

Encore Expands!

More and more women are experiencing the benefits of Encore as the programme expands around the country.

The first eight-week programme launched in Christchurch recently, and in three new locations in Auckland (east, west and south).

Rotorua, New Plymouth, Palmerston North and Dunedin are gearing up to deliver their first programmes with other centres following over the next few months.

Recently nine women travelled to Auckland for a week of intensive training to become Encore coordinators. They came from all over the country, including Dunedin, Christchurch, Palmerston North, Wanganui, New Plymouth and Rotorua. The training was jointly delivered by the National Encore Trainer from Australia and the New Zealand Training Manager.

Guest speakers included lymphoedema specialist Claire Doole and breast cancer surgeon Dr Belinda Scott, who presented an overview of breast cancer from diagnosis to treatment. These sessions were very well received.

Thank you to everyone who made this training possible, particularly the New Zealand Breast Cancer Foundation, and thank you to the YWCAs in Dunedin, Wanganui, Taranaki and Rotorua for being part of YWCA Encore!



The new coordinators with National Encore Manager Marlene Sorby (bottom right) and National Training Manager Julie Cummins (standing, far left).

Benefits of Encore - New research

A pilot research study is currently underway in conjunction with the Flinders Medical Centre Lymphoedema Clinic in Adelaide, measuring the physical benefits and quality of life impact of participating in the YWCA Encore programme.

This study is taking place over a 12-month period, involving four separate eight-week programmes. Measurements of the first two programmes are complete, and the preliminary findings have been very encouraging. Initial findings are as follows:

- A reduction in the feelings of limb tightness
- An increase in overall fitness levels

- A reduction in the feeling of pins and needles
- An increased ability to perform everyday tasks such as hanging out washing and fastening a bra
- A reduction in trunk fluids

Positive trends were also witnessed in regards to an increase in bone mass and a reduction in body weight.

It is anticipated the study will be completed later this year, and we will update you on the findings when they are released.

Future Leaders Far North launch postponed

The official launch of the Future Leaders Programme in the Far North has been postponed due to the recent wild weather in the region. The new launch date is the 19th June 2007.

Meanwhile, the first young women to participate in the programme are being selected.

The programme will initially take on 16 students – eight from Okaihau College and eight from Bay of Islands College.

Far North District Mayor Yvonne Sharp says she fully supports the YWCA in bringing the Future Leaders Programme to the district.

“Sometimes people in rural areas, particularly if they come from lower socio-economic backgrounds, tend not to dream. I believe this programme can open the eyes of young women in the Far North and help them to dream – and then go on to fulfil those dreams. I hope it opens their eyes to national and global opportunities.”

Te Runanga A Iwi O Ngapuhi head Teresa Tepania-Ashton says she is proud to act as a champion for Future Leaders in the Far North.

“I have seen first-hand the benefits that young women gain from participating in Future Leaders. I am very excited to be involved in delivering the programme in Te Taitokerau, and I encourage our young women to take up this fine opportunity to realise their full potential.”

We welcome the first group of young women and wish them all the best as they start their Future Leaders journey.

Thank you to the Ministry of Social Development, the NZ Lottery Grants Board and the AMP Foundation for their wonderful support of this initiative.

Read more about Future Leaders inside...

Future Leaders offers “substantial gains” to both mentors and students

The latest Annual Satisfaction Survey for Future Leaders has been completed. This survey covered the fourth full year of the programme. Some of the key findings were:

There was a consensus from mentors, families and students that coordination of the programme has improved. Student and mentor coordination was reported as being more effective, a greater provision of effective mentors was

noted and there was a stronger perception that Future Leaders supports success and achievement. Stakeholders who recommend the programme do so enthusiastically. They cite gains for mentees in public and personal communication skills, friendships, the mentor relationship, personal confidence, self-reliance, improved academic achievement and opportunities to enjoy new activities.

Caregivers reported benefiting from meeting new people associated with the programme, learning new skills and the support the programme offers them.

Students and mentors enjoy the opportunities for new relationships that the programme brings. Students enjoy meeting girls from other schools and mentors benefit particularly from networking with like-minded women.

Mentors who recommend the programme do so because they believe there is a substantial gain for students and also for the personal satisfaction they gain from the mentoring relationship.

Overall, almost four fifths of student respondents rated the overall programme performance as very good or excellent, with nine out of ten families giving the same feedback.

Here are a few quotes gathered from the young women during the evaluation:

“I am excited to continue with this programme and I can’t wait to face my future with the YWCA helping me, by my side. I am thankful for joining and grateful to my Mum for giving me permission to. Thank you YWCA for bringing me out of my shell and keeping me safe.”

“Having a mentor has given me such a great advantage among my friends as she helps me though my journey of getting to the top and being able to succeed. The Future Leaders Programme means so much to me personally and has affected all aspects of my life.”

“It was awesome to be part of the programme, it has helped develop me into the person I am today. Maybe in the future if I am not overseas I will return to the programme as a mentor. Thanks so much for letting me be part of the programme. It has aided me in becoming a strong young woman. Kia Ora.”

Future Leaders Programme – recent activities

Every activity and outing organised for the young women on the Future Leaders Programme serves a purpose.

At a camp at Te Kiri marae near Leigh in January, twelve young women from Selwyn College and Kelston Girls High learned about self-development, team building and what it takes to be a good leader.

In February, mentees and mentors travelled to Woodhill Forest to take part in Tree Adventures – a challenging activity made up of eight different rope-climbing courses built high amongst the trees. This activity taught the young women about team work, facing their fears, building self-confidence and supporting one another.

And in March, the young women learned more about community service – another important facet of leadership – when they travelled to Motuihe Island to take part in a conservation project to clear invasive weeds. This day trip also taught them more about conservation and the environment.



Clockwise from top left: The young women pose during a day out on camp; learning about teamwork and trust on camp; trying to stay upright at Tree Adventures; the young women enjoy the ferry trip to Motuihe Island; Is this a weed? Learning about conservation on Motuihe.



Key supporters of the YWCA Future Leaders programme:



Future Leaders Feature – mentor Hannah Samuel

Hannah has been a mentor on the programme for three years. At the programme's end of year Celebration Ceremony last December, she won the Mentor of the Year award for 2006 – and her mentee Fran won the award for Mentee of the Year! Hannah tells us in her own words what Future Leaders means to her...

"Susan Jeffers' book 'Feel the Fear and Do it Anyway' was a catalyst in my becoming a mentor. Could I ever be skilled enough? Educated enough? Organised enough? I'd had some success in life, business and relationships, but could I really be a mentor? Could I ever be 'good enough'? With Future Leaders' support – absolutely! The benefits have been bigger and better than I could have ever imagined. I have the privilege of walking beside an amazingly talented young woman – my mentee Fran – on her journey into adulthood and learning so much from her in the process. I also have the privilege of connecting with fellow mentors, inspiring women from all walks of life who have chosen to share their insights, experiences and humour, without fee or favour, to other young women and each other in a truly effective way. For me, being a mentor is about 'paying it forward'. It's about laughing, learning, caring and growing. It's about acknowledging and supporting the unique contribution each of us has to make in the world. It's about creating our personal and collective futures. Feeling the fear and doing it anyway has certainly come in handy when whizzing down a flying-fox, belly-crawling through caves and delivering impromptu skit performances! We're never too old to develop positive life skills and share of ourselves. It's a wonderful journey of discovery."

Hannah (left) and her mentee Fran.



MPs pay Encore a special visit

A group of Encore participants in Tauranga had some very special visitors recently.

Minister of Women's Affairs Lianne Dalziel along with MPs Sue Moroney, Maryan Street, Marian Hobbs, Dianne Yates and Steve Chadwick observed the programme in action at the Welcome Bay venue in February.

The MPs watched the participants exercising in the pool before chatting with them and asking questions. Dianne Yates showed her support by joining the women in the pool, to experience the exercises first-hand.

Minister of Women's Affairs Hon. Lianne Dalziel says the visit was extremely worthwhile.

"We all know the familiar messages of how we need to do more exercise and improve our

nutrition but for people who are regaining their strength after surgery or treatment this can be even more challenging. Recovering from illness can be easier when we use the support of others who share our situation."

Dianne Yates joins Encore participants in the pool.



Encore – a valuable experience

Here is a letter we received recently from a woman who had just completed her eight-week Encore course in Hawkes Bay:

"On behalf of Encore Hawkes Bay, thank you for the fantastic Encore experience we recently completed. While I, like some others, was unsure of again facing up to my cancer experience, we are much stronger for having completed the course. We have learnt and regained mobility and flexibility in our arms. We have also become much better informed, placing us in a much better position to cope with any issues or things to come. We also now belong to a cool support network. Once again thank you and thank you to the fantastic instructors who made this such an enjoyable and valuable experience."

Key supporter of YWCA Encore:



YWCA Encore needs your help!

As you know, Encore is launching in a number of new centres around the country. However, the number of new courses we can run is entirely dependent upon one vital ingredient – funding.

We really need your help now to ensure that YWCA Encore continues to make a difference in the lives of women who really need it. If we don't get enough funding some courses may not be able to run.

Please donate to YWCA Encore today, using the donation slip overleaf.

Thank you so much for your support.



New staff members



Marketing Manager Nikki Draper

Nikki Draper has joined us as the new YWCA Auckland Marketing Manager. Nikki has a range of marketing and management experience from working with the not for profit and corporate sectors. She has worked with the SPCA in New Zealand and Australia and has run the Books in Homes Programme for the Alan Duff Charitable Foundation. Nikki has

run her own consulting company, The Good Ideas Department, and has also worked at QBE Insurance, Penguin Books, Lion Breweries and most recently with an agency working with Coles Myer Liquor Group in Australia. Nikki said that, "as soon as I found out about the programmes the YWCA runs I wanted to work at the YWCA".

Nikki is very excited about working at the YWCA and is looking forward to raising the profile of the YWCA and also to meeting all the great women who are involved with supporting us.

Rangaiti Tehwata is our new Future Leaders Far North Coordinator. Before joining the YWCA Rangaiti completed a



Future Leaders Far North Coordinator Rangaiti Tehwata

postgraduate diploma in Master of Arts: Maori Development. She worked for the Centre for Maori Innovation and Development, which involved liaising closely with youth initiatives such as Growing Young Maori Entrepreneurs. Rangaiti is very happy to be the new Future Leaders Programme Co-ordinator



Accountant Mark Dowd

for the Far North, as she sees it as another opportunity to help young college women become the leaders of tomorrow.

We also have a new part-time accountant, **Mark Dowd**. Mark replaces Peter Montgomery who left us in January. We wish Peter all the best and we welcome Mark to the Y.

Serving on a state sector board

Think you (or a woman you may know) might have the skills to serve on a government board or committee?

If so you might want to check out the 'Women on Boards' section of the Ministry of Women's Affairs website. The Ministry's Nominations Service maintains a database of women with relevant skills and experience which it uses to nominate women for government board positions.

There are more than 400 statutory boards across the state sector and each year the Nominations Service is consulted on appointments to over 200 of them.

"Our aim is to ensure that women who meet the criteria are considered for appointment so that

there is a broad gender balance on boards" says Nominations Manager Joan Isaac.

In 2005, the Nominations Service completed the first ever whole-of-government stocktake of statutory bodies, which showed that overall 41 percent of members were women. The government's goal is that by the year 2010, women should represent around 50 percent of the membership of statutory bodies.

If you'd like to find out more about this service, visit www.mwa.govt.nz/women-on-boards or contact Joan Isaac on (04) 916 5849 or noms@mwa.govt.nz.



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 The Encore Programme
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Please return this slip to: YWCA Auckland, PO Box 7103, Wellesley Street, Auckland. For more information call (09) 375 9242. Thank you.