

Community

A PUBLICATION OF YMCA AUCKLAND

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Raise Up
celebrates
a huge year

 Out there,
around here.



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Out there, around here

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Community

Community is the official publication of YMCA Auckland.

Community provides YMCA a way to recognise the achievements of our members, individuals, teams and organisations that we work with and support.

We are pleased to be able to keep our wider community up to date with news of the work YMCA is engaged in and to share our successes with you. We hope you enjoy reading this issue of *Community*.

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EDITORIAL



2016 will be full of great

opportunities where we want to bring the young and the old, small and larger families, international and local groups together. We are committed to the communities we are currently in and with a desire to be in more locations. Our goal is always to strengthen our families, local community initiatives and also provide affordable programmes and services for everyone to enjoy.

Our mission is highlighted in this edition of *Community* where we celebrate weight loss successes with a group of eager fighting-diabetic participants who were involved in our lifestyle programme, Jumpstart. Sadly, many lives are lost to the diabetes epidemic but as the success of the Jumpstart programme increases, our hope is that we can become instrumental in rerouting the effects of diabetes impacting people in our communities.

Raise Up closed off 2015 in style, with their end of year pool party attracting around 150 crew members. The sun was in full bloom and graduating crew members were able to enjoy their final days as Raise Up crew members alongside their fellow peers and those that would stay on another year. Our youth programme has experienced immense growth in the past year which has given us presence in our south communities.

I look forward to bringing more stories of transformed communities, families and individuals where YMCA was privileged to be part of the journey.

Peter Fergusson

CHIEF EXECUTIVE OFFICER

YMCA Auckland



YMCA Auckland

partners with

SPACE NZ Trust

to deliver support for first-time parents

YMCA is continuing its vision of building strong kids, strong families and strong communities with the introduction of a free New Zealand parent education programme called SPACE, aimed at supporting parents through the first year of their child's journey and beyond.

YMCA Auckland has five Early Learning Centres, located in Ellerslie, Massey, Manurewa, Papakura and Hamilton and the programme is set to launch with start dates throughout February and March 2016. More locations will be launched in the near future.

Lorraine Duncumb, ELC Group Manager at YMCA Auckland, says, "Some staff have already been trained to deliver the programme and we'll have all staff trained over the next eighteen months. ELC staff members participated in three days of additional training to be able to deliver the programme. It's all still very new but we're looking forward to getting it established across our centres."

"SPACE is a fantastic place for parents who live locally to get together with other new parents and share their experiences in a safe and welcoming environment," says Lorraine.

The programme is primarily for first-time parents with babies aged three months plus, but parents can start the

sessions during pregnancy too. New parents don't need to be members of a YMCA centre and can attend the sessions with their baby for a weekly gold coin donation, during term-time.

Made up of up to 15 parents in a relaxed and baby-friendly atmosphere, the

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weekly sessions involve getting to meet and know other new parents, socialising, as well as play sessions with equipment that helps support babies' learning and development, such as rhymes, music and books. New discussion topics are introduced weekly and include; sleeping, crying and communication, reflective parenting, heuristic play, understanding thinking and brain development of babies.

"It's about taking all different aspects of parenting and supporting parents to decide for themselves how they want to raise their children. For example, we might talk about feeding options – breast or bottle, when to wean – share discussions and ideas amongst the group, but always empowering parents to make up their own minds about what would work best for them and their family," explains Lorraine.

SPACE also provides an orientation to early childhood care and education services, and guest speakers are frequent parts of the sessions.

Niamh Wingate, YMCA SPACE liaison, says, "There are other organisations in Auckland offering the programme, and we're pleased to be able to join them in delivering such a valuable resource to new parents near our centres and throughout our networks, for just a gold coin donation."

"At YMCA, we are dedicated to enriching the lives of everyone that comes into contact with the organisation, so introducing the SPACE programme is just another way we can show our support and empower others – in this case, first-time parents, which can be an incredibly daunting new role to take on!" says Niamh.

For more information on the programme and start dates near you, email space@ymcauckland.org.nz s ▼

YMCA grateful for the support of Auckland's Local Boards

YMCA Auckland's commitment

to building stronger kids, stronger families and stronger communities is made possible with the generous support of its funders, and a number of Auckland Local Boards are helping to make all the difference.

From Central Auckland to North, East, South and West, Local Boards are assisting YMCA Auckland to achieve its goals, have a positive influence on Kiwi families and individuals, and create change.

When we asked some of the Board Members why they felt strongly about supporting YMCA, the responses

in Mt Albert," says Dr Haynes.

The duo's partnership extends further than simply grants towards some of YMCA's community programmes, with the highly successful annual Albert-Eden Schools Cultural Festival and Kids in Parks programme. In 2012, the Albert-Eden Board was pleased to award the Mt Albert YMCA Raise Up Crew the Albert-Eden Local Board Youth Award, in recognition and appreciation of outstanding service to the community.

Dr Haynes says he wasn't at all surprised when the local centre won the 2014 New Zealand Recreation Association (NZRA) Award for Outstanding Facility,

Chair Henderson-Massey Local Board.

Kaipatiki Local Board is another long-time partner of the organisation, who enjoys seeing positive activity and opportunities take place in its local community.

"The Kaipatiki Local Board would like to thank the team at YMCA for the work they do; they have fantastic programmes and facilities enjoyed by our local residents. We are also happy to support the awesome work the YMCA Raise Up crew does to engage many of our local young people into creating, planning and holding successful community events aimed at other local youth in our

The relationship between YMCA Auckland and Auckland Local Boards is one with a strong synergy.

were rather heart-warming.

Chair of the Albert-Eden Local Board, a strong and long-time supporter of YMCA, Dr. Peter Haynes says it's a cause very close to his heart.

"It's a pleasure to support such a thriving and giving organisation, and particularly because of the many fond childhood memories I have of Camp Adair. I was also involved a little later in what was likely a precursor of YMCA's youth programme today, Raise Up. It's especially a pleasure because of the work that YMCA does in our community and the way its values are strongly aligned with ours. Community is at the heart and soul of everything YMCA does, as it is for the Albert-Eden Local Board. We're very proud of our wonderful local facility and the community programmes that are run from it - my Board highly values its partnership with the YMCA

and nor was he when Kev Carter, Community Development Manager for YMCA Auckland, won the Youth Voice Award at the inaugural I Am Auckland Awards in 2014, and again in 2015.

The relationship between YMCA Auckland and Auckland Local Boards is one with a strong synergy. Where YMCA Auckland is committed to local communities and encourages positive influence, the Boards want the exact same thing for their communities, and the two working together is a powerful force.

The Henderson-Massey Local Board is also a champion of YMCA Auckland.

"The Massey Leisure Centre, managed by YMCA, is a wonderful asset for the local community. Their programmes for youth and families help build fitness, social skills and offer some great outings and creative activities. Our board is proud to support them," says Vanessa Neeson,

area and across the Shore," says Richard Hills, Kaipatiki Local Board Member.

In South Auckland, the Manurewa Local Board has supported YMCA Auckland's early childhood activity.

"The Manurewa Local Board supports Early Childhood Education and is proud to have funded the heat pumps for the Early Learning Centre so our young ones and their teachers can learn in a warm, safe environment," says Angela Dalton, Chair Manurewa Local Board.

A huge thank you to the following Local Boards; Albert-Eden, Devonport-Takapuna, Henderson-Massey, Hibiscus and Bays, Kaipatiki, Mangere-Otahuhu, Manurewa, Maungakiekie-Tamaki, Otara-Papatoetoe and Waitemata.

YMCA Auckland is incredibly grateful for the ongoing support in local areas and will continue to work for stronger communities. ▼

YMCA Ellerslie gym-goer smashes diabetes and weight loss goals

Committing to losing weight,

and the challenges that come with it, can be an audacious goal to set oneself. But after a stark wake-up call, 46-year-old Jason Bough knew what he needed to do and is getting on with it – already able to boast about the 10kgs he has lost and how amazing he feels.

After living with Type 2 diabetes for more than 10 years and taking what Jason likes to call a ‘suboptimal approach’ to dealing with it, in late 2015 Jason’s doctor referred him to YMCA’s special diabetes-fighting programme, Jumpstart.

“To be honest, it took a quite serious and scary visit to the doctor to get me even thinking about changing my lifestyle. I’d known about my diabetes for a long time but I have always soft-packaged the problem. At my last doctor visit, I was presented with the blatant list of outcomes if I didn’t change my ways, and was basically shocked into taking control. There was no way I would let myself have a limb amputated or suffer from kidney failure!”

With Jason’s local centre’s Jumpstart programme not kicking-off until early 2016, Jason took matters into his own hands, accepting the help of Ellerslie Recreation Centre Managed by YMCA.

“Once the realisation hit, I was committed, and even more so when I saw the facilities at my local YMCA. I was the most motivated I had ever been and I knew I needed to get cracking

prior to the next Jumpstart intake.”

Jason’s enthusiasm was obvious to the team the moment he walked through their doors, asking for gym advice and about their memberships.

“We ended up offering him a discounted gym membership and I took him through a personalised fitness plan. We sat down and did the general weight and blood pressure recordings and talked through his goals and what he wanted to achieve. He ended up with a plan that would give him a full body workout in the meantime, while he waited for the programme to start,” say Fitness Supervisor, Dylan Holtom.

Aiming to visit at least once a week since he joined in August, Jason has already lost 10kgs! Besides the tailor-made gym programme, Jason has taken it upon himself to change his diet, and he’s already reaping the rewards.

“Since getting into the gym, it’s been game on. Not only am I exercising but I’ve done a bit of my own research to address my diet habits and I’m now actively monitoring what I am eating. I’m following a low carb and low sugar diet and instead go with a handful of protein with a minimum of two servings of vegetables. I’m avoiding starchy foods like bread and potatoes and limiting my intake of ‘white’ foods as a general rule of thumb.”

“As a result, I’ve got higher energy,



I’m more motivated, and overall, I feel healthier. My start weight was 122kgs and I’m steadily working towards my goal weight, which means increasing my number of workouts and knocking off another 10kgs, hopefully by the end of the programme, which shouldn’t be too hard with the added support.”

Jason’s dedication so far has certainly been key to his success, and as Dylan adds; “I may have shown Jason around the gym and taken him through the programme, but the rest has been on him. Jason’s obviously been doing the hard yards himself, following his programme and taking care of the diet side of things – he looks amazing and what an achievement!”

Year-round, YMCA Auckland offers a 10-week lifestyle programme, Jumpstart, across 11 of its centres, for people who have been diagnosed by their doctor with pre-diabetes or diabetes, offering support with exercise, nutrition, goal-setting and behaviour change led by exercise professionals and nutritionists.

Jason says the key to getting, and staying, motivated is first getting professional support, then sticking to the routine.

“Sticking to the routine is vital. My wife isn’t into any fitness but I’m on my way. It’s a solo effort and I’m feeling more empowered to achieve my goals every day.” ▼



YMCA centres in Onehunga

celebrate success of first year of diabetes programme

With more than 225,000 New Zealanders currently diagnosed with Type 1 or Type 2 Diabetes, and 50 more Kiwis being diagnosed every day, YMCA recognises the huge need for a programme to help those living with diabetes manage their health status, while also creating awareness of the risks associated with long-term diabetes - hence the organisation's Jumpstart programme.

Taking place across 11 of YMCA Auckland's centres, Jumpstart is especially for those diagnosed with pre-diabetes or diabetes, and Sir William Jordan Recreation Centre and Onehunga War Memorial Pool and Leisure Centre managed by YMCA are proud to be celebrating the success of their first year offering the programme, and all that their members and participants have achieved.

"It's been a fantastic first year for us and we've got plenty of success stories to show for it. In our first year

alone, we've seen 35 participants living with diabetes or pre-diabetes, grow and improve and have more general confidence, strength and overall fitness," says Fitness Manager, Sarah Freiberg.

The centre celebrated the hard work put in, including the over 250 visits accumulated by the group, at a graduation event in December last year and, little did they know, General Manager of Diabetes NZ Auckland Branch, Pam Elgar, had been attending undercover throughout the programme, which ended on 18 December.

Pam was full of praise in a letter addressed to YMCA Auckland CEO, Peter Ferguson, saying how well the two YMCA staff members, Julia Laulu Faalogo and Sarah Freiberg who delivered the programme, did on both a personal and professional level, and noting in particular how well they both engaged with people from vastly different backgrounds and abilities.

Pam mentions the two team members had a "genuine desire and encouragement for each person to work to their best."

She adds: "I have worked with many people over many years and you have two absolute stars in your team. It is very encouraging to me to know that our collaboration with organisations is in such good hands with staff like Julia and Sarah."

A big congratulations to these stellar team members who make YMCA proud to have them on-board and available to those who need it most.

With the support of committed, friendly and experienced staff, coupled with the education sessions and seminars included in the programme, the 10-week programme gives participants the knowledge they need to manage their diabetes and make sensible lifestyle choices.

One member of the programme, Marlene Mathews, says the programme has been a great help to her. "I was a couch potato and, believe it or not, I now really enjoy going to the gym. The one-on-one training sessions with Julia and Sarah are fantastic. I love the aqua classes and intend to keep these sessions up after the programme is complete. The evening lectures were hugely educational and I thank the entire team for helping me to see how unfit I was and for teaching me how to make the improvements required to better my health and fitness," Marlene says.

Another participant, Joyce Harris, highly rated the programme; "Jumpstart was fantastic in helping me to get fit and lose weight. The trainers make it most enjoyable with varied exercise as well as the more basic exercises like treadmill, rower and bike. It was also good to hear from a nutritionist and podiatrist. Anyone with diabetes should give this programme a go and continue with a gym membership at the end."

Jumpstart has been set up to be fun and dynamic, offering various levels of exercise and positive sessions around nutrition, goal-setting, behaviour change and keeping yourself healthy. Sessions are led by exercise professionals and nutritionists, and family members and peers are encouraged to join in.

"While our first intake for the programme has now come to an end, we feel confident knowing all of our participants are leaving us armed with the knowledge they need to continue to live a healthy lifestyle and target the very real effects of their diabetes. It's so rewarding for us, the team here, to know we are helping locals make a positive difference towards their eating, fitness and overall lifestyle. We help people of all ages and backgrounds and our recent graduation just goes to show that anyone can make a change if they have the right support. We've even seen positive signs of diabetes being reversed in some of our participants bloodwork already!" says Sarah.

Check with your local centre for a Jumpstart programme taking place near you. ▼

Raise Up celebrates a huge year

Raise Up celebrated another successful year of creating opportunities for youth and using their young and vibrant energy towards community good, at its annual graduation ceremony in December.

The programme, now in its 14th year, saw around 150 crew members from across Auckland and Hamilton attend the event, held at Lagoon Stadium managed by YMCA.

Of the 150 that attended, around 30 graduated from the programme, but the majority will be back on board for 2016.

Time at the graduation was spent commending the achievements of the 11 different crews and looking back over the fun had, as well as the highlights for some of the graduates leaving. The teams took part in a quiz, where one crew had the chance to take home the Graduation Day Trophy. Following the ceremony, the group headed across the road to Lagoon Pool and Leisure Centre for an afternoon pool party.

Kev Carter, YMCA Community Development Manager, says, "This year's Raise Up graduation was another fantastic day, celebrating a successful year that was. We celebrated the introduction of four new Raise Up crews, and some already fantastic results. With four new locations in South Auckland alone we were able to deliver 16 new youth events and workshops in 2015, welcoming around 6,000 new youth visits in those areas."

"Across the board the team delivered 39 events, bringing in more than 15,000 visits to YMCA centres and events. The sheer volume and impact of our young people doing such fantastic things for the community makes me incredibly proud."

Events throughout 2015 included quiz nights, pool parties, fashion shows, live music events, such as

Volume and our annual Artistry event. In total, an estimate 18,000 hours of voluntary service was given back to the community by our young people across the network.

Kev says each year he looks for more inspiration and more ambition, in 2016, he's planning to recruit another 100 crew members across the network.

"We're also looking to implement our #AKLPLAY social sport project across seven of our Raise Up locations, which will provide 4,000 young people with the opportunity to participate in social sport throughout the year."

"Raise Up gets bigger and better every year and there are plenty of exciting things to come – I can't wait to see what's in store for us in 2016," says Kev. ▼



YMCA Auckland want to sincerely thank all of the funders for approving the following donations over the last quarter, which contribute to the community-based work we do.

FUNDER	VALUE	CAUSE
Wilson Homes Trust	\$1,392	Additional needs swimming Term 1, for Lagoon Pool and Leisure Centre managed by YMCA
Creative Communities	\$3,035	YMCA youth development programme Volume, for Raise Up South Auckland
Joyce Fisher Charitable Trust	\$40,000	YMCA youth development programme, Raise Up
Albert-Eden Local Board	\$37,000	Kids in Parks, Schools Cultural Festival and Youth Leadership for Mt Albert Community and Recreation Centre managed by YMCA
Devonport-Takapuna and Kaipatiki Local Board	\$4,500	YMCA youth development programme events, Raise Up North Shore



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