

Notes from the YWCA Board

The YWCA of Auckland is experiencing a time of change like many organisations around the country. People are moving on and we are welcoming new faces. With these changes, we are looking at our work and commitment to creating a strong future for both the YWCA and the wonderful women and girls that we partner in our journey to empowering women to success.

In July, our CEO Irene Feldges left the organisation to pursue her journey into private consultancy after spending nearly two years leading the YWCA. Irene transitioned the organisation through a significant number of changes; setting up a senior management team and moving staff into a new open plan office with improved IT infrastructure. We wish her well in her chosen path. Our Marketing Manager Nikki Draper left on 21st August. Nikki brought energy and creativity to the role and garnered us some great opportunities with media, fundraising and other contacts. Nikki left to take an adventure with her husband overseas and we thank her for her great contribution and wish her a safe and wonderful journey.

On 30th September we will be holding our AGM. At this time five of our hard working and long serving board members will have completed the maximum term of service to the board before they are required to take a break. Consequently we will be electing and welcoming in four new members of the board at that AGM.

We have spent the last few years consolidating and building strong foundations and with new appointments over the next few months we are looking to develop our programmes and the profile of the YWCA on a whole new scale in the near future.

We ask you to help us in any way you can. It could be as a much valued mentor on the Future Leaders Programme. You might have some great contacts with businesses or interesting people that would open doors for us. Please consider the YWCA of Auckland and how you can work with us to build on opportunities for our future leaders and to inspire and embrace the success of all women.

October Dinner

Thursday 30 October 2008 is the date for our next Leading Women's Dinner.

Our guest speaker is Wendy Lawrence, a former NASA astronaut and veteran of four space flights. She will share her special journey and leadership experiences with us.

Tickets can now be booked online via our website: www.akywca.org.nz



Dream It, Do It - Nandini scaling the wall



YWCA staff at the Shoe Exhibition



Future Leaders student Bronwyn Dustin

Yes, I would like to make a gift and support the YWCA Auckland!



I would like my gift to go towards:

- The Future Leaders Programme
- The Encore Programme
- Dream It, Do It
- Where it is most needed

I would like to donate:

- \$20 \$50 \$100 \$150 Gift of choice \$ _____

Payment options

- Cheque (payable to YWCA Auckland)
- Direct Credit YWCA Auckland 123017 0501390 00 50
- Pay online via website www.akywca.org.nz
- Please charge: Visa Mastercard

Card No: _____

Expiry Date: _____

Name on Card: _____

Signature: _____

Please send me information about:

- setting up a regular automatic payment
- making a bequest to the YWCA Auckland
- Giving Back Scholarship
- becoming a Future Leaders mentor
- other _____

Name: _____

Home address: _____

Telephone: hm _____ wk _____

mbl _____

Email: _____

Please take my name off your mailing list

Please return this slip to: YWCA Auckland, PO Box 8749, Symonds Street, Grafton, Auckland 1150.

For more information call (09) 375 9242 or go to www.akywca.org.nz. Thank you.



women inspiring women

ywca auckland

update

THE NEWSLETTER OF THE YWCA AUCKLAND September 2008

Leadership Forum

Congratulations to the ten high schools from Auckland and the Far North whose Future Leaders teams competed in the 'Giving Back - Strengthening our Communities' Leadership Forum on Saturday 7th June.

As part of the YWCA Auckland Future Leaders Programme, this Forum challenged schools to think of a need within their community and to decide what they could do about it as a group. As well as the students working together as a team, their mentors also gave their support to the students.

The teams presented their ideas in a ten minute talk, video or power-point presentation in front of judges and an audience of 160 of their peers, mentors and whanau. This was a great opportunity for the students to demonstrate two key leadership qualities; firstly, it allowed them to think about how they could make a difference and lead change in their own communities, and secondly, it helped them practice their public speaking skills in a competitive environment. We're so proud of them on both counts. They put lots of hard work into this project and thoroughly deserved such a great result.



Above: The Auckland Girls Grammar team, 1st prize winners

Top left: The judges deliberate

Centre left: Melanie Davis inspired us with her singing

Centre right: Future Leaders students from Mt Roskill

Below left: Bay of Islands College, 2nd prize winners with mentors and YWCA staff

First prize: Auckland Girls Grammar with their presentation on therapeutic toys for recovering children at Kidz First Hospital in South Auckland

Second prize: Bay of Islands College in the Far North, tackled the problem of students leaving school early with little or no qualifications

Third prize: Hillary College for their presentation on Graffiti in Otara

'Give it a Go' prize: With only two in their team this prize went to Kelston Girls, their issue was Tagging

Other schools and their presentations were:

Mt Roskill - Getting to Know your Neighbours

Selwyn - Fundraising for the Cyclone Victims in Burma

Onehunga High - Making Tagging Constructive not Destructive

Glenfield College - Supporting Elderly People in our area by Volunteering at a Local Rest Home

McAuley - Fighting Obesity at our School

Massey - Girl's Safety; spiked drinks, date rape and sexual harassment

Snowboarding Winter Adventure – July 2008

The theme of this activity day was 'Resilience' - to look at how we can remain buoyant and spring back from disappointments or set-backs.

As a physically challenging adventure was in order we decided to go skiing and snowboarding at Mt Ruapehu, many of the students had not seen snow before so this was a much looked forward to adventure. The two groups of 25 Future Leaders ended up having very different experiences as the weather worsened over the weekend. The first group set off on Friday and braved the elements at Mt Ruapehu and the second group visited Snow Planet and the hot pools at Waiwera on Saturday.

The Ruapehu group met their first physical challenge when they dragged their luggage for 50 minutes up to their snowbound ski lodge!

An intrepid team set out again to bring up the food and discovered some slideable shortcuts on the way. The following morning the students



The Snow Planet group



were all packed up and tramping back down the mountain again for their two hour lessons. A fun and somewhat exhausting time was had and there was lots of sleeping on the bus on the ride home.

The second group was disappointed that they didn't get to the mountain (resilience lesson number one!). Their bus diverted to Snow Planet where they had informal lessons in snowboarding and skiing with student teachers. They ended the day with a soak in the Waiwera hot pools.



The Ruapehu group

Both groups did workshops on the meaning of resilience, looking at the biographies of famous people who showed these qualities as well as discussing examples from their own lives. With students from eleven schools represented on these activity days the students really enjoyed making new friends as well as trying out a new sport that was both challenging and fun.

Meet the new Future Leaders team

The staff and structure of the Future Leaders team changed earlier this year.

With our previous two Coordinators, one looked after the students and the other looked after the mentors. The three new Coordinators now look after pairs of both mentors and students in a particular geographic area, and we are finding that this helps us stay connected to the mentoring relationships.



From left to right: Daisy Ta'ufou'ou (Sth/East schools), Caroline Campbell (West schools), Catherine Wild (Community Programmes Manager) and Zoe Martin (North/Central schools)

Celebrating Youth Week

Youth Week (for youth between 12-24 years) was held in May this year, the theme was about creating a society that values young people and affirms their diversity, the 2008 focus was on relationships.

To celebrate this festive week the Future Leaders students came up with the idea of inviting a special person to an evening dinner, to acknowledge how they have inspired and helped them along in their journey of life. Each student designed a card or poem to express their gratitude for the contributions and differences people had made to their lives. Students read and presented these cards at the dinner.

It was a meaningful evening with many tears, as both the girls and their guests acknowledged that in order to strengthen relationships we need to honour those that help us to build strong relationships.

The Sponsor of this successful event was Zonta; an international service organisation for business women.



Above: Bay of Island students with their Maths Teacher
Below: Okaihau students with family and guests



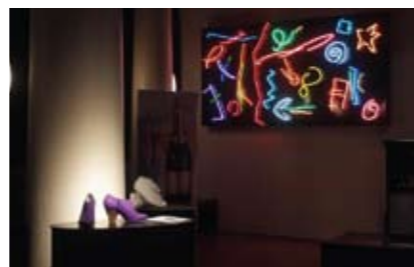
Through Zonta's support, Future Leaders had the opportunity to plan and host an event that raised the status of youth leadership and awareness of youth week. We would like to express our thanks to Ann Truscott and other supportive Zonta women.

YWCA Events

Shoe Exhibition

Over 100 women gathered at the Art Lounge in Lorne Street on Thursday 14th August. Ten pairs of Kathryn Wilson's latest shoes were displayed on plinths and throughout the night women outbid each other for shoes with names like *Bring Back Maggie Fruju* and *Tatum Heel Cobalt*. The most hotly contested shoe was the *Maggie 2 Tone Grape* which sold for \$350.

The highlight of the evening was the Design Your Own Shoe auction, the bidding rose rapidly to \$1,000 as women imagined their personally named shoe being included in Kathryn's next range.



Guests networking and bidding at the Art Lounge

By the time the bidding hit \$2,000 there were two clear contenders with the winning bid bringing in \$2,200 towards the Future Leaders Programme.

Future Leader's Mentor Helen Trembath spoke of the joys of mentoring and her Mentee, Shazmyne Papes from Onehunga High inspired us with plans to live a life without regrets. Their words motivated several of our guests to talk to us about becoming mentors which is just fantastic.

Our thanks for a great evening go to our wonderful staff, the Art Gallery, Boston Digital, Deutz, Elizabeth Arden, Marian Tolich (Auctioneer), Penguin Books, Gil Hanly and Kathryn Wilson.

Our next fabulous event will be the Leading Women Dinner on October 30th at the Hilton, featuring Wendy Lawrence, a retired NASA Astronaut and veteran of four space flights.

Dream It, Do It is a one year pilot programme. It has been designed for the mothers of Future Leaders participants; women who have been inspired by the work that their daughter's are doing and who are at a life transition stage, ready to consider their future direction.

The Pilot Group of seven women started in February and they reflect Auckland's diverse population, with Indian, Chinese, European, Maori, and Pacific cultures being represented.

Throughout the programme the women are being assisted to establish personal development plans and they will work towards identified goals with the assistance of a mentor. The mentors are successful women in the 45-65 age group who are high achievers professionally. The mentoring involves a monthly get together with a format that is mutually agreed by both mentor and mentee.

We are using a range of methods to develop the women's leadership qualities, by encouraging participation in challenging physical or creative adventures. We are exposing them to novel experiences and 'pushing' their comfort zones. Their challenges include resilience and goal setting workshops, a one day sailing course and a high ropes course. A Mother and daughter outdoor pursuits weekend included orienteering, a climbing wall as well as yoga and facials! The programme will finish with an End of Year Dinner.



Orienteering and bowling



Sailing with Penny Whiting



Goal setting with Roseanne Gedye

Feedback so far has been overwhelmingly positive, with near 100% attendance at events and much excitement over activities that most of them might never have dreamed of doing, let alone experiencing with a new group of friends.

One of the mothers had this to say about Dream It, Do It:

"Now after the programme, I truly feel that not only has my daughter been blessed with this opportunity, but I also. I am now more open minded about being with others, and the amazing goal setting workshop last week, I just feel like I can do anything if I set my mind to it and from humble background, that was a powerful workshop. I realise now that no matter what age, and what life situation we are in, we just need a little help (thank you YWCA) to believe in yourself and the world is your oyster."

YWCA Encore



The Encore programme has many working relationships with the providers of services to women who have had breast cancer. We share resources, run joint referral systems and offer programme support.

Over the last few years we have been strengthening our relationship with the New Zealand Breast Cancer Foundation (NZBCF) with a funding partnership that supports the annual training of our Encore Coordinators. The coordinators conduct two to three programmes per year in their areas all around New Zealand. This means that

we can continue to offer Encore to more regions and also offer more programmes at existing venues.

This November we will be training another 10 Encore Coordinators, six of whom will conduct programmes in the Auckland area.

We would like to thank the New Zealand Breast Cancer Foundation for their support, it is immensely appreciated.

The YWCA Auckland will be hosting the first New Zealand Coordinator's Conference in September 2009. Previously we have attended the Australian conferences.

"It is a worthwhile programme, speakers were informative and I feel valued and in better shape to cope with the future."

From a Participant's Evaluation form 2008

Over the last four months 56 women have attended five Encore programmes in North and East Auckland, Hawkes Bay, Christchurch and Palmerston North.

