

We approved \$590,915 to the community in the 2019 financial year. In total, \$4,269,565 has been distributed to our community since 2003.

## BUILDING THE ABILITY TO BOUNCE BACK

Thanks to charitable funding from Advance Ashburton Community Foundation and others, YMCA South & Mid Canterbury is equipping students at Ashburton and Mount Hutt Colleges to be able to bounce back from whatever life throws at them through its Resiliency Toolkit Programme.

The programme builds important life skills in 5 key areas: Stress Management/Well-being, Decision-making around Alcohol and Drugs, Healthy Relationships, Social Media Safety/Bullying, and Peer Mentoring/Looking after Your Mates. Because of YMCA's expertise in personal and youth development, the emphasis is on learning by doing, rather than just imparting information. Resiliency Toolkit facilitators focus on unpacking what young people know, giving them supporting up-to-date best practice information appropriate to their age, and then taking them through hands-on, realistic scenarios where they can put that knowledge into practice – and draw on it in their personal lives.

Last year the YMCA worked with 922 students at Ashburton and Mount Hutt Colleges. Students say the programme is “fun,” “useful,” “they learn a lot of stuff

they never knew before,” and “info is more accurate than what I hear from my friends.”

Schools have embraced the Resiliency Toolkit. Mount Hutt College Year 9 Dean James Roderick says, “The programme is valuable as our students ‘step up’ to the secondary school level. The need to develop resiliency skills in everyday situations is ever-increasing and this Toolkit has certainly been beneficial to our students.”

Claire Bubb, Head of Senior School at Ashburton College says, “The content of the Resiliency Toolkit is age and stage appropriate, with engaging activities our students enjoy participating in. Teachers have commented that they are impressed by the way the facilitators deal with the sometimes-sensitive topics and are appreciative that a third party is able to initiate these kind of discussions. The Year 12s have also commented that they feel comfortable to engage in these sessions.”

The long-term aim of the Resiliency Toolkit Programme is to build resiliency across the region's entire population of young people, and thanks to assistance from Advance Ashburton an important start has been made. +



ABOVE Students learn important life skills through the Resiliency Toolkit Programme.



## NEW COMMITTEE MEMBER

Rachael Redmond is a local retailer and owner of Kitchen Kapers, The China Shop and Swarovski Boutique. She and husband Chris have raised their four children in Ashburton and remain committed to the Ashburton District.

“I am excited and honoured to be asked to join the Advance Ashburton Community Foundation, as a member of the communications team.

I have experienced first-hand the amazing work the Foundation does within our community and am impressed with how many sectors of our community have benefited due to the generosity of other locals.” +



Professor Paul Spoonley

## ANNUAL CELEBRATION Save the Date - Thursday 28 November

at 5.30pm at the Ashburton Trust Event Centre. Hear inspirational speakers including keynote speaker Distinguished Professor Paul Spoonley, talking about the future. All welcome.

Please RSVP to Sandi on 027 577 5875 or email [info@advanceashburton.org.nz](mailto:info@advanceashburton.org.nz), by 18th November.



ABOVE Sampling being undertaken at a weir site in Windermere Drain.

## HINDS DRAIN INSTREAM HABITAT DIVERSITY PROJECT

The health of our streams and rivers is important to us all and a grant from the Ian Glassey (Environment) Fund will allow Fish and Game to measure the health of two local waterways.

Rock weirs have been installed in two Hinds waterways (Windermere and Taylors), with the aim of improving their stream health and fish habitat.

Macro invertebrates play an important role in stream ecology and respond more quickly than fish populations to changes. They are therefore early indicators of stream health change.

With the grant of \$13,500 Fish and Game will study these macro invertebrates (worms, crayfish, snails and insects such as dragonflies, mayflies and caddis flies) to see what effect the weirs have had on

stream health and the environment.

This Hinds Drain Instream Habitat Diversity Programme involves not only Central South Island Fish and Game, but also Environment Canterbury, local farmers and the Hinds Drain Working Party and its project partners (Ashburton District Council, DairyNZ, FAR and Beef and Lamb).

Thanks to the late Ian Glassey our knowledge will be furthered to benefit these two waterways and others in the future. ✦

## STOPPING VIOLENCE SERVICES

Every week, in the headlines or in the court news, there are reports of violent behaviour and assaults in the Ashburton District. The consequences are far reaching. It has been estimated that for each violent, abusive person, there are at least twenty other people affected, including extended whānau, friends, neighbours and assistance agencies, all trying to pick up the pieces.

Violence can undermine and destroy an individual's sense of their own worth and a family's ability to look after and support its members. Lives are wasted and our country is poorer for it in every way.

Changing violent behaviours is not easy but with guidance and support, it can happen. Since 2015 Stopping Violence Services (SVS) has been working in Mid-Canterbury helping abusive men and women of all ages deal with their anger and violence. Participants learn more about themselves and the triggers that commonly spark their anger. They develop empathy for victims and learn to accept



ABOVE SVS undertake work to help support changes in behaviour.

responsibility for their own actions. It is work that takes time, patience, courage and positive energy.

As well as working with adults, SVS's youth section, Enabling Youth, provides support to at-risk young people struggling with issues around anger and other emotions. Youth clinicians work to help their clients meet challenges in their everyday life and help them connect more effectively with their whānau, learning environments, work colleagues and the wider community.

Without such intervention, violence has

far-reaching negative social and economic costs. With the help of SVS, the cycle of violence can be broken.

Currently SVS employs three staff one day a week in Ashburton and this will increase to four staff in August. Advance Ashburton sees this programme as making a valuable contribution to community well-being and has provided \$10,000 for assistance with the employment and further training of an adult clinician and a youth worker. This investment to reduce violence will improve the safety of families and, in the long term, will benefit us all. ✦



## EARLY CHILDHOOD INNOVATION IN THE ASHBURTON DISTRICT

A new initiative is gaining momentum with the help of funding from both Advance Ashburton Community Foundation and the Mackenzie Charitable Foundation.

The Hakatere and Opuke leadership group, is a group of like-minded leaders from local early childhood centres. Supported by an associate the group will strengthen evaluative practices in our early childhood centres to assist children transitioning to school.

“The saying that it takes a village to raise a child, is more true than ever,” says Liz Depree, early childhood consultant. ✦

LEFT Members of the combined Hakatere and Opuke Leadership group.

## SUPPORTING OUR DIVERSE COMMUNITY

Kia ora, namaste, bula and hello. How fortunate we are to live in a richly diverse community where different cultures are made to feel welcome and supported. Across the year there are a multitude of events designed to celebrate our newcomers and promote an inclusive sense of peace and harmony.

As funder Advance Ashburton Community Foundation has been impressed by initiatives that look to overcome challenges of social or geographic isolation, language and communication barriers and provide networking opportunities that meet the changing needs of the community.

Socially, many of our newcomers simply need to connect with others as they find their feet in a new environment.

Organisations such as Ashburton Indian Multicultural Charitable Trust (AIMCT), Hakatere Multi Cultural Council (HMCC), and Fale Pasifika O Aoraki Trust Society Inc (FPATSI) have an important leadership role to play, identifying needs and finding solutions.

Growing in popularity is the annual Festival of Lights celebration which is to be held this year in October at the Ashburton Trust Event Centre. As well as making people aware of Indian culture, it fosters relationships and provides ongoing cultural learning in all walks of life.

Promoting fitness and health for Pacific women requires resources and facilitation which FPATSI has packaged into a weekly, yearlong Fabulicious Women programme.

Research shows the determinants of Pacific peoples’ poor health are numerous and complex. Ashburton has a Whanau Ola worker in Ashburton who has links to schools, church groups and Pacific families and will be helping to encourage Fabulicious Women to join in to learn about nutrition, physical activity and the harm caused by hazardous drinking and smoking.

Hakatere Multi Cultural Council has a broad understanding of the rapid growth in diversity and population count in our district. Coordinator Adi Avnit arrived in Ashburton from Israel and quickly felt at home thanks to many friendly and welcoming people. Adi is passionate about knowing the community, meeting people, building relationships and helping others feel the same welcome he did and is committed to empowering other migrants and newcomers.

With new arrivals come new challenges and as a district we need to continue to work together to build strong foundations. Seeking solutions, celebrating partnerships and talks of a migrant centre in the upcoming year all help to provide solutions and positive outcomes for all.

Paalam, adiós and goodbye. ✦



ABOVE Dancers perform at the Diwali Festival.  
BELOW members of the Fabulicious women pictured with Mayor Donna Favel.





ABOVE Hayden Kuyf on Outward Bound.

## INSIGHT

“What do Henry Ford, Walt Disney, Albert Einstein and Tom Cruise all have in common? Dyslexia.” These were the opening words from Hayden Kuyf, one of our speakers at last year’s annual celebration.

Hayden, who was diagnosed with dyslexia at age 7, gave us a real insight into what it is like to live with dyslexia, and how through both family support and help via specialised learning centre Seabrook McKenzie, he managed to not only finish high school, but go on to obtain a Bachelor of Commerce from the University of Otago.

Dyslexia is a learning disorder that makes reading or interpreting words, letters and other symbols difficult, but that does not affect general intelligence.

“When I look back over my earlier years at school and I was reading way below my age level, I was still in the top third of my class – so what happened to the others who were less fortunate than me? Dyslexia doesn’t stop people from being successful.

We as a community can help those who suffer from learning difficulties and assist them to go down the right path.”

An anonymous donor, impressed after hearing Hayden speak, provided a scholarship for him to attend Outward Bound this year.

*“Outward Bound changed my perspective on life. I was one of a group of 13 from all walks of life, each with different views and interests. The experience allowed me to reevaluate my direction and challenge who I am. I believe everyone should complete an Outward Bound course and I would jump at the opportunity at completing another one tomorrow! So, I thank the anonymous donor who sponsored me, greatly.” +*

## TIMEBANK

With the aim of connecting people, services and resources across Mid Canterbury, Advance Ashburton is proud to support the Connecting Mid Canterbury Charitable Trust and its two initiatives, the Mid Canterbury TimeBank and the TimeBank Learning Exchange. With the slogan ‘Connect, Contribute, Belong’ Timebank is making a positive contribution to our community. +

RIGHT Timebankers help at a carwash.



## THINKING ABOUT GIVING BACK TO YOUR COMMUNITY?

Do you want to give back to your community because it’s been good to you? Are there local charities and causes that are especially important to you? Through Advance Ashburton you can support causes that are close to home, and close to your heart.

Advance Ashburton is driven by local generosity and the wishes of the donors to create a better future for our District. All donations are invested, and the income earned supports the local causes you care about, year on year. If you are interested in looking at ways you can make a difference in Mid Canterbury, please contact our Executive Officer, Sandi Wood on 027 577 5875 or email [info@advanceashburton.org.nz](mailto:info@advanceashburton.org.nz).

### GIVE NOW

Donate today to see the impact your generosity will create and benefit from a tax credit of up to 33% of the amount of your donation (for donations \$5 or more).

### GIVE LATER

Through your will you can leave a gift to the Foundation, leaving a lasting legacy to the community you care about.

### GIVE WHAT YOU CAN

Big or small, it’s about economies of scale and through the Foundation every dollar makes a difference

### GIVE YOUR WAY

It’s up to you whether it’s a one-off donation, a regular direct credit, part of a workplace giving model, a giving circle, or a bequest in your will.