



empowering women

NEWS AND STORIES FROM THE YWCA AUCKLAND

Looking ahead to 2012

2011 has been a year of action, resilience, inspiration and achievement for YWCA Auckland. Our friend-raising event at the Pah Homestead and our recent Kathryn Wilson show auction at Soul Bar & Bistro have raised vital funds for ENCORE and the Future Leaders programme. We also launched the pilot of our new programme; M.A.N.A. (Mentoring, Active Networking, Alumni) for young women in tertiary training or their early career.

The YWCA Auckland team has again worked tirelessly for which I personally thank them. We've had some changing faces; Daisy Ta'ufou of Future Leaders left to grow her family, Tilda Bostwick our Marketing Manager is moving on to her next big thing and our two Administration Fairies Ana Merito and Kerri-Anne Palmer have both gone to further their studies. They are all special people who are missed and our thanks go to them all. We have been joined by Finance Manager Karon Hofer, Administration Assistant Emma Murton, Future Leaders Coordinators; Rabena Kini, Katie Quick and Marnie Wolfe. It's a really solid team and I'm looking forward to working with them in 2012.

We face another year of tough economic challenges and your ongoing support is vital to deliver the work we do, now more than ever.

Thank you to *everyone* we have worked with this year; programme participants, supporters, coordinators, liaisons, donors, friends, patrons and our peers and colleagues in the not-for-profit sector. We wish you a safe and happy holiday and a rewarding year in 2012.

Hilary Sumpter



Guests enjoy lunch and the shoe auction at Soul Bar & Bistro.

Shoes and Lunch raise \$5,000 for Future Leaders

Our Kathryn Wilson Shoe Lunch at Soul Bar & Bistro on Wednesday 9 November raised \$5,000 for our Future Leaders programme. Thank you to all those who attended and made it such a success, including our Marketing Manager Tilda Bostwick. We would especially like to thank our event supporters: Kathryn Wilson, Boh Runga for NZ Mint, who donated a couple of pieces of gorgeous jewellery and Soul Bar & Bistro who provided the right environment for fundraising. Have a look at photos on our website.



YWCA Auckland now in our new premises

On 26 October we celebrated our move into our new premises at 21 Scanlan Street, Grey Lynn. This spacious new site will provide extended workshop space for our community programmes. The move was a lot of hard work and there is still some work to be done but we are very happy to be here. For those of you who weren't able to join us at the

house warming party, please drop in for a visit anytime. Our postal address and phone numbers are still the same and you are always welcome. We have 50 square metres, plus meeting room space to sub-let in our open plan office to a similarly aligned organisation. Please call Karon on 09 375 9240 to view the space.

AGM welcomes New Board

YWCA Auckland appointed Sina Moore as President at our AGM on 26 October. Sina is a Principal Director of Ola Consulting and is focused on projects developing leadership capability, youth mentoring, social enterprise and strategic business development.

We are sad to say good-bye to Carol Scholes as President who stood down after six years in October – she is now acting President of the YWCA National Board. We also farewell Susan Putt and Christine Pears and welcome three new board members; Adrienne Roberts, Chelsea Bridgman and Anne Fitisemanu.

Adrienne is the Chief Financial Officer for Charlie's Group Limited and has been a member of the Finance Committee for the past two years. Chelsea is the 2011 board scholarship recipient and brings the experience and perspective of a young Auckland woman. Anne has extensive community governance experience in wide ranging areas representing Pacific interests in education, culture, arts and women's well being. Congratulations also to the 2012 Board Scholarship Winner, Angela Lim who is a Medical Student at the University of Auckland.

Encore on the Beach

Thanks to funding from Ted & Mollie Carr Endowment Fund (managed by Guardian Trust) 10 women from all over New Zealand attended this year's Encore Coordinator Training week at Vaughan Bay retreat in Long Bay.



This group of strong, inspiring women gave a week of their own time to train as Coordinators so they are able to deliver Encore, supporting women recovering from breast cancer surgery. Led by Marlene Sorby, the Encore National Manager, Julie Cummins (Training Manager) and Jocelyn Burlton-Bennett (Training Assistant) the group had a full-on week as they learned to deliver the programme. The YWCA is fortunate that we are supported in this training by medical experts; Breast Surgeon Dr Belinda Scott, Lymphoedema Educator Claire Doole, Psychologist Colin Hopkirk, Breathing Specialist Susan Lugton and National Breast Health Educator Patricia Field. These new Coordinators mean the programme can expand in Hamilton, Paraparaumu and Levin and will boost capacity in the Bay of Plenty region.

Baby or Boob - Rachael's Story

I was 18 weeks pregnant with my fourth child when I found a lump in my breast. My GP at the time thought that it was only pregnancy related but I asked for it to be checked. I found out at 21 weeks that it was breast cancer.

I was 37 years old and lived in Hawkes Bay with my husband and our three girls aged 6, 3 and 1 ½. Major decisions had to be made - the choice came down to either my baby or my boob! We had to discuss having a stillbirth. I couldn't have a lumpectomy and had to have the breast removed and chose not to have chemotherapy because of the baby.

During all of this I was given phone numbers of people who had information to share around breast cancer recovery. Some of them had done an exercise and support programme called Encore that is run by the YWCA here in Hawkes Bay. They recommended the programme and suggested that I enrol.

Since I couldn't stretch my arm or open a jam jar, I was very keen to do the programme straight after the surgery and didn't want to wait. The coordinators were great, incredibly positive and helpful. I really

“*Encore helped me to start to enjoy life again. I decided to set goals with exercise and in April the following year I did a duathlon.*”



got into the water exercises and enjoyed the speakers; nutritionist, lymphoedema expert and breast surgeon.

Encore helped me start to enjoy life again. I decided to set exercise goals and in April the following year I did a duathlon. I try to stay informed, to make healthy choices and I do self help courses to stay healthy - I've recently learnt to meditate. I always recommend the YWCA Encore exercise programme to women now. It's not just the exercise that makes you feel better, they give you so many little bits of important

information that helps too.

With me throughout this journey was my remarkable grandmother, Grannie Annie. She had breast cancer when she was 60 and she was bringing up my sister and me, I was 12 at the time. When I had breast cancer I asked her what it was like for her when she had it all those years ago. She said "I wasn't going to let it beat me. I had to bring my girls up". She kept her promise, she was always there for me and only just passed away last year at the wonderful age of 91.

To find a YWCA Encore Programme in your area please check the schedules on our website

www.akywca.org.nz or call **0800 ENCORE (0800 362 673)**

Year 10 Leadership Camp Waiheke Island October

This year we had a record number of year 10 girls attend the week long camp on Waiheke Island - 44 in total! Despite the weather, the girls, led by Katie, Marnie, Bena and the amazing team from Potiki Adventures, had a fantastic week of activities and workshops.

On the last night of camp 29 mentors and 5 YWCA Auckland staff took the ferry over to Waiheke and joined the girls for dinner and a skit show. The performances were exceptional this year, especially Marnie's (M Dog) and Katie's (Knight Quick) rap "How I became a Future Leaders Coordinator!" Thank you to the Year 10 mentors who supported their Future Leaders and those who came to the camp dinner - the girls really enjoyed it and appreciated the time you took to attend.



Pay it Forward for our Future: Mentors needed for 2012

Future Leaders is a free mentoring and development programme run by YWCA Auckland for young women aged 14 to 18. 140 young women from low decile high schools are currently participating in this life changing, four year, mentoring and skills based programme.

Next year we will be joined by a new group of 30 young women from Sir Edmund Hillary Collegiate (just off the motorway in the south) and Kelston Girls High School (in west Auckland) and the team are looking for mentors.

With training days taking place in February and March 2012 there is ample opportunity to join YWCA Auckland and help shape the leaders of tomorrow and discover a lot about yourself in the

process. International youth development lecturer, Dr Kim Jewel Elliot says that mentors are doing the one thing that youth workers can't: "Being a mentor is about sustaining a long term positive relationship. In being constant you are not another short-term intervention."

Being a mentor doesn't require spending huge amounts of time with your mentee. If you have time for a cup of coffee once a month and can touch-base by phone or email once a fortnight you can make a huge difference to a young woman; how she feels about herself and the decisions she will make. Sina Moore is one of our Future Leaders mentors who enjoyed the connection so much she is now President of the YWCA Auckland Board.

Hannah Samuels, who mentored between 2003 and 2008, says the programme provided tremendous opportunities for all involved. "Many of us are still in contact with the young women we were matched with. It's a delight to see their amazing achievements as they've spread their wings."

We are looking for 45 more wonderful mentors just like you to contribute to and support the 2012 intake of Future Leaders and assist with our current Future Leaders. If you want to make a meaningful difference to a young Auckland woman or you know someone who would be ideal as a mentor, particularly in South Auckland, please get in touch with Marnie: marnie@akywca.org.nz or DDI 09 375 9248 or 027 207 5558.

Westie's Community Service Project

While the rest of the nation rested after the RWC celebrations (woohoo we won!) and enjoyed the public holiday a group of West Schools Future Leaders, their Mentors and Coordinators; Marnie and Kat, spent the morning volunteering with Conservation Volunteers restoring an area of forest at Karanga Camp where kokako birds are nesting.

The project helped to address some serious weed issues in the area that are preventing native regeneration where the birds have set up shop. The girls enthusiastically pulled out Wandering Dew and ginger plants for four hours. We had a great time and the Conservation Volunteers were great to work with. If you are keen to see how you and your Future Leader can get involved in another project check out their website www.conservationvolunteers.co.nz



Full Steam ahead for M.A.N.A.

In December 2010 we launched the pilot of our new programme; M.A.N.A. (Mentoring, Active Networking, Alumni) for young women in tertiary training or early career.

This programme includes peer mentoring, networking evenings quarterly and ongoing conversations about issues and challenges for young women today, aimed at providing positive pathways for our Future Leader graduates. It is open to other young women and is a great chance to support and extend

the 'Y Family', instigated at the request of young women we have worked with. The programme has had great support, particularly from Unitec and AUT University, University of Auckland and the First Foundation and is headed up by Kat Dougherty.

After seeing the overwhelming evidence of the value and potential of this programme the Board voted to make M.A.N.A. a permanent programme of YWCA Auckland at the November Board Meeting. President

Sina Moore said that M.A.N.A. is a complementary offering in the mentoring and professional development space and reinforces the other work that YWCA Auckland does. To get involved as a M.A.N.A. mentor or if you know a young woman who would benefit from support in her first year of tertiary study please contact Kat on 370 0116.

Thank you for helping us to empower women. The YWCA Auckland greatly appreciates these tangible and generous expressions of support for its work in empowering women.

Grants since our last newsletter:

ASB Community Trust, Canterbury Community Trust, COGS Waitakere, North Shore, Greymouth/Westport and Manukau, Constellation Communities Trust, CR Stead Trust, Eastern & Central Community Trust, Estate of Ernest Hyam Davis, First Sovereign Trust, Four Winds Foundation, Grassroots Trust, JA Redwood Charitable Trust, JM McLachlan Charitable Trust, JN Williams Memorial Trust/HB Williams Turanga Trust, Joyce Fisher Charitable Trust, NZ Breast Cancer Foundation, NZ Community Trust, Sir John Logan Campbell Residuary Estate, SKYCITY Auckland Community Trust, The Trusts Community Foundation, Vodafone Foundation.

Regular donors:

Alison Gilbert, Carol Scholes, Di Paton, Diana Jopling, Robyne Hansford-Smith, Robyn Williams, Sarah Davies, Shan Wilson, Stephanie Maitland, Suzanne Snively, Tania Thomas.

Members new and returning:

Adele Lendich, Alma Sax, Amanda Hodson, Andrijana Trajanovska, Anne Thwaites, Audrey Mancer, Beverley Turner, Catherine Brabbs, Catherine Peters, Chelsea Bridgman, Chris Smith, Claire Balfour, Dona White, Fiona Clifton, Fiona White, Florence Wong, Gael McNally, Glenda Hoffman, Heather Shotter, Helen Fletcher, Helen Marshall, Helene Deschamps, Hilary Sumpter, Jackie Hawthorne, Janet Grieve, Jennifer Gadd, Dame Jenny Gibbs, Kate Sutton, Karen MacKenzie, Karon Hofer, Katie Quick, Kerry-Ann Stanton, Lauren Dowling, Liz Henry, Maree Rush, Marie McKendry, Marlene Sorby, Marnie Wolfe, Nive Sharat Chandran, Pamela Roberts, Patricia Burgess, Pip Duncalf, Sally Synnott, Samantha Copland, Sarah Davies, Dr Shirley Tonkin, Dame Silvia Cartwright, Sina Moore, Sonja Johnston, Susan Phillips, Susan Putt, Suzanne Couper, Suzanne McNicol, Tilda Bostwick, Tracy Jane Broom, Vanessa Ceelen, Wen Qi Chang, Yvonne Treen, Zannah Johnston.

Donors since our last newsletter:

Adele Lendich, Alma Sax, Amanda Parker, Andrea Catte, Andrijana Trajanovska, Angela Parker, Angeline Long, Anita Bilby, Anne Blackburn, Anne Thwaites, Annette May, Audrey Mancer, Audrey McQuillan, Barbara Frazer, Beverley Turner, Catherine Brabbs, Catherine Peters, Chris Smith, Lady Dawn Hellaby, Diane Sterne, Dianne Neill, Emmaleen Murray, Fiona Lankshear, Florence Wong, Heather Shotter, Glenda Hoffman, Dr Helen Anderson, Janet Grieve, Jennifer Jongejan, Dame Jenny Gibbs, Joanna Cochrane, Joanne Johnson, Karen MacKenzie, Kate Sutton, Katie Noble, Kerry-Ann Stanton, Kriselle Baker, Laraine Moses, Lauren Dowling, Maggie Mowbray, Maree Rush, Dame Margaret Bazley, Maria McElwee, Marie Taylor, Marjorie Hunt, Michelle van Gaalen, Nicola Turner, Patricia Burgess, Paul Smith, Penny Hansen, Peter Allen, Pip Duncalf, Robyn McElroy, Rosemary Palmer, Sarah Walter, Shelley Cave, Dr Shirley Tonkin, Dame Silvia Cartwright, Susan Paterson, Susan Phillips, Suzanne Couper, Suzanne McNicol, Trelise Cooper, Viv Madsen-Ries.

Corporate kindness:

AUT University, Boh Runga for NZ Mint, Elizabeth Arden, Kathryn Wilson, Healthy Food Magazine, Smudge, Simpson Grierson, Soul Bar & Bistro, Unitec, University of Auckland, Vodafone.



Yes, I would like to support the YWCA, add my voice to yours and endorse the work you do in the community

The YWCA Auckland has offered community programmes to the women of Auckland for 125 years. Our programmes are free and we rely on your generosity to provide them. As a membership based organisation you can choose for your first \$20 to go towards becoming a member, connecting you to a strong advocacy voice, endorsing the work we do in the community and a thriving international women's organisation committed to providing solutions to pressing social issues.

Please help a student to remain on Future Leaders for another year or pay for a woman to attend an Encore programme.

Please accept my gift of \$35 \$60 \$85 \$120

Amount of my choice \$

I am paying by: cheque made out to YWCA Auckland

credit card monthly once only

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I would like to know about making a bequest in my will

Comments or address/email updates?

Donations can be made simply and securely on-line too, visit www.akywca.org.nz