

RUFF TIMES

July 2022



Russell Turner
Director

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Directors Update



It is wonderful again to be reporting to all our friends and stakeholders on the activities of ImpactTauranga so far this year.

We feel so privileged to be able to support our community as we work to strengthen young people and families at a time of need.

We do have our contracts to provide Educational, Mentoring and Care and Protection services, and we love to support the Young People in our care through these contracts, however, the work that has had the most growth within our organisation, is our Family Support Service. Pressures within society have created immense strain on the family unit and this often leads to breakdown within the home.

It is our absolute conviction that families want to be together, we hear this all the time even in the most extreme situations. There is an inherent bond between parents and their children, and children and their parents, but societal pressures can result in communication and relationship breakdown. This can lead to resentment and anger within family members and, sadly, this can lead to separation within the home.

I think it is important to recognise "it doesn't have to be anyone's fault". We are always looking for someone to blame, but this world is confronting us all on many fronts. Financial, sickness, emotional, and we have to learn to function through it.

At Impacttauranga, our staff are trained and ready to support any struggling family, and each year we are supporting 35-40 families in our family program.

This help can be anything from some simple advice to a parent, to providing full therapeutic family counselling and mentoring service to fully wrap around a family, and support them to "push the reset button" with some new skills and ideas on relating together as a family.

We are also providing full wrap around services for other family support agencies within the city.

I want to again honour all our staff for their unconditional support they are providing the community. This can be difficult work but their patience and perseverance is gaining excellent results.

I also mention Di Lewis, a teacher in the academy for the past 2 years, Di has resigned to pursue other vocational opportunities. We thank her for her tireless work on behalf on the young people in the Academy and we wish her all the best for her future.

We have also welcomed Sarah Tzathas into our residential Home as a house mum. Thankyou Sarah for your heart.

Finally, huge thankyou to all our supporters, large and small. You make it possible for us to do our best.

Thank you and God bless you all

Russell Turner (Director)

ImpacTauranga Social Services



Nynz Note
Nyn Martin,
Manager of Social Services

Arndt House — Residential Home

Help! Hope! Care!

Nynz Note....

Kia ora koutou, it is with love and joy that I share of the great things that are happening at Impactauranga with the many youths and whanau that we support on a daily basis, this is always our honor and privilege.

Here's an update of the last 12 months.

YOUTH AND FAMILY SOCIAL SERVICES

30 families we have supported in the last 12 months:

Many challenges face our whanau today including: family breakdown, young people out of control, absconding, AOD involvement, Family separation, suicide, self-harm, high anxiety, depression, uncertain of the future, meth usage and general anti-social behaviours. We have noticed an increase in the suspected FASD and associated behaviours and the huge impact this is having on services. Also the ongoing impact of Covid, world issues and general uncertainty is impacting the mental health of our youth and whanau.

WHAT WE DO

A holistic whanau led plan. The whanau set goals that will strengthen and support their whanau, this will vary from whanau to whanau but could include: A whanau hui, parenting coaching and support, family therapy, counselling, mentoring for the child or young person or the parents and activities to do together.

The family drive the plan and we walk along side to tautoko, manaaki, awhi and provide a safe space to korero together. Family support, mentoring and counselling have been keys to families being in mauri ora, well being and flourishing.

Work collaboratively with other agencies to meet the needs of the whanau.

THERAPEUTIC RETREATS (TR's)

What's coming up!

These are a 1 –3 -day retreats - Supporting! Building!

Encouraging! and Strengthening! whanau relationships!

The Purpose:

TR's focus on building connection, relationships, skills, values, positive memories, and experiences that can be drawn upon for the future.

The Plan:

TR's can be run throughout the holidays, weekend or mid-week depending on the whanau needs and the focus of the plan.

Activities are focused on building confidence, pro-social activities, pro-social skills, strengthening trust and enhancing relationships.

ACTIVITIES

Tramping, Kayaking, Bush walks and skills, Swimming, Cooking, Camping, Open fires, Games of all sorts both indoor and out, Accessing local community activities that could support the plan, Noho marae visits and connections with whakapapa, And much more.....

All activities will have a therapeutic focus around the presenting needs and aspirations of the whanau. The TR will have an individualized approach to target these needs.

We are excited to be running these programmes. Watch this space for more updates on these programmes.

Thank you to all our sponsors and supporters who faithfully give, encourage, and support the work of Impactauranga. You are a huge blessing!!

God Bless you,

Nga mihi aroha,

Nyn Martin.

Therapeutic Retreat



Mentoring



Sudha Bhandari
Head of Mentoring

Greetings to everyone,

I hope everyone is staying warm and safe during this winter.

Through the mentoring program, we have worked with three young people from Youth Justice during our F22 contract, three from Oranga Tamariki Service Unit, six from Fee for Service, and seven from Youth and Family Social Services.

While our work with young people from Youth Justice has been less than usual, our preventative work with young people in the community, Arndt House, the Tauranga Youth Academy, and other agencies has greatly increased. We

have seen some truly incredible outcomes with these young people and their families and God's work through our teams into the young people and their family's life. Lately, we started getting a referral for younger kids aged 7 to 11 for the mentoring programme. After the assessment, we saw the great need for this age group and started working in their life when things started getting wobbly, and now these kids and their families are blessed to be part of this service.

One of these young women and her mother are doing fantastic with the help of her mentor and staff. This mother and daughter came to our service as their relationship was about to break down, but with the team's continuous support, their relationship is in the great space they've been. Through the mentoring programme, this young woman gained lots of self-confidence, is doing better than before at school and re-engaged in the Hockey team after two years and playing with the team at the moment. The mentor and the team played a vital role in helping her during the

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Thank you for your support

Another day at TYA



MENTORING cont...



from page 3

challenging time, so a huge thank you to the Rachel and ImpacTauranga team for all their work with this young woman.

Another young woman we worked with was going through a struggling phase at school, relationship with family, self-esteem and identity where the mentor being a positive role model, assisted her in building her confidence, identifying her goal, creating the plan to accomplish those set goals and forming a good relationship with the family members gradually. Now, She is pretty excited to join the youth group program. Consistent support and guidance are helping her grow more and more throughout her journey with the mentoring programme.

This is becoming a more common story in mentoring as a couple of our other mentees have gone through many issues where the mentors and the team helped them stabilise and get them back to track. Many young people have started attending youth groups which is good for them and we encourage them to get involved with positive role models.

We have had some changes in our mentors' team, with some old ones moving on and some new ones joining in. Currently, we have four males and six females, and we're looking forward to having more new mentors on board.

On behalf of Impac Tauranga, I would like to thank all our incredible mentors for their fantastic support for our young people. Thank you to Buster, Gray, Ethan, Patrick, Loli, Rachel, Zoe, Bailey and Celeste for their hard work. I'm looking forward to our program continuing to grow and seeing success in our work over time.

Thank you, Sudha Bhandari



"Ruff"
Helping kids
who've had
a rough life

Tauranga Youth Academy

Kia ora whānau

We cannot believe how quickly the year is flying by, two terms down and two to go! Term 2 and 3 are quieter here at Tauranga Youth Academy, as we cannot get outside as much as we would like. However, we have run a great programme this term.

Monday is boxing and fitness at Tauranga Boxing Academy.

Tuesday is badminton/basketball/volleyball on the indoor courts at QE2 and some planning for our rangatahi's future with Anton Van Dyk, Psychologist from Futures.

Wednesday has been a health and welfare day where we have our amazing nurse Tricia come into see the students every second Wednesday.

We also had 5 weeks with Mates and Dates learning about healthy relationships and consent, and 5 weeks with Hillary from Family Planning.

Thursday is an in class day, learning social studies, working on a project or planning tukutuku panels, and we go and pick up our food from Good Neighbour - the students love getting the treats!

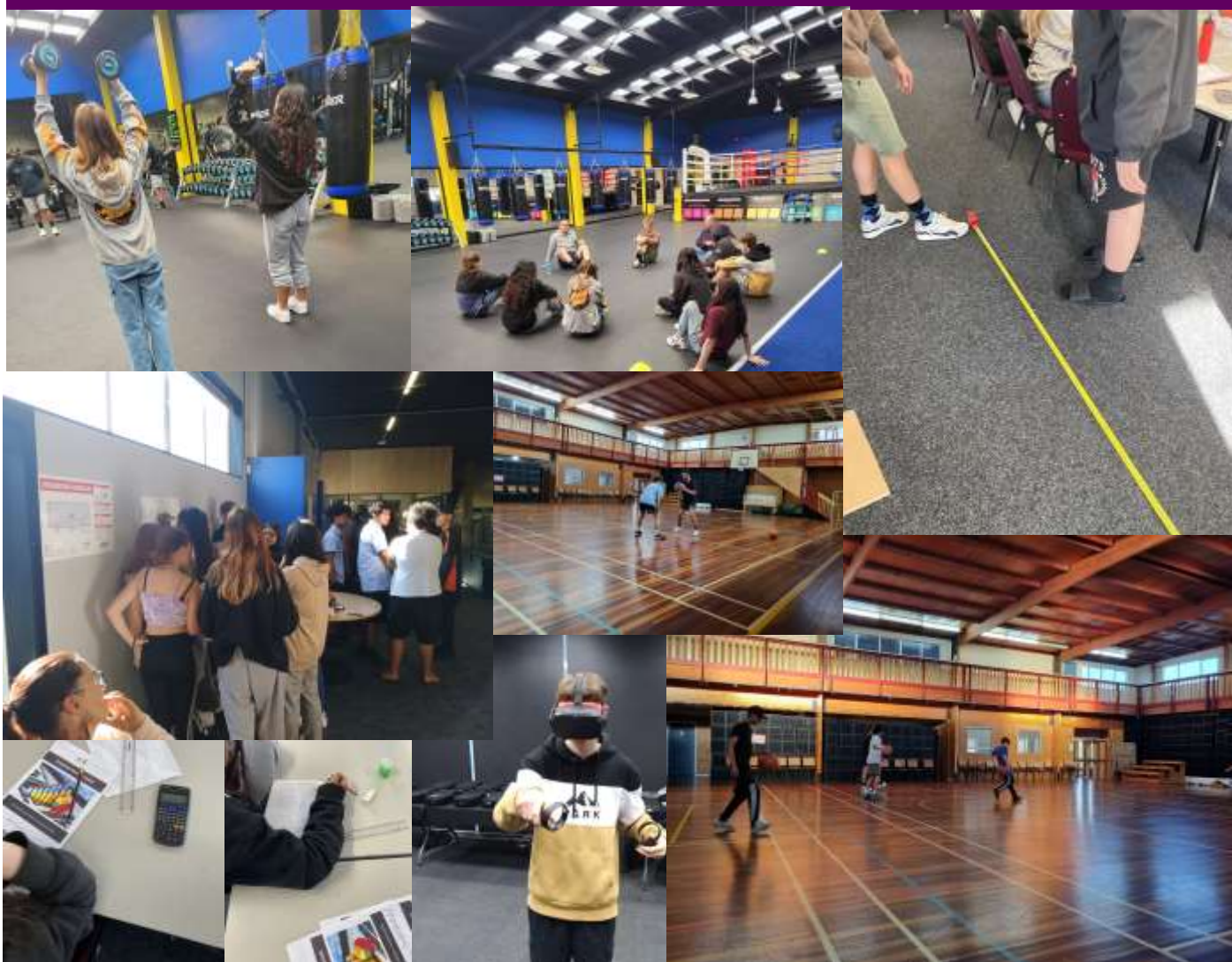
On the 28th of June we took the rangatahi to the Virtual Reality Careers Expo at Baypark, something different for our rangatahi and a chance to experience the workplace without physically being there.

In the last week of term Impac always treats the rangatahi and staff to a fun activity - this terms choice was the luge in Rotorua. As you can imagine there was a lot of smack talk and racing down that hill!

Have a safe holiday whānau.

Ngā mihi nui Dianne, Adam and Chanel

Tauranga Youth Academy Photos 2022



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