



Te Ope Whakaora

# Your Support in Action Together

Welcome Edition



## Welcome to the supporter family!

You've made the decision to give, and with it, opened the possibility of help and transformation to so many fellow Kiwis in need across Aotearoa New Zealand.

Our mahi is only possible thanks to the support of individuals like you. Without your contributions, it would be that much harder to assist the many people across Aotearoa who are in need and to fulfil our mission to care for people, transform lives and reform society by God's power.

And there are many people in need today. Increasing cost-of-living pressures mean it's more difficult to get by—and this can severely impact people's physical, mental and spiritual health, leaving them hopeless and vulnerable.

By helping people, we can offer them hope for a brighter future—and your support plays a vital role in this work!

But there is hope. In this issue, read about Tracey. She moved with her three children to a new town after a breakup. Bills were piling up, and she was feeling defeated.

A friend of hers then suggested turning to The Salvation Army. She found vital food assistance, and much more thanks to supporters like you, saving her and her children from despair and financial instability.

You can also read about Carrie, a True Hero who became a recurring giver because she believes in our mission. By helping people, we can offer them hope for a brighter future—and your support plays a vital role in this work!

God bless you in all you do.

Ngā mihi nui,

**Mark and Julie Campbell**  
(Commissioners)  
Territorial Leaders,  
The Salvation Army New Zealand,  
Fiji, Tonga and Samoa Territory





## Motivated to give through her belief in our mission

Carrie became a recurring giver due to her faith in the work carried out by The Salvation Army, and because of the difference she'd seen in her son.

'I give to The Salvation Army because it provides a bridge back to life for people who have lost their way.

It is incredibly important for people who are feeling disconnected from society to find connection with people in the community and to feel accepted.

I'm always grateful to anyone who shows kindness to my son, Joseph who has mental health challenges.

It was a chance meeting that became significant in Joseph's life. He was hanging out outside his local Salvation Army centre and one of the

staff members, Tom, bought him a pie and they started chatting.

For the next couple of years, I would hear Tom's name pop up. He was there in the background as a sort of mentor, someone that Joseph felt he could rely on and trust.

**'I give to The Salvation Army because it provides a bridge back to life for people who have lost their way.'**

As a parent of an adult child who struggles to fit in socially, it's good to know The Salvation Army is there as a place for him to turn to if he needs it. Somewhere he can trust that he won't be judged.

One thing I always want people to realise is that just acknowledging somebody with a smile or having a brief chat, giving them a bit of time, makes a real difference. If you see someone sitting on the ground outside a shop or something, acknowledge them. Don't just walk past. Sometimes that's my son.'

## You helped pull Sheree out of debt

Despite being in full-time work, mum-of-three Sheree was at breaking point when she reached out for help.

'I was at a very low point in my life the day I walked into The Salvation Army. I had heard they did financial mentoring, and I was in dire need, probably a week away from declaring bankruptcy.

I was making sure my children were fed but I was barely eating myself. There was never enough money to go around.

It's hard to be in that situation when you have a full-time job, it's not right. I don't know how people do it. Every single day is a struggle for me.

It was terrifying to ask for help. I'm an independent person. It's hard to be vulnerable. You're trusting in a

stranger to be kind, caring, supportive and non-judgmental.

The financial mentor at The Salvation Army has been great. There's zero judgment, just lots of helpful suggestions. We worked together on a budget and a plan to reduce my debts. I'm involved every step of the way and that's empowering.

**'I can see the light at the end of the tunnel now.'**

At the beginning I was supported by the foodbank, and it might not seem much, but even just one box of food can be the difference between me eating or not for a day or two.

I'm strict with my food shop. I look online to see which supermarket has the best deals. My last shop was \$150

for one and a half bags of groceries. I had to hold back tears; I could have filled my trolley once upon a time.

There's no money for contingencies, like if the car needs work or my son needs glasses, but at these times I can get some help from the foodbank and the financial mentor.

I think in the coming year, I will be almost debt free. I can see the light at the end of the tunnel now.'



With your help  
The Salvation  
Army provides  
**41 financial  
mentors across  
29 locations**





## You helped Tracey get her family back on track

**After a breakup, Tracey moved with her three children to a new town. Defeated and with bills piling up, a friend suggested The Salvation Army. Thanks to supporters like you, she found vital food assistance, and much more.**

‘Finding The Salvation Army was like finding a lifeline. My recent breakup had taken a toll on me, and I was in a bad space emotionally and financially. There’s a history of alcohol abuse in my family and I didn’t want to drown my sorrows.

I was amazed at how generous the food parcel was. It was very helpful for school lunches. Being put on a kai plan was a relief. I had thought the help would be one-off and then you’d go away and struggle some more. When I received the second parcel, I was able to redirect food money to the bills. By week four, I felt like I was getting back on my feet.

**‘Along with practical help in the form of food parcels came the emotional support of feeling loved and cared for.’**

Along with practical help in the form of food parcels came the emotional support of feeling loved and cared for. I felt, as a newly solo mum, that someone had my back. A sense of community can be hard to find when you move to a new place. This is where I’ve found it. The food parcels brought new opportunities for me and my children. We found more and more things to get involved with.

I’ve been brought up to give back when I’ve received help so of course I wanted to do that. I started volunteering

in the foodbank. That was when I discovered the food was purchased with donations from the public. I hadn’t realised that The Salvation Army had to fundraise to run its foodbanks. Once or twice, when a massive bill came up, I had food help again and felt deep gratitude to the donors.

Six months ago, I was asked to apply for a position as a wellbeing worker. I was so proud of myself when I got the job! I absolutely love it.

Now, I can help others. I am empathetic because I know the struggle. It helps people to relax when they realise that I’ve walked in their shoes. As they let me in a little more on their story, it enables us to know how we can help, not just with immediate things like food but also with our wraparound services that can bring long-lasting change.

When my partner left, it was a big hit—emotionally, mentally, physically and financially. You go through a lot when you lose a whole entire life. Now, I’ve done a 180. I’ve rebuilt my life, better and stronger.

The future is looking good for me and my girls. I’m doing an eight-week course called Emotionally Healthy Relationships, which is part of the centre’s wraparound services. My eldest has been to the Blue Mountain Adventure Centre and it really grew her confidence and leadership skills. The younger ones will go on camps in the future. We are all part of the church. Friendship and belonging are what we’ve found. I call it my Army family. We are flourishing—and it all started with a food parcel.’



With your help The Salvation Army provides **300 food parcels every working day**

Figure based on nationwide average



# Keeping the family together

**Solo mum-of-three Dayna was out of hope when she joined The Salvation Army's Positive Lifestyle Programme (PLP) and found a way forward.**

'It was my sister who recommended PLP. She said it had changed her life, and I can only say the same. But back then, I didn't see that possibility and I was very honest with Matalena, The Salvation Army social worker. I told her, "I'm basically here to look good on paper". I was going through court proceedings over the custody of my youngest daughter, Charlotte.

The court case was breaking me. I had lost a lot of self-belief, and my sense of self-worth was very low. I thought, if PLP is going to help me look good, then so be it. And then after the first two sessions, I became committed to the process and wanted to do it for myself. It has changed my whole outlook on everything.

When we began, I had no hope and no drive. I didn't know the difference between happy and sad. Within the first month of starting PLP is when we started Project Hope too, where you work with a social worker to set goals and, between the two, I started to finally see a way forward and that motivated me. My goals were to get my driver licence, get a car and get a job. And then ultimately, get Charlotte home.

**'I had lost a lot of self-belief and my self-worth was quite low.'**

I achieved it all within a year. When I think back to my worst days when I was video calling my sister in tears, my perspective has changed completely. I've learned how to deal with my anger, how to simmer and find other outlets. I've had to learn to let go and I've also learnt to love and forgive myself, which was probably my biggest struggle of all.

My job is as a sales assistant, and I've been offered a promotion twice but have turned it down. Family comes first. Charlotte was away for two years so there's a lot of bonding still to do.



**'...I became committed to the process and wanted to do it for myself. It has changed my whole outlook on everything.'**

It hit home just how far I'd come when my dad visited recently. He commented that we all seemed very happy and told me you can see it, the improved headspace, it's visible. He told me he was proud of me. I'm proud too of my personal growth and how far I've come.



Thanks to donations like yours,  
**548 people** went through the  
**Positive Lifestyle Programme**

## How you can keep in touch

You can keep up to date with The Salvation Army in New Zealand at [salvationarmy.org.nz](https://salvationarmy.org.nz). We are always interested in hearing from our valued supporters, so please feel free to phone or email us at any time.

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