

75 MADE HOMELESS FOR 13.5 HOURS, \$100K+ RAISED FOR AUCKLAND'S HOMELESS, **YOU HELPED MAKE THIS HAPPEN**



MARK ELLIS
SMILING AFTER A COLD NIGHT



METIRIA TUREI
GREEN PARTY CO-LEADER



BOB HARVEY Q.S.O. & DICK HUBBARD
FORMER MAYORS



JOHN MCCARTHY & JOHN MURRAY
FROM LIFEWISE



'ROUGH SLEEPERS'
JULY 2011



PARTICIPANTS LINE
UP FOR A HOT MEAL



EVERITT JOHNSON & JULIAN WILCOX
FROM LIFEWISE AND MAORI TV



BEDDING DOWN
FOR THE NIGHT

Delivering on its promise to raise significant funds and awareness for Lifewise' homeless services, the Lifewise Big Sleepout has, for the second year running, given the Lifewise crew much reason to celebrate. A celebration made possible thanks to donors like you.

United by a commitment to end homelessness, over 70 participants, including politicians, business and community leaders and well-known household names, traded their creature comforts for a night of 'rough sleeping' in Auckland's CBD. Significant support was provided by AUT to make this possible. Armed only with a sheet of cardboard and a sleeping bag, participants braved blustery conditions and the winter chill to make a public stand against the issue of homelessness – an issue that remains solvable despite being on the increase in Auckland.

As part of their initiation into homelessness, participants heard first-hand accounts from two formerly homeless people – two of the 189 that have been housed by Lifewise since mid-2008, thanks to your support. Spirits were high as participants donned their beanies, prepared their make-shift 'beds' and chatted about their various fundraising exploits. Such fundraising efforts paid off with donations totaling \$105K at the time of print. A phenomenal amount, which will be directly applied to Lifewise' critical – and highly successful – homeless services.

The Lifewise approach fosters long-term, sustainable solutions. Through initiatives such as the new Merge Café and service hub on K Road, we seek to house and reintroduce homeless people back into the wider community. The continued success of this event goes a long way to meeting this goal. As a result, we remain equipped to address the issue of homelessness at every level of influence – meeting the immediate and the long-term needs of the homeless while at the same time working strategically with non-government and government bodies to find solutions.

**189 HOMELESS PEOPLE
OFF THE STREETS THANKS
TO YOUR SUPPORT**

Preparations are already underway for the Lifewise Big Sleepout 2012. It will once again be a no-holds-barred approach to exposing what is often an invisible issue.

To read more about the 2011 Lifewise Big Sleepout or to donate please visit www.bigsleepout.org.nz.



P2

MY NIGHT HOMELESS



P3

MY DAY WITH A LIFEWISE
CASE MANAGER



P4

LOVE THY NEIGHBOUR

AN UNUSUAL INVITATION



Dear Friends,

It is not often that you are invited to 'sleep rough' for the night.

I am so happy that I accepted the invitation. Not only did I spend time with many of our committed supporters, I was also reminded of the harshness of homelessness. An experience that drove home the critical need for committed and passionate organisations like Lifewise – and just as importantly, our need for supporters like you.

As a valued supporter I encourage you to take the time to read the stories contained in this newsletter. Whether you read about the insight of Helen, the gratitude of Maureen or the collective enthusiasm of neighbours New Zealand wide I hope that you will be encouraged by what your donations have been able to accomplish. I know I am.

WARM REGARDS,

JOHN MURRAY
EXECUTIVE DIRECTOR

WHAT YOU CAN LEARN AFTER A NIGHT ON THE STREETS

The Lifewise Big Sleepout: A participant's perspective

By Helen Steemson

I always considered myself reasonably open-minded and understanding about homelessness and its underlying issues.

Last night I got the opportunity to talk to people on the front line - the social workers and a couple of those they'd helped. I also slept outside, on a piece of cardboard, on concrete. The experience made me realise how judgmental I've always been.

Here are some things I learned that challenged my prejudice and could challenge yours too:

- There are kids living on the streets. They're an even spread of ALL races and sexes, but have one thing in common - they have no safe home. We have 3 weeks to get kids back into safe care, before street life and people become the only family they've ever had.
- Living on the street doesn't make you stupid, or lazy or ignorant. Some people struggle with undiagnosed mental conditions, others with a history of violence, sexual and emotional abuse, many have never known a stable home and lack basic life skills.
- The vast majority of people on the streets don't draw a benefit. They've never had the opportunity to learn basic social and life skills which means they don't know how to ask for help, or don't even think they deserve it.
- Many homeless defy the usual stereotype. They blend in. They keep themselves clean, live fairly honestly and even pass the time of day with other people. There are more people living on the fringes of society than you ever see.
- Trite as it may sound, they're actually people. It's easy to forget that when all you ever see are piles of dirty clothes. A guy we talked to at the



HELEN, JOINED BY HER COWORKERS FROM THE COMMON ROOM, ATTEMPT TO GET COMFORTABLE FOR THE NIGHT

Lifewise Big Sleepout lived on the streets for 13 of the past 18 years. Easy to call him a bum and move on. Thing is, he was a scholarship student, came from a good, working class family, and knows how to use words like "coalesce". He now lives in his own place, has educated himself about his bi-polar condition and lives a steady, comfortable, independent life.

- Homelessness is characterised by shame, ill-health and hopelessness. I slept outside for one night, with

THERE ARE MORE PEOPLE LIVING ON THE FRINGES OF SOCIETY THAN YOU EVER SEE

a high-quality sleeping bag, close friends, hot food and drinks and protected by security guards. I didn't have to fight for food, worry about my personal safety, wander the streets looking for somewhere I wouldn't be kicked out of with my worldly belongings, combat hypothermia or withstand being shunned by 'normal' people. Even with all these luxuries, the next morning I was tired, unmotivated and feeling sorry for myself. For people living on the streets, this is what it's like. Every. Day. I can tell you, it's much, much harder to believe that life can be better with a little effort or even that you deserve a better life when you're living on a diet of half-eaten Big Macs, a few hours' sleep and disgusted looks from passers-by.

So what can you do? Obviously, donate household goods and money to Lifewise to support them in their ongoing work. But as importantly, you can help by challenging your attitude. Remember that everyone has a story. Think honestly about how easily you could fall through the cracks too.

And more practically, head down to Victoria Park any Friday at 1pm, and play a game of touch with Sau, one the Lifewise team, and his group of touch enthusiasts, who also all happen to live on the streets. Or, the next time you're near K Rd, stop in at the Lifewise Hub Cafe, opposite Dick Smith and have a (cheap!) cup of coffee. Just being there means you'll learn something, and in turn help homeless and marginalised people begin to believe that they are still members of our society. That they're not just dirty nobodies who should stick to soup kitchens and door steps. That there's hope. That they can and deserve to make a positive change.

Thanks to the Lifewise team for the compassionate, hard work you do. You're changing lives. Mine included.

HOMELESSNESS IN NEW ZEALAND

- **1 IN 5 HOMELESS ARE WOMEN**
- **80% HOMELESS YOUTH HAVE BEEN IN FOSTER CARE**
- **70% APPROXIMATELY ARE MAORI**
- **AUCKLAND'S HOMELESSNESS ISSUE IS COMPARABLE TO LONDON'S (PER CAPITA) AND GROWING**

SN!PPETS



HOMELESS IN PAID WORK THANKS TO JOINT EFFORT

In partnership with the Auckland Council and the Auckland City Mission, Lifewise is providing paid work to some of Auckland's homeless and marginalised. The work, provided by the council, currently involves graffiti removal at Parnell Steamworks and land clearance at a property in Grey Lynn, with plans to expand to include other projects around the city. Corie Haddock remarks, "We're stoked [no pun intended] by the initial response from our clients and are excited about the potential this initiative holds."

OUTLOOK BRIGHTER FOR MAORI VICTIMS OF FAMILY VIOLENCE

While Maori make up 13% of the population in Waitakere, they represent 30-40% of reported family violence incidents*. Seeing a long-standing gap in services for Maori families affected by family violence, Lifewise, in partnership with Western Refuge, is establishing a targeted response. This has been made possible by critical seed funding through the government's Community Response Fund. Set to begin in late 2011, Lifewise is excited by the challenge of working in this high-priority area.

NO CHILD FORGOTTEN

Ensuring all children have access to early childhood education is critical and so we're delighted to be supporting Otago Tongan Methodist Parish to open a new early childhood education centre. With places for 70 children this centre will be built in Otago South under government funding recently announced. Due to open July 2012.



A NIGHT TO REMEMBER

In May, we were proud to hold a graduation ceremony to celebrate the efforts of 58 of our Homecare workers who recently completed their Level 2 or Level 3 Home Based Support Services qualification. "Gaining a qualification like this not only provides a personal sense of achievement to each and every one of our caregivers, it also gives them a greater appreciation of the value of their work. We believe this directly impacts staff retention levels," says John McCarthy, General Manager.

*NZ Police data

20,000 DOORBELLS RUNG EVERY MONTH

My day shadowing a Lifewise case manager By Claire Farrelly

Many know Lifewise by our work with Auckland's homeless community. However, a sizeable portion of our work involves providing essential services for older people and those of all ages who live with disability. So sizeable in fact, that Lifewise workers ring over 20,000 doorbells every month.

To give you a little background, in 2009, Lifewise established a new approach to delivering home support. The main focus of this approach is on restoring and maintaining independence. Being somewhat office bound in my role as direct marketing and communications manager at Lifewise, I have come to relish any opportunity to see the Lifewise approach in action.

My curiosity to learn more about this critical service led me to dedicate a day to shadowing a Lifewise case manager. A case manager being a member of the Lifewise team whose key responsibility is to assess client need, develop goals with the client, co-ordinate services to meet those needs, including linking with other community agencies and to then review progress.

Enter Kirby, an engaging Lifewise case manager, with an undeniable knack for connecting with her clients. I was to follow her while she visited with several of the older clients who are on her books.

The first client I met was Peter, a gentle man with a cheeky smile. Kirby intently discusses his current situation, covering topics from physical health through to meal preparation, social activities and family support. I am struck by the ease of rapport that is evident throughout our meeting. A rapport that one client later attributes to Lifewise' commitment to maintain consistency of caregivers as much as possible. Peter informs us that he is making his own meals and remaining mobile, with the help of his prosthesis. It is clear that like so many older people, he deeply values his independence. I am instantly proud that we assist him in maintaining that independence.

Kirby goes to great lengths to ensure Peter is happy with the support Lifewise provides throughout the week. Her questions are met with happy head nods and verbal assurances of satisfaction. Interspersed throughout our time with Peter, we cover other such important topics as the upcoming Rugby World Cup, the history of the Parnell Rose Gardens and the benefits of sitting in the sun. I get the feeling I am going to enjoy my day.

We move on to the home of Betty, a lovely woman approaching 87 years of age. Kirby engages in cheerful conversation with Betty who happily updates Kirby on the happenings of her grown children. I notice that Kirby

MAUREEN AND I BECOME INSTANT FRIENDS AS WE DISCOVER THAT WE ARE BOTH JANE AUSTIN FANATICS

is easily able to recall details of Betty's life. Once again, I see that warmth of relationship is a key component of a case manager's role. Kirby then conducts her assessment, once again leaving no stone unturned. Betty updates Kirby on recent developments and Kirby suggests options which might help. I was delighted to later hear from Kirby that Betty now needs less support as she has successfully reached several of her goals.

We continue our visits with several other clients. Each with varying levels of need and each as appreciative as the next for the support Lifewise provides. Any area of concern or update is dutifully noted and spoken through. Kirby makes a point of suggesting opportunities for clients to get involved in community activities, such as Tai Chi, explaining to me later that such activities combat an issue faced by many older people - social isolation. I am struck by how thorough a Lifewise case manager's visit is and am particularly encouraged by the sheer determination to ensure each and every client is more than satisfied with the support received,



MAUREEN,
DELIGHTED WITH LIFEWISE' SUPPORT.

and just as importantly, receiving the right level of support to meet their goals.

Kirby and I grab a midday coffee while I inundate her with questions concerning her role at Lifewise. She speaks openly about her affection for her clients, her sadness when one passes and her appreciation for Lifewise as an employer. I begin to see why it is that Lifewise maintains an impressively low attrition rate in an industry often fraught with staff retention issues.

Lastly, we visit, Maureen. Maureen and I become instant friends as we discover that we are both Jane Austin fanatics. Maureen quotes to me the opening line of *Pride and Prejudice*, "It is a truth universally acknowledged that a single man in possession of a good fortune must be in want of a wife". I am instantly challenged. On her own volition Maureen speaks glowingly of the support received from Lifewise. Maureen explains in no uncertain terms that she would be "lost without the tremendous support of Lifewise" and most assuredly in a rest home rather than living independently as she is. Knowing that Maureen is 92 years of age simply reinforces my appreciation for what this must mean to her.

Our day comes to a close and I cannot help but reflect on the approach that I have been witness to. It is an approach that is consistent across all Lifewise services, an approach that embraces compassion, dignity and empowerment. Peter, Betty and Maureen are testament to the effectiveness of this. I am proud to work for an organisation that advocates for such an approach.

I bid farewell to Kirby and drive away smiling.

MEET, LOVE, FEED THY NE!GHBOUR

NEIGHBOURS DAY AOTEAROA ONCE AGAIN ENCOURAGES KIWIS TO REACH OVER THE FENCE

Once upon a time it was common practice to lean over the back fence and while chatting with your neighbour acquire an egg, cup of sugar or perhaps even an hour's worth of free babysitting for the little ones.

Unfortunately, it would be fair to say that such neighbourly relations tend to be an anomaly rather than standard practice these days. In fact, Lifewise and Takapuna Methodist Church worker, Rebecca Harrington, has discovered that many people struggle to even recall their neighbour's name. Neighbours Day 2011 has shown that over 80% of kiwis would like to change this*.



COMPETITIVE FUN
IN EAST TAMAKI

Neighbours Day Aotearoa, a partnership initiative between Lifewise and Inspiring Communities, was once again the catalyst for connecting thousands of kiwis in over 220 suburbs nationwide. Undeterred by rather soggy conditions, neighbours varying in age from 3 weeks to 106 years joined in the festivities – with countless sausages cooked, cupcakes baked and phone numbers exchanged. One participant said that their event involved neighbours, who had lived on the same street for nearly 30 years, meeting for the very first time.

As well as encouraging neighbours to get in touch with neighbours, there is



NEIGHBOURS DAY WELCOMING COMMITTEE:
ALEX, ELI, SARAH AND EMILIE

a wider benefit to be had. Campaigns such as Neighbours Day go a considerable way to strengthening communities. In fact, John McCarthy, General Manager of Lifewise, is all too happy to admit that this may eventually put him out of a job. He delights in saying, "If neighbourhoods

GO ON, LEAN OVER THE FENCE AND CHAT TO YOUR NEIGHBOUR. THERE MAY JUST BE A CUP OF SUGAR IN IT FOR YOU.

were to be healthier, safer and more enjoyable places to live, the need for formal social services would be redundant, or at the very least negligible! Research has shown that connected communities perform better on a number of measures, namely child outcomes, mental health scores and poverty indicators. The hope is that Neighbours Day might ultimately play a significant role in lifting the quality of life for many kiwis."



DIOCESAN GIRLS HELP SPREAD
THE WORD

Perhaps you can foster your inner neighbourly tendencies this winter by sharing some home-grown winter vegies, planning a mid-winter feast, sharing your favourite recipes or perhaps partaking in that favourite kiwi pastime, watching the All Blacks.

Whatever you do, be sure to do your part to transform your street into a neighbourhood.



NEIGHBOURHOOD ZUMBA
PROVES A SUCCESS.

Raining, cold, light and construction work has just started in street. Am definitely earning my donations to #LifewiseBSO!

@msmadwoman

If you're affected by snow / bad weather today please check your neighbours are OK, especially if they live alone cc @LifewiseNZ

@neighboursday

RT @aklcouncil: Strengthen communities? How can we do this? What's your view? www.theaucklandplan.govt.nz #AKLplan

@lifewisenz

JOIN THE CONVERSATION

Concerned about the state of New Zealand? Do you have an opinion on issues of social importance? Jump online, join the conversation with Lifewise and be heard.

 www.facebook.com/lifewisenz

 www.twitter.com/lifewisenz

Listening 2 experiences of former homeless men. Both now housed + one has recently passed his BA. What can b done with support @bigsleepout

@MoanaMackey

BIG congrats to team at the Lifewise Hub on K'Road - another 27 homeless individuals off the streets in last 6 months.

@bigsleepout

Our family support team are noting a significant rise in family violence. And tipped to increase more in RWC.

@lifewisenz

OUTSMART YOUR VEGES THIS SPRING

In recent months your wallet is likely to have felt a pinch from an unlikely suspect – your local fruit and vegetable provider. One solution to this, buying seasonally. Here are a few reasons why we think this is a pretty good idea.

- COST:** Buying things out of season means long shipping times, fuel costs and other factors that all add up to an impressively high price tag. Buying things in season = cheaper price tag.
- NUTRITION:** Since out-of-season produce is often shipped from thousands of kms away, it spends many days in transit, all the while losing key nutrients. Seasonal = fresher, tastier, healthier produce.
- SOMETHING NEW:** Buying seasonal produce gives you the chance to be a little adventurous in the kitchen. So, step out of your comfort zone and hunt down a recipe involving a seasonal fruit or vege you haven't tried before. You may just like it!
- NZ GROWN:** In most cases, buying seasonal produce means buying New Zealand grown. And we love the thought of that.

FRUIT AND VEGES AVAILABLE IN SEPTEMBER

VEGETABLES

Artichokes	Mushrooms
Asparagus	Onions
Avocados	Pak Choi
Broad Beans	Parsnips
Broccoli	Potatoes
Broccolini	Pumpkin
Cabbage	Shallots
Carrots	Silverbeat
Cauliflower	Spinach
Garlic	Sprouts
Kale	Swedes
Kumara	Watercress
Leeks	Yams

FRUITS

Grapefruit
Lemons
Mandarins
Oranges
Pears
Rhubarb
Tamarillo
Tangelos