiwi kids in foster care. We'll be rolling out our *Time to Care* campaign to recruit carers later this year. If you are interested in opening your heart and your home to children in need, we would love to hear from you!

5 VITAL THINGS KIDS NEED FOR A GREAT START TO LIFE

Lifewise is delighted to let you know about the launch of our new Early Childhood Education programme, Vital 5. Like you, we believe every child should have the best start to life. The first 5 years of a child's life are the vital foundation that shape each child's future. That's why we are committed to helping local communities set up good quality centres for early learning – accessible to families of any income. By giving children a great start, we can give them a great future. Our first purpose-built Vital 5 centre will be opened in May 2015. Watch this space!

5 vital things kids need for a great start in life.

Full or part-time care for 0 to 5 years.

Call 09 302 5390 or www.vital5.org.nz

Recycle your reading

One of the comforts many people enjoy is curling up with a good book. Thanks to the team at Splice, Merge Café is now home to a Book Exchange – giving everyone in the community free access to books to call their own.

Merge will also be hosting a K' Road book club, where anyone is welcome to come along to have a chat about what they're reading.

If you have books that you'd like to give a new home to, just bring them to Merge Café at 473 Karangahape Road.



Running for a reason

On March the 8th, a team of people raising funds for Lifewise's essential services joined 35,000 other people for Auckland's Round the Bays.

The Lifewise team was a group of people from all walks of life, brought together by their passion for making NZ a better

place for everyone. The team included the Coco's Cantina whanau, who run a delicious eaterie on K road.

To fundraise, the Coco's team held a Community Market Day, with all proceeds going to Lifewise. Getting into the spirit of it, the Coco's team cycled

frantically on exercycles to power the blenders needed to make smoothies for the thirsty crowds!

"WITH THE NUMBER OF HOMELESS GROWING IN AUCKLAND, IT'S SO IMPORTANT TO SUPPORT THIS CAUSE."

The Lifewise team raised nearly \$7000 for Lifewise's work with the homeless and helping Kiwi kids in foster care get the best start to life. We are so grateful for the amazing team of people for supporting vulnerable people, and to the community for giving so generously to people in need.



TEAM MEMBERS LEFT TO RIGHT: Rebekah Sherriff, Matt Edwards, Ben Leonard, Moira Lawler, Petaia Unoi, Anna McLiver, Louis Mendiola, Jane Brock and Beatrice Randell

NOT PICTURED: David MacGregor, Dawn Carey, Michelle Hamilton, Justin Bonce, Chantal Samuela and Genesis Marsh-Potini