

Together

SPRING 2020

YOUR SUPPORT IN ACTION



Te Ope Whakaora



▲ STOCK PHOTO

Tackling the Tough Times Together

Our 'harden-up' culture can make it difficult for men to ask for help; that's why a Christchurch programme is helping men overcome isolation and find support in each other.

When a client comes to The Salvation Army they are typically struggling with tough personal circumstances. This impacts not only their physical wellbeing, but also takes an emotional and mental toll.

'Men (tāne) don't tend to talk about their mental health and can be slow to get help,' says the government's Health Promotion Agency. 'You might think society expects you to handle the problem yourself or "harden-up" and get over it.'

The Salvation Army in Christchurch is addressing this barrier head-on, with a Positive Lifestyle Programme just for men. It brings them together to share their journey, as well as teaching important life skills so they can move forward.

'The guys may come in to get a food parcel or something else, but they might say, "I'm just sitting around the

house all day." So we tell them, "We have this men's group—come and hang out, come and have a hot pie, have a discussion, hang out with some guys and get out of the house for a bit",' explains Senior Community Worker Jeff Jones.

When Henry came to the course, he was struggling to find a job, had lost contact with his child and was grieving the death of family members—all of which had left him 'feeling crushed'.

'I felt quite soft,' he explains. 'I didn't want to go on and I felt quite lost.' He had become isolated and spent his days at home alone, turning to alcohol to cope.

'When I came in I was quite closed up, I wasn't socialising that well. But you would hear someone talk about a similar story and that would allow you to add your story to that. We shared things that you probably

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wouldn't in normal life situations, and we were all quite close by the end of it,' he says.

Jeff agrees that building a community is key to helping men move forward: 'Most guys, when they come on the first day, look around and have an uncomfortable look on their face. But they start talking and find out they are not alone with their burdens, so it becomes really encouraging and uplifting.'

The programme helps men deal with issues of grief and loss, conflict resolution and self-esteem, as well as identifying their strengths and set goals for the future.

Jeff worked with Henry to help him achieve his goals. He began job-hunting, and worked with Jeff on budgeting and reducing his debt. This meant he was able to save money for a bond and secure a rental property. With a renewed confidence, he was even able to re-establish contact with his son and now sees him regularly.

Today, Henry has a job he loves and can't believe how far he has come. 'The Salvation Army helped me out so much and helped me get back on my feet,' he says. 'It really built my confidence and gave me my self-esteem back.'

Helping People Move Forward From Crisis

When someone comes to The Salvation Army for assistance, we meet their immediate needs to help them get through a crisis situation. But this is just the beginning: our goal is to help them rebuild their lives and move forward towards their goals and dreams.

The Positive Lifestyle Programme (PLP) is a key way The Salvation Army works with people to help them re-build their sense of self and set goals. We provide one-on-one training, as well as courses with a special focus—such as groups for parents and men's and women's groups.

PLP consists of ten weekly sessions comprising of:

- self awareness
- anger
- depression
- stress
- loneliness
- grief and loss
- problem solving and conflict resolution
- assertiveness
- self esteem
- goal setting.

With your help, we were able to offer over 2300 PLP sessions to almost 600 clients. Your donations make a difference to the everyday lives of so many people. Without you, we would not be able to continue with these essential services.

WINTER ALL WRAPPED UP

The 2020 Winter Appeal has drawn to a close and again we have been humbled by the sheer generosity of you, our supporters. Based on the volume of wrap-around services we provided in the last twelve months, we expect the demand to increase more dramatically. Your donations large and small mean we will be able to resource much needed help for those that come to us in the next few months. We will be here because of you.

Our core wrap-around services include financial mentoring for budgeting, tailored counselling and practical social work. Courses we offer include life skills and PLP our positive life-skills programme. These give people the hand-up they need to realise a hopeful future.

ANNUAL FIGURES AS AT 30/06/20

- **Over 13,500 budgeting sessions** for almost 5,000 clients. 69% were new clients.
- Community Ministries centres provided **almost 2,000 counselling sessions.**
- Instances of social work support were at an all-time high at **over 68,000.**
- **82%** of those on our PLP courses were **new clients.**



From Our Territorial Commander

Julie and I have been much heartened by the generous support given by so many New Zealanders to The Salvation Army's mission during the Covid-19 crisis.

The Army has helped an unprecedented number of people in need this year, and we have been bolstered by the support of those who want to do something to help, not only their friends and whānau, but also complete strangers who are facing an uncertain future.

The Salvation Army has always responded to crises with food and shelter for those in need, along with a listening ear and psycho-social services that encourage hope for the future.

Over the past year, our addiction services have once again walked alongside clients who often see no way forward. In this newsletter, Richard's story of a life turned around with the help of The Salvation Army's Bridge programme inspires us all to never give up hope.

The Salvation Army doesn't work alone. It is only with the help of our supporters that we are able to assist so many people throughout the New Zealand, Fiji, Tonga

and Samoa Territory. Many of our supporters' lives have been touched by this work, including the son of a WWII prisoner of war, who was helped by The Salvation Army work. This legacy led to donations to support our work.

Thank you for all you do to help The Salvation Army support those most in need, especially in these times of Covid-19. Together, we can make a real difference to people's lives.



Mark Campbell (Commissioner)
Territorial Commander, The Salvation Army
New Zealand, Fiji, Tonga and Samoa Territory



Mince Initiative Fuels Food Parcels

When one Kiwi company decided to organise a unique donation to The Salvation Army during lockdown, it not only beefed up foodbanks, but gave staff 'a whole other reason to come to work', says Managing Director Tony Egan.

Greenlea Meats has grown from a family butchers into a massively successful meat producer with 450 staff, based in the Waikato.

But it is still a business with a big heart, so during New Zealand's lockdown in May, Greenlea decided it wanted to help those most affected. 'We have a long-standing relationship with The Salvation Army and knew it had good community reach out to those who would be most disadvantaged by this event,' explains Tony (nephew of butcher, Peter Egan, who founded Greenlea). 'We have huge respect for those at the coalface who are making a difference.'

So, Greenlea decided to do what it does best, and started a 'mince initiative'. The company gave an initial 10 tonnes of mince to Salvation Army and St Vincent de Paul foodbanks, and put the challenge out to staff and farmers to match it—who then gave enough for another 10 tonnes. Blown away by the generosity of its workforce and farmer suppliers, the company matched it again, this time with a cash donation.



▲ (FROM LEFT) LESLEY BARKER, ANDY THOMAS, KAY WORTH (FROM THE SALVATION ARMY) AND TONY EGAN WERE SOME OF THE TEAM THAT MADE THE GREENLEA 'MINCE INITIATIVE' SO SUCCESSFUL.

'We really didn't think it would get that big,' reflects Tony. 'But we like to think we put the protein in the food parcels.'

And it didn't end there. Greenlea donated a new van, which helped The Salvation Army Tokoroa with its food supply and provided them with a much-needed vehicle for transport and deliveries.

As an essential business, Greenlea staff were working hard throughout lockdown, but Tony says the massive donation drive was a great motivator during a difficult time. 'It gave us a whole other reason to come to work and it gave our team a high level of satisfaction, knowing that we were doing something good in the community.'

From Near Death to New Life

Richard was suffering from severe alcohol poisoning when his doctor told him that just one more drink would kill him. With the help of The Salvation Army Bridge programme, he has never touched alcohol again.

Richard's first drink sounds like a familiar teenage antic: a group of friends hanging outside a liquor store in Auckland, asked an older person to go in and buy alcohol for them. At 15, Richard had his first taste of alcohol, and never stopped.

'I used to drink five days a week, I was never home—even when I was living with my mum and stepfather as a teenager, I used to get up, the pub opened at nine o'clock and I was gone, and I would stay at the pub until closing time,' says Richard.

But, as is so often the case, there is more to Richard's story than meets the eye. He was also 15 when he made the shocking discovery that the man who had raised him was not his biological father.

He got into regular scrapes with the Police due to alcohol-fuelled benders. On one occasion, Richard was in the dock at court when he spotted a familiar figure; his birth father was making a rare appearance in his life.

Richard's lawyer went to speak to him: 'He came back and said, "Why didn't you tell me your father was an alcoholic?" I didn't know until that point that both my father and grandfather were also alcoholics.'

His dad had managed to get clean, and Richard told his lawyer he wanted to start attending Alcoholics Anonymous. He did the hard mahi (work) to get his life on track through regular AA meetings, and was sober for a full 10 years.

'As they say in AA: "It works if you work at it"'

But when his mum died, Richard turned back to alcohol to try and cope. 'I came out of the pub one night and I just collapsed on the ground and the ambulance took me to hospital. I had alcohol poisoning, and the doctor said to me if I ever drink again, I'll die,' says Richard.

He began seeing a counsellor, who helped him enrol in The Salvation Army's Bridge programme for help with alcohol and other drug addictions. Richard came to Wellington for the eight-week residential programme. With the help of drug and alcohol counsellors he was able to grapple with the issues that had turned drink into alcoholism.

'It was really, really hard,' recalls Richard. 'What I learnt at the Bridge was: don't pick up that first drink. That



was hard, but I thought about my two lovely daughters,' reflects Richard. 'As they say in AA: "It works if you work at it".'

Today, Richard volunteers at The Salvation Army drop-in centre, where people can come for a cuppa and a chat. 'When I was on the programme, I used to go there for tea and coffee during our breaks, and I just kept going back and talking to people and it helped me move forward.

'I started volunteering because I love the Sallies and I wanted to give back for all they did for me,' sums up Richard. 'They gave me a new life because of the Bridge.'

We are only able to continue to offer life-changing services, because of supporters like you. When you donate to The Salvation Army, you are giving hope to people like Richard. Thank you.

Farewell to Cheques

As you may be aware, the banking sector is moving towards removing cheques from their services over the next twelve months. Here is everything you need to know about the end of cheques, and how we can help you plan ahead.

Dubbed the 'payment revolution', the end of cheques has brought with it some very valid concerns regarding those who may be left behind. While the use of cheques in New Zealand has been steadily declining, certain groups—including the elderly, and those who live in rural areas—still rely on cheques as one of their primary forms of payment.

With BNZ, ASB, Kiwibank, ANZ, and Westpac all announcing that they will cease to issue and bank cheques, many customers will now need to find alternative ways to pay. As about 40 percent of our donations currently come via cheque, we want to work with you, our supporters, to find an alternative way to donate that works for you.



Chris (pictured above), a supporter of The Salvation Army, previously paid by cheque but has now been successfully converted. 'I make a financial donation by internet banking, and have donated to other appeals online, like food parcels during lockdown.'

SO ... HOW CAN I DONATE?

We greatly appreciate your donations, and we understand that this may be a difficult time for many of our supporters. Your peace of mind is one of our top priorities, so we endeavour to make this transition as smooth as possible.

The Salvation Army offers our supporters multiple different ways to ensure they can continue to donate to New Zealanders in need.

- **Through our website** Visit our website salvationarmy.org.nz and click the 'Make a Donation' button. You can make a secure one-off donation, or set up an ongoing gift using your debit or credit card.
- **By phone** Call 0800 53 00 00 to make a secure donation over the phone using your debit or credit card.
- **Our Donation Coupon** Provide your debit or credit card details on our coupon and return this in the prepaid envelope.
- **Internet Banking** In internet banking, type our name in the payee box and our account details will appear. You can also make a donation directly into our bank account: **BNZ 02-0568-0091726-00**. Please enter your supporter number in the 'Reference field'.

- **Automatic Payment** You can set up an automatic payment through Internet Banking or at your local branch, to ensure that a pre-set donation is made at a frequency of your choosing.
- **Become a True Hero and donate regularly by direct debit** Simply sign up through our website at salvationarmy.org.nz/TrueHeroes, contact us at 0800 53 00 00, or email pr@salvationarmy.org.nz. The Salvation Army will then organise for a monthly donation from your bank account or credit card.
- **At your bank** Your bank branch can help you with an array of payment options if you currently use cheques. Visit your local branch, or your banks website to see what services they offer.

If you are concerned about how to continue to support the Sallies now that cheques are being phased out, you can call us at 0800 53 00 00. We will talk you through the changes that are taking place, and will help you decide how you can continue to support us in the future.



▲ LEFT: DES AND JAN ADAMS. RIGHT: DES WITH HIS FATHER'S WWII MEDALS.

WWII Hero's Legacy Lives On

Des Adams grew up hearing how The Salvation Army helped his father— who spent four years as a prisoner of war (POW)—after World War II. So earlier this year, Des and his wife Jan came up with a simple but ingenious way to give back to the Sallies.

Walter Adams was 24 when he joined the war effort as part of the Long Range Desert Group, which eventually became the SAS.

In February 1941, Walter and his patrol were under intense gunfire. Their vehicle was shot by Italian fighter planes, puncturing their tyres, petrol tank and radiator. As Walter scrambled to change the tyres, a stray bullet ricocheted off the truck's chassis and killed their gunner and an Italian POW they had captured.

Wink (as a child he asked for 'wink of water') was missing in action for eight months. Taken as a POW, he finally managed to send a message over short-wave radio, asking anyone who heard it to tell his mother he was alive. She got the message just before Christmas.

When the war was finally won, Wink was sent to the Belgium border where he was met by Salvation Army soldiers. They ushered him to the safety of their recuperation homes in England. 'For the rest of his life, he could not praise the Sallies highly enough,' recalls Des.

Wink was 11 and a half stone (73kg) when he went to war, and was seven stone (44kg) when he finally got to safety in Belgium. 'All they needed was to be fed and fattened up, and that's where The Salvation Army looked after him so well,' adds Jan.

For the rest of his life, Wink put money in Salvation Army buckets every week. 'That definitely had an impact on me, as a giver,' says Des.

'During lockdown, The Salvation Army really stood out,' he adds. So when they decided to sell their second property, they donated all of the furniture—with half going to Salvation Army Family Stores.

When Des dropped the furniture off, he immediately saw it go to use: 'When I got there, the beds were immediately going to a young woman they were getting into housing, because she didn't have anywhere to go. Where else could she have turned to during lockdown for help like that?' reflects Des.

Jan and Des are both pharmacists and have owned successful businesses. So, when they received the Winter Energy Payment this year, they had an ingenious idea: 'We got the heating subsidy, and quite honestly, we don't need it. So I totalled it up and The Salvation Army got, down to the last cent, what the government gave us,' laughs Jan.

She says that being able to give back, gives their life meaning. 'When you get to retirement age, you have to seriously think about what you're going to do with your life. Charity work is what gets us up in the morning.'