

women inspiring women

ywca
auckland

update

THE NEWSLETTER OF THE YWCA AUCKLAND

April 2009

Community Giving Back Week

**"Who would have thought that giving back to the community could be so enjoyable and rewarding?"
Jasmine Weil, Sir Edmund Hillary Collegiate.**

Every year our Future Leaders students spend time working on a community project. Last year rubbish was collected at KareKare beach, from the Manukau Coastal walkway & Tarata Stream. This year from 23-29th March the students and their mentors got together in pairs to research and identify a need within their community, they volunteered then reported back.

Reports poured in on the wonderful and diverse ways the Future Leaders gave back to their communities across Auckland.

Activities included baking goods for the City Mission, purchasing and planting trees at a local primary school, volunteering at the Salvation Army and encouraging the elderly to use technology.

Stephanie Nagy summed up the process experienced by many; "This is the report on a rather complicated process which didn't actually achieve what we set out to achieve, but turned into something which could possibly be even better." Stephanie and her mentor Karen Pickering wanted to do volunteer work at Kidz First hospital and ended up creating an interactive resource book.



Georgina with leaves for the compost.

Jasmine Wiel from Hillary Collegiate in Otago and her mentor Karina Ankhara took part in the Otago Literacy Day. Jasmine did face painting, prepared quizzes and helped teachers. Abigail Tecson from Glenfield College visited Belmont Retirement Village with her mentor Karen Martin. They visited a new resident called Margaret who gave Abigail a knitting lesson. "By just talking and spending a few hours with Margaret I made her feel happy and she taught me something I never thought of ever learning. At the end of the day we both got something."

Georgina Sherman and her mentor Karyn Grindlay were concerned about the amount of organic matter going to the landfill so they made their own cheap version of a compost bin using all of the usual green materials but putting them in a black plastic bag.

We've been passing around the reports in the YWCA office and have been moved and impressed with the efforts of the students and their mentors. Congratulations to all.



Left: Chelsea Greavers and Samantha West with their trees for Bayview School.

Below: Cheyane, Leaha and mentors Lia and Robyn with their goodies for the City Mission..



Graduates lead the way!

On the 6th April two of our Future Leaders graduates were given key positions on the Auckland City Council's Youth Council. It has 25 nominated members who give advice on issues that affect young people.

Catherine Tamaseu-Russell (2007 Graduate) was voted Chairperson and Nive Sharat Chandran (Graduate 2008) was voted Deputy Chair. We are so proud to have supported and enabled these young women to become such great leaders within the Auckland community.



Nive and Catherine.

FUTURE LEADERS REPORT

The Future Leader's Team has had a very busy start to 2009 with our camp, activity days, new schools coming on board and the Forum winners from Auckland Girls Grammar School taking their Rotorua trip.

The total number of students on the Future Leaders is now 151 from 16 schools. We have been joined by 12 students from Henderson High School, 12 from Mt Roskill Grammar School (a second intake from this school) and 6 from Alfriston College.

Catherine Wild left us in February after two years as our Community Programmes Manager. She was instrumental in the setting up of Future Leaders Far North and in the last year worked on setting up a robust and well qualified Future Leaders team of Coordinators. We will miss her wild sense of humour and her lack of warm socks!

Mentors

There was a great turnout at the first of the Mentor Meetings, these are held for Future Leaders mentors throughout the year.

An in-house mentor training was run by Kerry-Ann Stanton in our offices on Saturday 4th April, these 11 new mentors will be matched with students from the new schools and are for existing students who need new mentors.

We're also very grateful to our mentors for the extra work that they have put in during the Giving Back Week – supporting their students to research options and working with them on the day.



January Leadership Camp

New Students on the Future Leaders programme from Alfriston College, Waitakere College and Glenfield College travelled north with Potiki Adventures and Kerry-Ann (YWCA) for their five day leadership camp based at Te Kiri Marae, Leigh. Much fun, much learning, great weather!



Big Climb Day Out

On the 24th of January Future Leaders and mentors climbed to new heights in the "Big Climb Day Out" activity.



This was the first of the joint activities of the year for Future Leaders and their mentors. The aim of the day was to increase self confidence, challenge participants and strengthen relationships between the Future Leaders and their mentors.

Each of the girls and mentors grew in confidence as they scaled the climbing walls at the Extreme Edge Rock Climbing Centre. A quick shared lunch of Pizza was followed by a long hot trek to the summit of Mt. Wellington. The climb saw students taking on leadership roles as they searched out the correct route and then encouraged others to keep going.

This was a successful and enjoyable day with all participants trying something new and challenging.

Left: Celebrations for getting to the summit of Mt Wellington and Future Leaders trying out their ropes at Extreme Edge.



FAR NORTH REPORT

Our Year 11 Future Leaders, along with a few from Year 12, have been getting to know their new mentors over the summer. Some had an informal gathering for an adventurous afternoon at Action World in Paihia and a photo of the group featured in the local paper.

For the programmed activity, the newly matched students and their mentors spent a morning together making beautiful ribbon-boards. With canvases, paint, glitter and ribbons, they had a lot of fun choosing from the wide range of materials and putting the memory boards together. The boards are to be used for special inspirational items like quotes and photos, it was a great day and they were all proud of the



Steph & Marianne with a finished board.

On 23rd February a celebration dinner was held for Whanau, mentees, mentors and school staff.

All those connected to Future Leaders Far North gathered to thank and farewell Rangaiti Tewhata for her work in establishing the programme here. Rangaiti has worked tirelessly part-time for the last two years, she is originally from the Far North and has been a strong female leadership role model for the local students.

She gave her heart and soul to develop a strong rapport with students, their families and the schools. Rangaiti will move to Auckland to pursue her Masters at AUT University.



The AMP Foundation have been supporting Future Leaders since 2006, with funding for mentor training through to the Far North launch. They are a funding partner in every sense of the word. We were pleased that we were again recipients of a 2009 grant and we look forward to our continuing relationship.



boards they took home.

Our mentors met at Kingston House, Kerikeri, at the end of March. The room was abuzz as we all shared our progress and laughs and then we experimented with the GROW model for a mentoring conversation.

We welcome Desire'e Andrews-Upperton as the new Far North Coordinator who will work with the students at Bay of Islands College and with Erin Titmus the other Far North Coordinator, who is based in Kerikeri. Desire'e lives west of Kaikohe and has a background in education. She is married with four children she runs a cinema and a building project with her husband.



Nikki & Jeneum threading up.

Future Leaders Evaluation 2009

This programme has been subject to regular reviews and research over the last six years and we are currently conducting our most extensive evaluation to date. We are aiming to gather information on the efficacy of Future Leaders; its positive impact and long term outcomes for participants, their families, mentors and schools. Shona Ballinger and Nic Mason are conducting the evaluation with Prof. Marilyn Waring from AUT University who is the supervising reviewer and we are looking forward to what we know will be exceptional outcomes.

Congratulations to Di Paton and David Webber on their recent wedding and a big thank you to Di, ex CEO of YWCA Auckland and current National YWCA president for nominating the YWCA Future Leaders Programme for donations in lieu of wedding gifts.

ENCORE REPORT

Encore programmes are now running in 15 centres around NZ, in the current financial year we will have run 16 Encore programmes in Auckland and 10 spread around the rest of NZ. This is a significant increase for us and we are still not meeting demand. We are delivering a pilot in Wellington on 27th April with the Wellington YWCA and are about to start delivering in Wairoa with a view to running more programmes in Otago and the Central North Island.

Please visit our website (www.akywca.org.nz) for information about the next eight programmes starting in May/June around NZ.

YWCA Encore & Harper Collins Book Launch

On Thursday 17th February 80 people gathered on the pool deck of the Rendezvous Hotel for the YWCA's first event of the year. We were invited to co-host this event by Shelley Hanna (the Hawkes Bay Encore Coordinator) and her publisher HarperCollins, to launch her book "Sink or Swim" about her life and the place that cancer and swimming have in it.

Shelley is a breast cancer "recoverer" who had a double mastectomy nine years ago, she is also a champion Masters swimmer. Shelley was one of the first women to do the YWCA Encore training and over the last five years has helped many women with their recovery.



Shelley's special guests included breast cancer surgeon John Harman and her mentor Mark Inglis. Shelley spoke about her journey and the need for extreme positivity and support. She firmly believes that the "psycho-social issues" women face after breast cancer are well addressed by exercise and support groups and that this input gives a 50% better outcome.

Our guests were surprised and delighted to try out some real Encore exercises led by the bubbly Julie Cummins who trains our Encore Coordinators and many guests left with signed copies of the book tucked under their arms.

The New Zealand Breast Cancer Foundation is one our biggest funding partners and we are involved with their latest appeals.

The Pink Ribbon Lottery is on and Encore is one of the recipients! \$20 buys you two tickets and there are great prizes, the tickets can be purchased through our website.

May is the month for Mums and the NZBCF have joined with Weight Watchers to invite all New Zealanders to hold a Pink Ribbon Breakfast during May. These breakfasts celebrate the importance of our mothers, raise vital funds and remind us that healthy lifestyle choices have a big impact on a person's health. We'll be holding our own breakfast in the YWCA office too!

The enclosed flyer has some great recipes ideas for your own breakfast.



LEADING EDGE COCKTAILS – Leading Women's Event 2009

Our major event this year is on June 30th, celebrating our Future Leaders Programme within NZ Leadership week (June 26th - July 3rd) in association with Sir Peter Blake Trust.

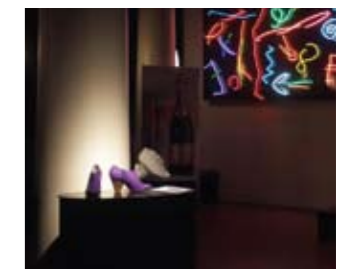
This will be a sharp sassy cocktail party in the edgiest part of Auckland; Newton, in the fabulous Wunderkammer showroom. Owner Guy Williams has made available his uber-cool space for a very special cocktail event with an enticing auction of select items, proceeds from which will go towards the YWCA's Future Leaders Programme.

The Wunderkammer showroom is a space full of curiosities and curios, distinctive artworks and exhibits clothing and accessories from Ann Demeulemeester and Commes des Garçons.

In and amongst the Wunderkammer the YWCA will host and provide an evening with an array of entertainment equal to the exceptional surroundings. A very special evening, numbers will be strictly limited – put your placemarkers in your diaries now.

5.30 – 7.30pm JUNE 30TH 2009

Kathryn Wilson has graciously agreed to a third **Shoe Exhibition** and silent auction! We are thrilled with her support of the Future Leaders programme and our opportunity to get a sneak preview of her latest summer range. Art Lounge, Thursday 27th August, 2009.



CEO's Report



It is amazing to realise I have now been with the YWCA for 6 months, 6 months which have just flown by due to an amazing amount of activity.

I'm one of a relatively new team here, which means we've been having our learning period all at the same time. We've said good-bye to two Future Leaders stalwarts who left us after two years of amazing input to the YWCA. Catherine Wild and Rangaiti Tewhata did a lot for Future Leaders and we will always benefit from their hard work and valuable contributions.

We welcomed back Daisy Ta'ufou from maternity leave to become the Future Leaders Team Leader to work with Desire'e Andrews-Upperton and Erin Titmus, Far North and Kat Doughty and Kerry-Ann Stanton, Auckland. Jyoti Nair joined us as Fundraising & Marketing Coordinator, working alongside Tilda Bostwick our Marketing & Fundraising Manager.

Our staff team is highly skilled and I'm really impressed with the motivation and drive each and every one of us has to making a difference. I am thoroughly enjoying working with them all.

Some of my highlights have been getting out and about and meeting friends and supporters of the YWCA, from life members to corporate

partners, as well as others working in the Not-for-Profit sector, and particularly Youth Development. The new government ministers have been keen to meet and have the input of the YWCA Auckland, which strengthens our role as advocates for women.

The regard and respect which is held for the YWCA Auckland across the spectrum makes the organisation one that is very easy to represent – even if some people aren't *quite* sure what we do these days... With the support of our fabulous board and through the work of our team, we are aiming to have the YWCA once again be a well recognised organisation for the positive impact we have on developing women's leadership through our programmes and activities.

I couldn't finish without reference to Marlene Sorby and Shelley Hanna. Marlene is our National Encore Manager and it is all credit to her that Shelley Hanna, Encore Coordinator, invited the YWCA to launch her book about her battle with breast cancer, Sink or Swim. Marlene has worked tirelessly for this programme and many women around New Zealand have benefited from this post-breast cancer exercise programme. We therefore were proud to work with Shelley and Harper Collins to launch the book as our February event.

Hilary Sumpter

Scholarship Winners

The YWCA Auckland gave out two Outward Bound Subsidies this year. The recipients are expected to write a short report and speak to our Future Leaders students about their adventures and make a contribution to the YWCA as a volunteer for a year.

Eve Decker was granted \$1500 towards her fees for the 2009 School Leaders OB Course, she attended in January. Eve is in her last year at Lynfield College, where she is Head Girl. She is involved with her local church and is a part-time YMCA gymnastics instructor. Last year she won the Young Women in Public Affairs Award for Auckland and has sailed on the Spirit of Adventure.

Emma Harrison will be doing the 8 day "Discovery Experience" in August 2009. She is 28 and in her third year of a BA at Auckland Uni, conjoint major in Sociology and Writing Studies. She skates in a women's roller derby league and plays netball and tennis.

The YWCA's Tertiary Education Scholarship was won by Anna Bowden. She is studying for a Master of Science in Forensic Science at Auckland University, she plans to work at ESR on forensic biology for crime samples. The scholarship grant was \$3,000 towards her study for 2009. She was chosen because of her commitment to community causes and her proven record of dedication to the YWCA. The board have been extremely grateful to her for her note-taking skills over the last two years as she took the minutes of the monthly board meetings.

Our programmes benefit from the generosity of our funders, over the last 6 months we have received grants from:

For Future Leaders

- AMP Foundation (see inside)
- John Illott Charitable Trust
- Lottery Community Northland
- Selwyn Robinson Foundation
- The Trusts Charitable Foundation

For Encore

- SPARC (Encore National Manager salary)
- Ted and Molly Carr Trust (for the September "In-Service Training")
- Weem Trust (for four Hawkes Bay programmes per year)
- Lottery Community Auckland

For the YWCA

- Auckland City Council Group Accommodation Support Fund

STAFF PROFILE

Marlene Sorby NATIONAL ENCORE MANAGER



Marlene started in February 2003, her idea was to give back in a gentle administrative role as a change from her full-on corporate roles in Australia. It didn't quite turn out this way!

Most of her work had been in male dominated industries; operational auditing and being self employed in the building industry, so being in a small female organisation was a huge change. She started in an admin role, doing board minutes, mailouts and assisting with fundraising. As her skills were recognised she worked on accounts and database development. She saw changes to the 6th floor of the hostel and the community programmes staff increase.

Now that her small job had grown completely unmanageable, the then CEO, Di Paton, suggested that Marlene run the pilot of Encore because of her interest in health and exercise. She trained in Australia in 2005 and ran the first programme in Feb 2006.

Now in its fourth year Marlene has worked tirelessly to bring Encore into national prominence. Along with a big team of Coordinators, she has organised four trainings, a manual for NZ and is currently working on the first "in-service training" for existing coordinators in Sept 09.

Marlene loves her work, she says "Working on the Encore programme is very rewarding, this is a nice reason to come to work. I like the way that participants then become coordinators - the breast cancer journey leads them to new places and I love meeting the dedicated health professionals in this area."

Thank you to our members and supporters who have made donations to our community programmes - there is now no cap for personal or business donations for rebates.

To make a gift and support the YWCA Auckland go to www.akywca.org.nz



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