



CARE

Waitakere Trust

Coming Alongside to Restore and Empower

Annual Report

1 April 2019 to 31
March 2020



THE CHARTER FOR COMPASSION

The principle of compassion lies at the heart of all religious, ethical and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves.

Compassion impels us to work tirelessly to alleviate the suffering of our fellow creatures, to dethrone ourselves from the centre of our world and put another there, and to honour the inviolable sanctity of every single human being, treating everybody, without exception, with absolute justice, equity and respect.

It is also necessary in both public and private life to refrain consistently and empathically from inflicting pain.

To act or speak violently out of spite, chauvinism, or self-interest, to impoverish, exploit or deny basic rights to anybody, and to incite hatred by denigrating others - even our enemies - is a denial of our common humanity.

We acknowledge that we have failed to live compassionately and that some have even increased the sum of human misery in the name of religion.

We therefore call upon all men and women

- ~ to restore compassion to the centre of morality and religion
- ~ to return to the ancient principle that any interpretation of scripture that breeds violence, hatred or disdain is illegitimate
- ~ to ensure that youth are given accurate and respectful information about other traditions, religions and cultures
- ~ to encourage a positive appreciation of cultural and religious diversity
- ~ to cultivate an informed empathy with the suffering of all human beings, even those regarded as enemies.

We urgently need to make compassion a clear, luminous and dynamic force in our polarized world. Rooted in a principled determination to transcend selfishness, compassion can break down political, dogmatic, ideological and religious boundaries.

Born of our deep interdependence, compassion is essential to human relationships and to a fulfilled humanity. It is the path to enlightenment, and indispensable to the creation of a just economy and a peaceful global community.

www.charterforcompassion.org



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LETTER FROM THE CHAIR

Richard Charmley

It is with much pleasure that I write this annual report on behalf of the Board of Trustees.

CARE is an inspiring organisation for me to play a small part in nurturing and supporting. As an established organisation it is now like a mature and well formed Kauri tree. Its strong roots now go deep. With over twenty years of much growing and tending, it is an established and strong organisation that can stand no matter what. Covid has been the ultimate test of our strength and ability to stand and even flourish in the hardest of times. During this trying time services were adapted over night and all continued to be delivered by an amazing team. The adaptability and commitment of staff and managers has been utterly impressive. It is inspiring to read the stats on how many people continued to be helped over this time. The board wishes to express heartfelt thanks to a wonderful hardworking and resilient team of people.

Clearly CARE'S roots go deep into all that is good and nourishing and draws sustenance like the mighty Kauri in Aotearoa that inspire us all in moments of trial and contemplation alike. I especially wish to acknowledge those who have been at CARE for a long period now. I acknowledge and express the Board's thanks to Kathy, Lynn and other team members who have been part of CARE for many years now. These people are part of the strengthening trunk of our mighty Kauri. Regularly their names come to the attention of the board who are always touched and inspired by information about their commitment and good work at CARE.

You are our strength and fibre and give a sense of continuity and confidence to all who work at CARE. CARE has now crafted itself into a comprehensive blend of professionals who deliver wrap around services with excellence. We now provide a wide range of services helping individuals and families to secure their finances and daily basic needs through to specific social or personal therapies. An effective amalgam for many in need in our community. We consistently attend well to complex needs in our community. We will, however, not ease back in our continued investigation into, and dialogue with, individuals and groups that may yet benefit from the services we currently offer or have a need to create.

My thanks to my fellow board members. A wonderful group of people who care much about all that happens and might be in the future of CARE. Your work and wisdom and spirit of much good will is a great service to CARE and an inspiration to me personally. We are not a large board but have come to value and know that knowing each other and drawing on each other's strengths effectively is a synergy that is very nourishing in getting the work done. Kathy and Lynn continue to work tirelessly and well to keep everything managed and running. You are the good oil that keeps CARE running so smoothly.

At this time of writing my heart is full with good thoughts of all who work in and around CARE to truly restore and empower those who seek our help.

Arohanui,
Richard Charmley



LETTER FROM THE CEO

Kathy Clist

“Ehara taku toa i te toa takitahi engari, he toa takitini”

“Success is not the work of one, but the work of many”

This time last year we were celebrating 20 years of growth and consolidation across our team and services, reflecting on our unchanging values and looking ahead with excitement to the future. None of us could have predicted that a year later we would be in the midst of a deadly pandemic, sheltering in our houses, concerned for our wellbeing and the health of people around us, and harbouring great uncertainty as to what might lie ahead!

I'm always proud of our star team, but, during this period, as we had to dig deeper and find more resilience, more flexibility, more acceptance, they shone even brighter. Opportunities were taken to dream up new services and ways of doing things (for example the Foodbank delivery service we set up during lockdown, a new parent coaching service offered by phone or Zoom, a Facebook group for staff to connect while working from home, weekly 'Zuis' just to check in with each other, on-line professional training, upskilling in computer skills and more).

I can report that CARE has survived and even thrived, and that during this period we were able to draw on all our values and strengths to both take care of ourselves and each other as well as keep reaching out to those people in our community who didn't have the physical and emotional resources to deal with the new realities.

We still don't quite know what this year will look like in its entirety, in fact we may never again be confident of being able to see too far ahead. But as we discovered we can survive even a pandemic, we learned things about ourselves as people, as a team, and as a well-established organisation that we will be able to take into whatever challenge may come next. There will always be challenges!

My warmest thanks to all those who have continued to support us financially, particularly over this last period. This has enabled us to provide extra services and support as needed. We have been particularly humbled by the support of our local community during this time. We appreciate and are so grateful for even the smallest donation and indication of your support. Because of you, we can keep doing what we do.

Finally, to our Board of Trustees: Richard, Lynn, Stu, Nick and Gail – we are so grateful for your warm and wise support, and your belief in the work of CARE.

Kathy Clist
CEO

CELEBRATING LYNN GOOLD



Early this year, when COVID-19 wasn't in anyone's vocabulary, Lynn Goold indicated that the time had come for her to retire from day to day operations at CARE. Lynn is one of CARE's co-founders, and she has been with us from the earliest days working as a counsellor, a manager, a trustee and basically wearing any and all possible hats as the need arose.

The announcement wasn't exactly a surprise as it had to happen one day, but the reality of it took some getting used to! Lynn is part of the 'bones' of CARE - it is because of her ability to dream big dreams, and put them into action, that CARE exists. And her gentle, professional, wise presence has guided CARE (and especially me) every day of the last 21 years.

We will miss her forever and are so glad that she will keep her Trustee role. We wish her all the joys of grandmothering, gardening, enjoying nature, and maybe even travelling overseas again, and we know without a doubt that she will always carry CARE in her heart.

Kathy Clist

A message from Lynn

25 years ago a group of passionate people embraced this dream and, in 1999, CARE Waitakere began. I have been privileged to be part of that team from the beginning.

The team has changed and grown but the passion and values have remained the same. I look back with gratitude, and forward with anticipation as CARE continues to grow. So many people to thank for enriching my life. It is impossible to name them all.



CARE Board of Trustees 2020 (from left): Gail Bond (Treasurer), Stu Sutherland, Richard Charmley (Chair), Lynn Goold, Nick Mulqueoney

However, I must pay tribute to Kathy Clist, our present CEO, who has been with me from the beginning, leading our team with warmth and expertise. Such a privilege to ride the day to day rollercoaster of challenges with her. So grateful too, for the wise support from Richard Charmley and our dedicated Board of Trustees. Most of all I honour our clients who have so inspired me over the years as they walk through often enormous challenges.

Arohanui
Lynn Goold



We have a dream...

We dream of a community in which resources will be shared so that even the most disadvantaged among us will be able to meet basic needs with dignity and joy.

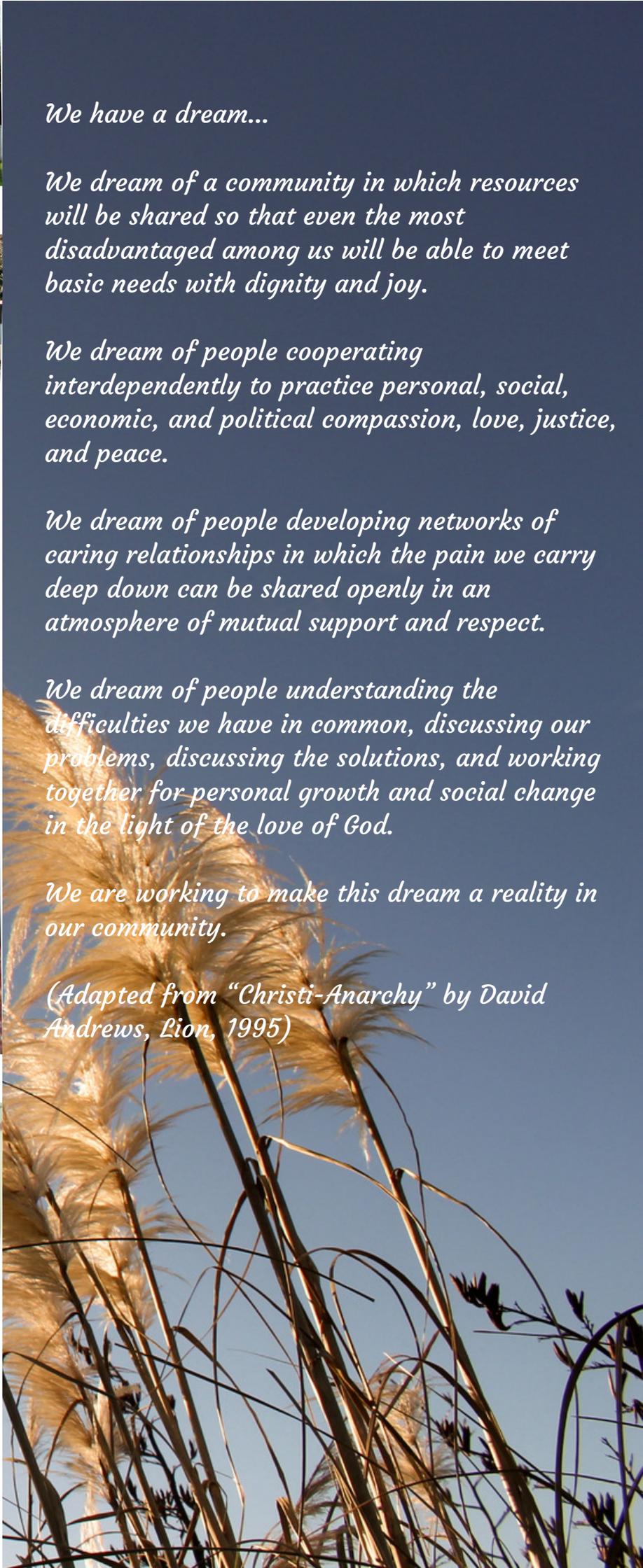
We dream of people cooperating interdependently to practice personal, social, economic, and political compassion, love, justice, and peace.

We dream of people developing networks of caring relationships in which the pain we carry deep down can be shared openly in an atmosphere of mutual support and respect.

We dream of people understanding the difficulties we have in common, discussing our problems, discussing the solutions, and working together for personal growth and social change in the light of the love of God.

We are working to make this dream a reality in our community.

(Adapted from "Christi-Anarchy" by David Andrews, Lion, 1995)



OUR KAUPAPA

Our vision is that our community is safe, connected, resourced and thriving.



Holistic Health

We nurture wellbeing in all aspects of personhood.



Hospitality

We provide a welcoming and safe space for our clients and our staff.



Paramourncy of Children

In all aspects of our work, the welfare and interests of a child or young person are the first and paramount consideration.



Professionalism

We provide a working environment which supports personal and professional growth.



Honouring Te Tiriti

We recognise the unique cultural identity of Maori as tangata whenua, and seek to honour the principles of te Tiriti o Waitangi



Respect

We acknowledge the importance of all aspects of being human including spirituality, and we respect the right of every person to choose their own path.



Honouring Diversity

We celebrate the diversity of our society and promote respect and inclusivity.



Our Foundations

Our service has its foundations in the values and teachings of Jesus Christ.

OUR MISSION AND SERVICES

Our Mission

To meet the needs of our community, Waitakere City, by delivering compassionate, affordable and professional services which enhance the wellbeing of children, adolescents, adults and families.

The people we serve are empowered to live healthier and more fulfilled lives. Injustices are challenged, people who are disadvantaged have hope.

Our Services



Kathy Clist continues to provide Justice of the Peace services at CARE. She is available for all JP services Monday to Thursday.

CLIENT STORIES

Sabira*

Sabira* and her 2 young boys arrived in NZ as refugees and were placed in a Kainga Ora house. Sabira retrained as a health professional but near the end of her studies, her relationship became abusive and she had to take her sons and leave the family home. She was placed in a motel, and forced to go on to a benefit to support her children. While in this homeless state, it was very hard for Sabira to find work. Despite all the turmoil going on around them, Sabira made sure that her boys never missed a day of school.

Sabira engaged with CARE when she was asked to provide a household budget and supporting letter for social housing. When our Financial Mentor Fiona heard her story, he first call was to WINZ, to explain the circumstances that had forced Sabira from her home and have her moved up the housing list. In a short time, Sabira and her boys were placed in a new, warm, dry property suitable for children. They report feeling settled and happy again, and Sabira is now able to actively seek employment, which she is very eager to do.

Mickey*

Mickey* is a 28 year old single man, flatting and working full time. He came in for financial mentoring with Iain. Iain was able to see that he was paying significantly too much on his water bill and his other expenses were also higher than necessary, and he was not able to get on top of his credit card debt. After working with Iain and making a budget, Mickey emailed:

"Not long after our meeting we did the water-main check and it turns out we were being charged for our neighbours usage - We received a credit of around \$400 to go towards our future bills! I was also able to transfer \$5k of my 10k Credit Card debt to a 0% interest Credit Card and have slowly been paying them both off. If everything goes well I should be able to have that cleared by the end of the year.

I also updated my budget and moved to a cheaper phone plan and cheaper gym. I was able to change my work schedule so most days I'm able to get free parking. That's freed an extra \$400 a month which is going straight on my credit card. If it wasn't for Covid19 I would say this year is on track and hopefully if all goes well we will be in a good spot for 2021."

Olive*

Olive* was referred to the Family Support Service by her psychotherapist for help addressing systemic issues that were preventing her being able to fully engage in therapy. Olive has a significant trauma history, which has led to a major distrust in services and social workers in particular. Over time, Lauren was able to gain her trust, Olive has started a part-time job, picked up regular baby-sitting jobs and also moved into a flat with peers her own age and stage in life. With CARE's support, Olive enrolled in and passed the University of Auckland adult foundation course - with an A average, giving her the option for further study. With CARE's support, Olive is committed to building a stronger future for herself.

"I have huge trust issues and Lauren was very patient and worked hard to create a good relationship with me. Lauren and the whole service is extremely pragmatic and flexible with their approach and this has allowed me to be more pragmatic in my approach to hurdles. I will continue to discover who I am to help improve my confidence in my abilities and power over my life."

COUNSELLING SERVICE

When a client decides they need counselling support it's often an act of courage. They may have experienced a stressful or traumatic life event. The Counselling Service at CARE aims to offer a place of welcome, support and healing to everyone who contacts us.

Outcomes

This year our Counselling service indirectly impacted over **4,203** people, including over **1,479** children*.

1,098 Clients
8,310 Counselling sessions
93% of sessions were offered at no cost to the client.

Client feedback

"Cathy is a great person to talk to. Back when I was feeling really depressed and anxious, my counsellor really helped me understand my problems and work through them. She also made me understand that I'm not alone whether it's talking to her or my family members."

"[Counselling] really was a big help within a very difficult season I've been in this year. I've been able to talk and get help on different areas of what's going on in my life. Kathy has been an excellent help. I've felt like she has gone out of her way to make me feel cared for and supported, by taking the time to hear me out and counsel me. Super grateful for every session I've been in"

"The counselling along with the other services on offer helped me through a very tough time and I don't think I would have made it through otherwise".

Counselling Report

Contributed by Kathy Clist

Our counselling team now consists of 32 counsellors, psychotherapists and psychologists. Of these, 13 therapists (including 4 child therapists) work onsite from our Te Atatu or Massey rooms, and 19 work offsite in other parts of Waitakere, Auckland and Rodney, providing ACC counselling for Sensitive Claims. Together they have a wealth of experience and background which means we can offer support for most issues our clients are faced with.

During COVID-19 we were able to access some extra funding from MSD, which enabled us to provide Parenting Coaching particularly during lockdown (by Zoom or by phone), as well as some extra support for couples and families. All our counsellors kept working, offering online sessions as needed, so our total number of counselling sessions for the year was 8310 compared to 6763 in the previous year. Because of the contracts that we now have, as well as funding support, we were able to offer 93% of our counselling sessions at no cost to our clients, whose stories and resilience continue to inspire us every day.

BUDGETING SERVICE

Outcomes

Last year our Budgeting service indirectly impacted over 2,000 people, including over 1000 children.

556 Clients
756 Sessions

Client feedback

"My budgeting mentor, Iain, is working with me (still), to try and liaise with creditors and my landlord. He has an amazing amount of experience, knowledge, patience and empathy. The thing I admired the most about my financial mentor's work ethic was that he sounds so passionate about his job and helping people.

After speaking to him over the phone today, I felt like a weight had been lifted off my shoulders. We still have some work to do but I am confident that he will be there to help, guide me and give that extra bit of support that i very much need through this journey."

"My financial mentor, Fiona, helped me make contact with all my creditors, got some of the debts written-off for me, and others reduced to a level that I can maintain with my limited income. She also supported my move to social housing. I am in a much better place now and very grateful for the multiple supports I have received from CARE Waitakere Trust"



Senior Financial Mentor Fiona Halliwell

Budgeting Report

Contributed by Iain Davies.

The past 12 months have been generally challenging for many in our community with the continued lack of affordable, quality housing still a core problem.

The additional challenges related to Covid-19 have seen many of our clients losing vital part time employment and others finding themselves relying on food parcels and government benefits for the first time with the collapse of more secure forms of employment. The effects of the economic downturn have been extenuated by the fact most households have come into this crisis with little or no financial resilience. Many have taken on high levels of consumer and mortgage debt and were already living week to week with no room for even a slight decrease in income.

Despite the stories of financial hardship and broken dreams facing those in our community, we also come across families finding financial resilience in what may seem like hopeless financial situations. We continue to partner with our clients to help them make the best of their situation.

We would like to thank our wider team who step in and do a fantastic job when things get over our heads; Waitamata Community Law, The Commerce Commission, Kiwidebt, Keith Kerr (mortgage broker), and of course the ongoing support of the local Te Atatu community who are so willing to give when others are in need.

"I felt peace and relief when I left because I knew everything was going to be alright...."



FAMILY SUPPORT

Family Support views each individual case with a systemic approach and works to address any gaps or barriers that there may be on their journey of recovery.

Outcomes

- 115 Clients
- 197 Children Impacted
- 463 People Impacted

Client feedback

"I have found Lauren to be an absolutely fantastic support for me especially during COVID-19. She is very easy to talk to and she has been very helpful in offering coping strategies and linking me up with other appropriate services."



Social Worker Lauren Godsiff

Our sincere thanks to Sky City Community Trust for their support for this service.



Family Support Report

Contributed by Lauren Godsiff.

The Family Support Service warmly welcomed our new social worker Lauren Godsiff this past year and she has hit the ground running.

Lauren has offered a range of services, forever adapting to meet the needs of our community. Key issues she has assisted our clients with include: advocacy with Oranga Tamariki, connecting with drug and alcohol supports, mental health support, relationship issues and linking with other specialist social services for housing, employment and community social work. Lauren is driven by a strengths based approach, working alongside her clients to set realistic goals while encouraging independent problem solving strategies.

Lauren continues to build strong connections within our community this past year focusing on the Police Family Harm Team, Oranga Tamariki, the Fono and other partnering agencies in the wider community. By doing this she builds a strong network of agencies to connect clients with in their journey to well-being.

"My care worker (Lauren) makes me feel cared about and actually listens and understands me. For the first time in many years I finally feel motivated to make some very much needed changes in my life and that I am strong enough to leave all the negativity behind me for good".

FOODBANK

Community

Outcomes

- 474 Food parcels
- 427 Clients
- 1,962 People Impacted

Client Feedback

"Thank you so much for your help and advice. It is so nice to have someone on my side and helping us succeed".

"I felt very welcome and like they genuinely wanted to help my whanau".

"Keep up the awesome work, CARE team, you are all so helpful in many situations of everyday life".



"Thank you so much for everything you have done to support me and my family. Not only the time you have spared to help us, but all the effort and kindness"

Thanks to our local schools, community groups, businesses and individuals who support our foodbank, as well as our partners below:



Food Assistance Report

Contributed by Jo Faulder.

Last year saw a huge increase in food parcel requests with a 94% increase on the previous year. At times this proved challenging as we struggled to keep food on our shelves but again our generous community, schools and other organisations pulled together to ensure we could support our clients.

We were extremely grateful to receive meat grants from the Henderson-Massey Local Board and were also accepted as recipients of donations from Kiwiharvest and Foodlink. This meant we are able to give our clients fresh meat, fruit and vegetables in the food parcels along with non perishable items. Our relationship with local business Tasti was strengthened and we are now in the lucky position to never be short on muesli bars and Sanitarium has also become a regular donator of Weetbix. We are also now on the charity donation list at Asaleo Care which means approximately every quarter we receive a pallet of toilet paper, nappies, tissues, paper towels and sanitary items.

We are extremely grateful to our wonderful volunteers and also Countdown and Te Atatū Health who continue to collect donations on our behalf. We would also like to thank the generous businesses and individuals who regularly support us financially.



CHRISTMAS HAMPERS

Outcomes

Last year with the help of the Te Atatu community, our Christmas Hampers indirectly impacted over **400** people including over **200** children.

- 100** Christmas Hampers
- 100+** Community supporters
- 1** Very generous local community

Client Feedback

"OMG!! That Christmas hamper made me cry so much happy & overwhelmed tears. Thank you so much, I haven't been given a Christmas present in years & my daughter was super excited when she saw her unicorn PJ's (her FAVOURITE thing ever - UNICORNS) . Thank you & whoever else that helped in any way to put together that hamper for me & my little family on top of EVERYTHING else you have done & are still doing for us, I don't even know how to put words to the way I'm feeling right now. Mixed emotions. Thank yous again".

Christmas Hampers Report

Contributed by Jo Faulder.

Although December can be a little chaotic is it also a wonderful time at CARE as our Christmas Hamper appeal kicks off!

This year The Warehouse kindly donated blue flexi tubs which made things a lot easier and it was great to see these popping up around the community. We had a number of individuals, business and community groups make up complete hampers, donate items or sponsor hampers with a monetary donation and we would then full a hamper on their behalf. We had a team of volunteers packing and delivering hampers and also collecting donations outside our local Countdown. This project would not happen if it wasn't for the amazing generosity of those in our community who understand what a difficult time this can be for many and want to help in anyway they can.

So much aroha is shown during this time, if I'm honest there were definitely a few tears shed.

Thank you Te Atatū!!





SEASONS GROUPS

The Seasons group this year was held at Rutherford College. Students meet weekly for approximately an hour and a half to explore the impact of the change in their lives that has been brought upon them by the death of a parent or sibling, divorce where one parent leaves the family home, or sometimes a parent going to prison.

Student feedback

*"I enjoyed all the activities we did.
It was cool".*

"I made some new friends".

"It really helped to talk about my Dad"



Seasons groups

Term 2: Rutherford College - Four Year 12 & 13 students

Term 3: Rutherford College - Five Year 9 & 10 students

Massey Primary School - Six Year 7 & 8 students

Term 4: Massey Primary School – Five Year 3 & 4 students

Seasons Group Report

Contributed by Kathy Bennett

Over this year, Seasons for Growth, a peer support programme for young people, has taken place in several local West Auckland schools. This programme explores the effects of change, loss and grief that a young person may have experienced through the death or life-threatening illness of a parent or a close relative; separation or divorce of parents; long-term imprisonment of a parent or close family member; long-term placement with foster parents; and sometimes, other circumstances.

"It made me feel like I could trust someone with my story".

The programme runs for nine weekly sessions over a term, and follows a structured journey that guides young people from talking about and exploring their feelings, to developing coping strategies to help them manage their grief and loss. The groups are small in size, with a special emphasis on creating a safe, nonjudgmental space where participants can talk about their loss and receive support, empathy, and ideas for managing difficult emotions. Food is always a big priority – so whether it's pizzas or hot chocolates (or both), a warm welcome is always extended to the brave and resilient young people who choose to participate in these groups.



DBT SKILLS

Personal Development Groups

DBT skills is a 24 weeks life skills programme focusing on mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness.

DBT Skills Report

Contributed by Susan Fuhrer.

CARE Waitakere has been facilitating DBT groups for five years. Our facilitators, Judy Dawson, Mavis Seymour and Susan Fuhrer run two groups with an average of 10 participants each. The groups are funded by ACC for women who are accessing long term counselling.

Our Monday and Wednesday groups have had some big changes this year; previously the group ran for 24 weeks covering Distress Tolerance, Emotional Regulation, Interpersonal Effectiveness and Mindfulness. At times the groups became a “pressure cooker” attempting to cover all the content. This year we added 12 new sessions across the modules. This allows for some new content and some expansion on number of sessions for more complex content. The program is now 36 weeks long with breaks during the school holidays and therefore taking most of the year to complete.

For some of the participants the DBT group zoom session was a lifeline during a time of isolation and uncertainty.

The end of March brought more significant changes with Covid 19. Our facilitators rallied around our group participants, some in lockdown on their own, some with little knowledge of working from remote technology platforms and some with school age children at home, to work online. As facilitators we were up for the challenge and in the end managed 8 weeks of zoom DBT sessions! At the end we were enjoying the less rushed pace of no set up or pack down after sessions and wondering if zoom

may be the new normal for DBT groups.

However, “wise mind” prevailed and we decided that the benefits of face to face social interaction for the group really is worth the effort. The participants themselves confirmed our decision with their keenness to see each other and connect once again face to face.

Sadly, in June we said goodbye to Maysoon who had been co-facilitating the Wednesday group for the last 2 ½ years. Her wonderful morning teas, smiling face, hard work, care for the participants and consistent reliability will be missed! In her place, Mavis has joined the team. The participants have already warmed to her gentle and wise ways not to mention her continuation of delicious morning teas. It makes it all worthwhile when just this week a participant came up to Mavis and myself at the end of a session and told us how these sessions were changing her life and she added “You are even helping me with the parenting of my children.”

DBT Skills Training Group

This year, CARE Waitakere piloted a DBT Skills Training Group targeted at the younger demographic, 18-30 year old women. This group, facilitated by Judy Dawson and Kathy Bennett, commenced in March and has been meeting Tuesday mornings at the Te Atatu Peninsula Community Centre. Feedback from participants has suggested that the skills learned in the group have been really helpful in regulating their emotions, and decreasing distress to prevent a situation from becoming worse. The young women have also enjoyed the chance to connect with others of similar age, and say that it has made them realise they are not alone in the difficult situations they are facing.

WHO WE ARE

Team Update

In April this year we welcomed **Cathy Dodd** back to our Counselling Service team. Cathy is a past Child Therapist at CARE and we are pleased to have her back to strengthen our Child Therapy Service.

In May we also welcomed **Frozan Esmati** to our onsite ACC provider team. Fluent in English, Dari and Farsi, Frozan is a psychologist from Afghanistan who has permanent residency in New Zealand. She has a strong background working with trauma in Afghanistan, including work with the United Nations. In New Zealand she has been working with refugees since 2016.

In July **Ingrid Nagl** joined our counselling team. Ingrid is a psychotherapist who is originally from Austria. It's great to have another psychotherapist on board to keep Elaine company!

At the end of the year one of our onsite counsellors, **Craig Gemmell**, graduated to offsite work in Whangaparaoa, and another, **Maysoon Rassam**, will now be working offsite in Albany. Both of these dear people are and will be greatly missed from CARE House in Te Atatu.

Our Board

Richard Charmley

Chairperson

Background:

Counsellor,
Supervisor,
Educator

Stu Sutherland

Deputy

Chairperson

Background:

Business
Manager

Gail Bond

Treasurer

Background:

Accountant

Nick Mulqueeny

Trustee

Background:

CEO (Not for Profit)

Lynn Goold

Trustee

Background:

Primary Teaching,
Founding Trustee,
Counsellor
Supervisor

Our Staff

Management Team

Kathy Clist, JP, CEO (Co-founder), Clinical Manager

Lynn Goold, Deputy CEO (Co-founder)

Laura Fear, Operations and Technology Manager

Support Staff

Erica Hansen - Office Administrator

Maxine Finlay - Service Administrator

Budgeting Mentors

Iain Davies - Senior Budgeting Mentor

Fiona Halliwell - Senior Budgeting Mentor

Lauren Godsiff - Social Worker

Jo Faulder - Foodbank Coordinator

Onsite Counsellors

Kathy Bennett

Judy Dawson

Cathy Dodd

Dianne Everest

Susan Fenwick

Susan Fuhrer

Jane Hepburn

Stephene Manuel

Elaine McConnell

Andrew McRoberts

Ingrid Nagl - Psychotherapist

Maysoon Rassam

Mavis Seymour

Frozan Esmati - Psychologist



OUR FUNDERS AND PARTNERS

We are extremely grateful to all who support the work of CARE in large or small ways. We could not do what we do without you!

Community Groups

Auckland City Mission (Foodlink)
Diocese of Auckland (St Pauls Anglican Church)
Fair Foods
KiwiHarvest
Massey Matters
The Chapel
Te Atatu Baptist Church
Te Atatu Peninsula Community Trust
Te Atatu Union Parish
Waitemata Community Law

Schools & ECC

Fire Station Early Learning Centre
Matipo Primary School
Te Atatu Intermediate
Te Atatu Peninsula Kindergarten
Village Kindy

Funders

Auckland Council
Foundation North
Henderson-Massey Local Board
Ministry of Internal Affairs
Ministry of Social Development
One Foundation
Oranga Tamariki
Sky City Auckland Community Trust
The Trusts Community Foundation
Totara Fund (Auckland Foundation)

Businesses

106 Architects Ltd
Asaleo CARE
Anytime Fitness
Countdown Supermarket (Te Atatu Peninsula)
Cupboard Love
Delicious Food Store
Harveys Real Estate
Kiwidebt Ltd.
Keith Kerr Mortgage Broker
Olley Construction
Prestige Builders Ltd
Pucker and Wink
Sands Management
Sanitarium Limited
Tasti Products Limited
Te Atatu Health
The Property Market
Vista Homes Ltd
The Warehouse
Wright Recruitment
Zaberry

We would like to acknowledge our private donors as well as those who donated to Christmas Hampers and Foodbank. We would also like to thank our team of volunteers for their commitment and dedication to the service of our community.

SUPPORT CARE



CARE is the work of a community of people who give generously. There are a number of ways you can support CARE.

Donate to CARE

Make a regular monthly or one off donation to CARE. No donation is too small.

Donations can be made by direct credit to:

CARE Waitakere Trust

Bank: ASB

Account Number: 12-3038-0343475-03

Reference: Donation - Foodbank or Donation General

Keep an eye on our Facebook page for opportunities to donate items to help families.

Contribute to the Foodbank

The Te Atatu Community Foodbank accepts donations of perishable and non-perishable food. You can donate food items at Te Atatu Countdown, drop them to CARE House during business hours or contact us for other drop off points.

Donate to the Foodbank via Give-a-little (<https://givealittle.co.nz/cause/te-atatu-peninsula-community-food-bank-1>) or directly into our bank account above and allow us to purchase fresh food as it is needed.

Sponsor a Christmas Hamper

Collect a box of Christmas food treats with your family or social group (no gifts please) and drop them in to CARE in early December, or contact us to ask how you can help.

CARE Waitakere Trust
64 Waipani Road, Te Atatu Peninsula
Phone: 09 834 6480
Email:
admin@carewaitakere.org.nz



Follow us on Facebook for other opportunities to be involved in the future.