

## International Staff visit the YWCA

Friday 4th December was a big morning for a group of Future Leaders students and graduates when they met the World YWCA General Secretary, Nyaradzayi Gumbonzvanda and the Programmes Director for Asia and Pacific Juli Dugdale.

Tola from Waitakere College said "I love this programme, its taught me a lot about myself, its taught me how to work harder and I have people who expect something from me."

Noho, a graduate spoke of how the programme had motivated and inspired her. Nyaradzayi shared that like many of the graduates, she was the first of her family to attend university and that none of her family could afford to attend her graduation.



World YWCA General Secretary with Future Leaders students.

*"We are leaders in our own lives, we are leaders for our families and our communities, we must make women's leadership more visible"*

World YWCA General Secretary, Nyaradzayi Gumbonzvanda

*The YWCA is part of the largest women's organisation in the world, active in over 125 countries, uniting more than 25 million women. The World YWCA works for social and economic justice through development and advocacy programmes. YWCA's around the globe are making a difference for women everywhere.*

**We are supported by our hostel, this means that**



## Fundraising events

We raised over \$3,000 from our Shoe Auction in August. Kathryn Wilson is a great supporter of the Future Leaders programme. For the last three years she has donated a selection of new season's shoes for us to auction, with the proceeds going to the Future Leaders programme.



## Payroll Giving...

...means making donations directly from your pay. Your payroll person can make the YWCA Auckland your "donee organisation". You receive the tax benefits of your donation each payday without having to present donation receipts or waiting to claim at the end of a tax year. We benefit from knowing that our programmes are supported by a regular income stream.

**We are grateful to the donors who support our programmes. Over the last six months we have also received the following grants:**

### For Future Leaders

- AMP Foundation
- Sky City
- ASB Community Trust
- The Trusts Charitable Foundation
- Hostel of The Holy Name
- Maurice Paykel
- ANZ Staff Foundation
- Oxford Sports Trust
- CR Stead managed by Guardian Trust
- Community Post

### For Encore

- NZ Breast Cancer Foundation
- Canterbury Community Trust
- COGS Manawatu
- COGS North Shore Rodney
- COGS Waitakere
- COGS Manukau
- COGS Coastal Otago/Waitaki
- Community Post
- Dove Foundation
- NZ Community Trust

### For the YWCA

- ASB Community Trust



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empowering women

ywca auckland

update

THE NEWSLETTER OF THE YWCA AUCKLAND

Summer 2010

## Future Leaders Celebration Ceremony

**Last week we congratulated the 14 young women who graduated from the YWCA's four year mentoring programme.**

The celebration ceremony was held with families and mentors of the young women along with current students, past graduates, sponsors and YWCA staff.

President of the YWCA Auckland Board of Trustees, Carol Scholes commented, "To be able to graduate successfully the students have to complete the full four year programme and show that they have enhanced leadership skills and understanding of resilience, all 14 of these girls showed that they have achieved this."

Most of these young women will continue on to tertiary studies and we wish them well on the next stage of their journey. They are now part of the global family of the YWCA and are well on the way to being leaders and role models in their communities.



The 2009 Future Leaders Graduates and their proud mentors.

## YWCA HOSTEL

**Our popular hostel in central Auckland supports the programmes and activities of the YWCA Auckland.**

Our 190 residents stay medium to long-term and provide an interesting mix of 23 cultures; 75% are foreign students. We continue to have a 96% occupancy rate of our 162 rooms.

With a decrease in residents over the Christmas holidays we will be able to continue with the bathroom refurbishments including the installation of water saving showers.



The "Sandwicherie" café at the front of the hostel opened a year ago; it is now a lively hub for the local office workers. It has also added some colour to Vincent Street with its outdoor furniture and new gardens.

Please recommend us to out-of-towners in need of hostel accommodation over the holidays.

## Water Therapy

Photo and article courtesy of: The Press

**The relaxing and healing powers of water are being harnessed to help women who've had surgery for breast cancer in the Christchurch region.**

Heather Harris, a practice nurse, says she found the YWCA Encore programme enormously beneficial.

"All I had expected was to increase my fitness and get some arm movement. But it was so much more than that, because of the women in the group," she explains. "The women were in various stages of recovering; we had great instant rapport. It was good to go somewhere where you've instantly got something in common with people; and if you were not feeling so good you could just say outright. It was very comfortable. We had good speakers and exercises in the pool and on the floor."

Heather who had just had a year of intensive treatment said it was a good stepping stone. "It was cool to sit there and think, 'thank God I'm not the only one.'"



Heather Harris

ywca auckland hostel

future leaders ywca auckland

ywca encore after breast cancer gentle exercise programme

## CEO's report



December again and the wind down begins after a lovely year at the 'Y', however it's a wind down for about five minutes before we engage in 2010. Next year we have three new intakes for Future Leaders, whose participation in the programme is made possible by our new relationship with the Vodafone Foundation.

We will also continue to increase the number of Encore programmes we deliver throughout New Zealand. Next year promises to be an exciting one as the YWCA Auckland celebrates its 125th anniversary.

We have a number of people coming on board to support our activities in this very significant year and we are looking forward to seeing our

friends and supporters at one event or another – there will be something for everyone.

This is my second Christmas at the Y and this is a team that I love being a part of; I am always in awe of the level of commitment everybody here shows. Our board is proactive and enthusiastic, all of whom give much of their time to ensuring the YWCA continuously improves. We are also so lucky with the great level of support we have - our volunteers, donors and ambassadors.

Wishing you all festive cheer for the season and looking forward to seeing you all at our special occasions during 2010.

Hilary Sumpter, CEO



We welcomed three new board members Kate Sutton, Susan Putt and Vanessa Ceelen.



Many thanks to our outgoing board members - From left, Jennifer Cuthbertson, Janelle Nee (pictured with President Carol Scholes) and Lorraine Warshaw.

## 1885 – 2010, the 125th Anniversary of the YWCA Auckland

In 2010 we will be celebrating our 125th anniversary; the YWCA Auckland has played a significant role in many Auckland women's lives.

Most of Auckland's early feminists and some of the city's most impressive women were connected to the YWCA. We also championed the beginnings of women's sport in Auckland with our own teams for cricket, baseball, basketball and hockey.

To celebrate our history, longevity and achievements we are planning to host events throughout the year.

We will be holding three exciting events in June, July and October.

Please visit [www.akywca.org.nz](http://www.akywca.org.nz) for updates and ticket information.



ABOVE: The YWCA section in the peace parade of 1919.



LEFT: The first hostel owned by the YWCA in Scotia Place, off upper Queen St.



RIGHT: Cover of the YWCA book published for the 100th anniversary in 198.

## Future Leaders Evaluation 2009



Our 2009 Evaluation gave evidence of the sustained impact the programme is having for the participants.

All participants spoke frequently and passionately of how the young women's communication, goal setting, personal organisational skills, confidence, leadership, study skills and public speaking had been profoundly boosted through Future Leaders.

- The programme has a retention rate of nearly 90%
- 88% of graduates go on to tertiary education
- Graduates undertake extensive community service

The research showed that these positive outcomes from the programme are having a ripple effect in families and ultimately serve to strengthen communities.

### Future Leader Graduates 2009

**Kelston Girls College:**  
Keshni Raksha Rachana Kumar  
Nikisha Michelle Sutherland  
Stevie Wall

**McAuley College:**  
Christina Ioane  
Elizabeth Allen  
Lata Maka  
Maria Tuaoi  
Nomsa Botshiwe  
Petina Tema  
Tupou Siakumi

**Selwyn College:**  
Hristina Stojkouska  
Kimberley Munemo  
Sharifa Karimi  
Shukria Safdari

*"Future Leaders is a place of achievement, it will forever be a part of me and my mentor is someone I'll cherish for eternity."*

McAuley High student 2009

### The Future Leader of the Year Award 2009



This award presented by Dame Cath Tizard went to Jasmine Wiel, year 12 from Sir Edmund Hillary Collegiate. Jasmine has achieved high academic results and has been elected prefect for 2010. "Jasmine has demonstrated leadership qualities of voice, influence, persistency, integrity and action, this is why she is so deserving of this award," says CEO of the YWCA, Hilary Sumpter.

## The Evolution of Encore

By Jane Bissell, Courtesy of Upfront U Kaioara

Encore 'comes of age' with the first in-service training for Coordinators.

Since 2006, trained Encore Coordinators have delivered 80 programmes to around 800 women nationwide. Now the YWCA is improving the overall quality of Encore, with the first in-service training for Coordinators held in September.



Coordinators training in the pool.

Funded by Ted and Mollie Carr Trust and the NZ Breast Cancer Foundation the training saw 30 Coordinators from Dunedin to Whangarei attend. "It was great to see the enthusiasm within the group. We're a professional team of women, coming together with all our knowledge and power to help women with breast cancer. It's so beneficial to share information and experiences," says Napier participant Cath Thorp.

National Encore Manager Marlene Sorby says the training was about revising delivery but also revitalising the spirit of Encore.

"There is no doubt the programme works," Marlene explains. "We conducted a survey recently, randomly selecting the end of course evaluation assessments of 69 women who had participated. 78% of these women reported improvement in the physical evaluations and 77% felt their overall wellbeing had improved."



Alison Searle supports Connie Zein

*"This programme has changed my life for the better, I can move my arm much better – I have even started to redecorate! I am much fitter and have lost weight"*

June '09 Wellington participant.

### What we do...

**ywca hostel**  
auckland

The YWCA hostel is in Vincent Street in central Auckland. It is a 162 room hostel for both males and females with two women-only floors. The hostel supports the programmes and activities of the YWCA Auckland.

**future leaders ywca**  
auckland

The YWCA Future Leaders Programme provides mentoring, practical support and skills development to young women from decile 1-4 schools. This life-changing programme is provided free to participants.

**ywca encore**  
after breast cancer  
gentle exercise programme

The YWCA Encore programme assists women who have had breast cancer surgery regain their mobility, flexibility and self-confidence through gentle exercise and support. This is a free eight week programme run nationally.