

Community

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**Heart attacks
inspire Iona to
get her health
on track**

Teen volunteer has
a great future ahead

Finding your inner
child at YMCA
family camp



**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



With the holidays just behind us and summer well and truly here, it's a late Christmas gift being able to welcome you to this season's edition of *Community*.

In this feature, we highlight the successes of staff, volunteers, programmes and innovative fundraising all in one issue.

While spirits are high, I'd like to begin by recognising the immense difference the Jumpstart programme has made in the lives of many New Zealanders managing their Diabetes this year, including our wonderful member whom we feature this season, Iona.

I'm over the moon that we as an organisation can contribute to positive lifestyle changes by providing existing routes to change, and in such an appealing, professional and welcoming manner.

YMCA Auckland is committed to continuing the delivery of quality programmes and services. That's why the title for our newest centre level fundraising campaign is remarkably fitting. I would like to welcome the; "Change for Good" donation boxes as a gentle way of portraying our community-based services in our local centres, as well as an assertive way to collect and measure donations that make a tremendous difference to the lives of those in and around our local communities.

In this edition, we take the time to congratulate and thank Kimm Rae, a teen who took home our prestigious "Volunteer of the Year Award" recently at the AGM awards. It is extremely promising to see such young talent portray such immense pride in her work and self-sacrifice towards the RaiseUp programme. I'm sure she has a very promising future, and I look forward to seeing her progress and add to the continuing success of the programme overall. Well done Kimm.

Our organisation has continued to embrace the very essence of kiwi culture by sending families from all walks of life off to our fantastic facilities in Camp Adair for a weekend of fully funded, cabin based camping. It's amazing to see the different experiences and values each family takes away from the Family Camp experience. Above all, I'm grateful that our ongoing support has provided the means of support to gift such a valuable experience to families' such as Natalie Dillon's.

It's one thing to run a successful, rewarding and life changing programme; it's another to set the bar so high that local communities reach out for guidance and on-going support on how to incorporate our level of professionalism in their projects. I'm proud to say this has been the case for Karla (Swim School Quality Services Manager) and her swim school programme, she has used her knowledge of the YMCA swim school to integrate water safety teaching and swimming lessons to Waiheke Island's only standing swim school.

With so much going on in the organisation these days I'm glad I got the chance to wish each and every one of you a safe and happy summer, I look forward to briefing you next season but until then, enjoy the latest issue of *community*.

Peter Fergusson
CHIEF EXECUTIVE OFFICER
YMCA Auckland

Heart attacks inspire Iona to get her health on track

The day after Iona Liddell had a heart attack, she was diagnosed with diabetes. It came to her as a huge shock, and sadly, her husband passed away just one week later, after suffering from a heart attack himself.

It dawned on Iona that she needed to make a change - and fast.

She was placed on a Green Prescription at Onehunga War Memorial Pool & Leisure Centre managed by YMCA. It was there she was offered the chance to join the Jumpstart programme in March 2015, and she has never looked back.

Iona had believed that she was living a fairly healthy life; eating leafy greens and vegetables, but indulging in too many of her favourite sugary treats and fruit juice - plus drinking wine a few times a week! She also walked her dog a few times a week too, so it was a surprise to her when she was diagnosed with diabetes. She had never stepped foot in a gym, and the thought of exercising in a gym was a terrifying thought.

The 66 year old started her Jumpstart programme straight away, and found that it was exactly what she needed.

"It gave me the support I was needing at that stage, and I actually found myself going back to the gym in between the Jumpstart classes. Jumpstart is more than exercising, it's

changing patterns and changing how you react to things, as well as exercising.

"I found it really good because the groups are small and it's really good meeting others who are in the same situation."

She said while she had been afraid of exercising in a gym, she came to enjoy it despite her initial fears.

"The trainers encourage you to push yourself, but in a safe way, not a nasty way. I thought gyms were places that had people full with finely tuned muscles, and I said that to Julia (Jumpstart trainer), but you walk in, and immediately, you don't feel out of place. The others in the group are really supportive."

Through Jumpstart Iona learnt what kind of foods really are healthy, because there are a lot of misconceptions.

"I thought grapes were healthy, but I was told I could only have five grapes a day, because they have a lot of sugar. Jumpstart teaches you to be a bit more conscious of what your food choices are."

Iona has since lost 20kg after taking part in Jumpstart, and feels amazing.

"I feel a lot more confident in myself, and I feel a lot better. You notice that flab becomes muscle, and it really has changed the way I look at eating and the way I look at exercising.

"You hear so much about people going on diets and most of them put the weight back on. Jumpstart is really a kick off for you, and sets you up for that lifestyle change, and it doesn't seem like a big change."

She said for anyone thinking about taking part in the programme, she thoroughly recommended it.

"They are really welcoming, and the instructors make it easy. They make a few challenges, but they are really welcoming. I found that with exercise and diet combined, it wasn't a struggle to reduce weight."



"The 66 year old started her Jumpstart programme straight away, and found that it was exactly what she needed."

Cool fundraising initiative gets the community involved

At YMCA Auckland nothing makes us prouder than being able to provide for people within our communities. When former Fundraiser Niamh Wingate was asked to come up with a new fundraising initiative, she jumped at the chance, wanting to give people more choice about how they donate.

Centres now have Change for Good stands, which offer an interactive way to donate to a YMCA cause people truly believe in.

The Change for Good stands have three sections, for three different causes. One for the Raise Up initiative, one for Family Camp, and the third is for centre specific causes. Each of these columns features a cool route for the money to travel down, from lazy river to coin races.

Niamh says the Change for Good stands have received lots of positive feedback so far.

“When people donate, sometimes they don’t necessarily know where that’s going. Our Change for Good stands are about giving people a choice about what

they want their donation to go to, rather than us deciding for them. Now they can donate, and see what it goes towards.

“It also reinforces the fact that these are charitable programmes that we have to get funding for, connecting people with the charitable programmes that we offer, and raising awareness that we are a charity.”

The Change for Good stands are the perfect way to help people make a difference within their communities, as well as helping us to ensure the programmes that we offer continue to improve people’s lives.

Niamh says every little bit makes a difference.

“It doesn’t matter if it’s 10 cents or \$20, it doesn’t matter how much or how little people put in, because it all adds up.

“It’s about using small change to have a big impact in our communities.”

Next time you pop into one of our centres, why not donate a little change, and be a part of something great!



"The Change for Good stands are the perfect way to help people make a difference within their communities, as well as helping us to ensure the programmes that we offer continue to improve people’s lives."

“Kimm has been a part of the Massey Raise Up crew since February, and has volunteered more than 100 hours by helping at various Raise Up, YMCA and community events.”

Teen volunteer has a great future ahead



Kimm Rae never thought she

would be the recipient of a major award, but that all changed in October when she was surprised with something special.

Kimm is part of the Raise Up crew at Massey Leisure Centre managed by YMCA. The Raise Up crew is made up of teenagers who volunteer their time to help organise and run events. When she was asked to help out at an important YMCA annual awards night, she was more than happy to help.

When her name was called out as the winner of the George Adair Family Volunteer of the Year award, she says she couldn't believe it.

“I was pretty surprised, I don't really get awards for stuff. I was quite shy because there was important people there, but it was a good feeling to get the award.”

Raise Up co-ordinator for the Massey Centre, Conin Bowker, says Kimm is extremely deserving of the award.

“Kimm has been a part of the

Massey Raise Up crew since February, and has volunteered more than 100 hours by helping at various Raise Up, YMCA and community events. She has been a very reliable crew member and has helped immensely throughout this year. Spending so much time outside of school and other commitments is a huge undertaking for a young person and we are highly appreciative.

“It's awesome having someone from Massey win the award! It just shows you what we're made of out west! More than that however, I think it's even better that the award went to a Raise Up crew member, and a young person. It sends a message to everyone that young people can do great things when given opportunities and it proves just how awesome Raise Up is.”

15-year-old Kimm says since joining Raise Up, she has come out of her shell, and learnt some great skills.

“I feel more confident, so I'll probably join more groups and be more involved with things now. The best part

is the friends that I've made and getting involved with different things around the community. They have all been really friendly and welcoming, and they are just really, really happy people.

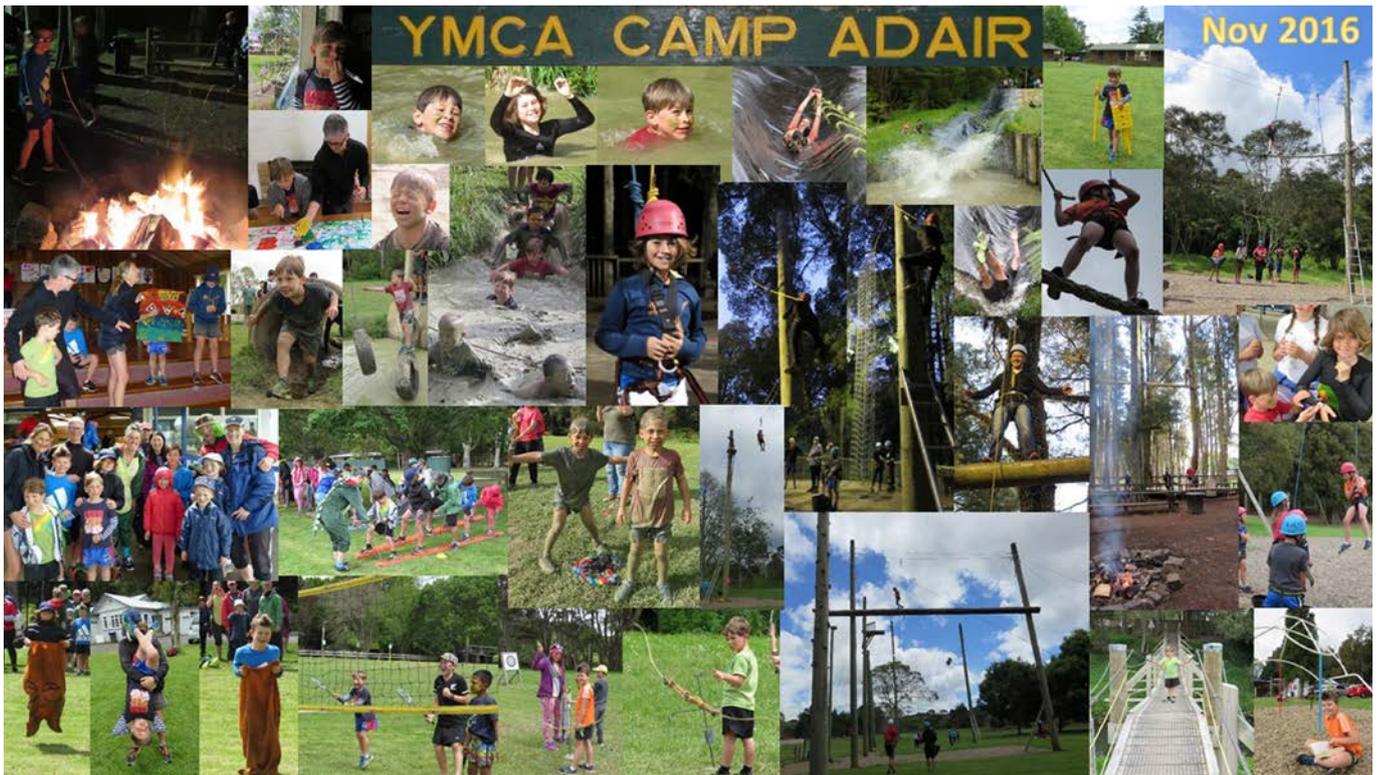
“I'm quite shy when it comes to group events, but I'm getting involved with those things now, and I'm the chair of the Raise Up crew meetings.”

Conin says he looks forward to watching Kimm achieve even more in the future.

“Kimm has a lovely personality and cares lots about everyone and everything she comes in contact with. She is always keen to help out where she can and endeavours to start early or finish late to ensure everything is done. She has been super reliable and I have been able to count on her with many different roles across the various events we have hosted and attended.

“Kimm has a big future ahead of her and I hope that we are able to share that journey with her.”

Finding Your Inner Child at **YMCA Family Camp**



When the stresses of modern life get to be too much, it's always helpful to get back to your roots and spend time with family, as Natalie Dillon learned. At YMCA Family Camp, she and her family got the chance to reconnect and enjoy some time together. Trying new things like this is can be daunting, but as Natalie learned, it's always worth giving it a go.

"We got nominated by a family to go on Family Camp. I was a little bit nervous. I didn't know anything at all about the camps."

As the day progressed however, this nervousness proved short-lived. Seeing her kids enjoying activities they'd never had a chance to try out before transformed the experience. As

she says: "The high ropes and abseiling was a highlight; my kids had never been exposed to that before. It was daunting, but it was like karaoke, once you are doing it, you don't want to get off!"

Her kids loved the experience, and Family Camp has really served as a reminder as to just how simple it can be for a family to have a good time together. Natalie loved seeing the way her kids reacted to the camp, saying: "It's really motivated us as parents to make sure we do something like this for our kids again." She also noted that "the experience was just amazing. It was certainly something we would never have been able to provide for our children, even though we would have liked to."

But that's not to say the fun was just for the kids! Half the fun of a camp like this for the parents is getting to act like a big kid themselves. "The mud run was brilliant. At first I thought 'no way am I doing that', but that would have been ridiculous – it was just a bit of mud!" The chance to unwind and just be a bit silly can do a person a lot of good, and as Natalie notes: "It took us back to our childhoods, for both me and my husband."

With such a high level of enjoyment of the camp, it's also wonderful to see that it can do good for the people who attend. With so many families coming together in one place and working alongside each other, there are plenty of

“The high ropes and abseiling was a highlight; my kids had never been exposed to that before. It was daunting, but it was like karaoke, once you are doing it, you don’t want to get off!”

lessons to be learned. “We’ve learnt a lot of things, like perseverance and resilience, and that you can do things if you push yourself.

“We’ve learnt the power of family and getting to meet other people. There were lots of different families, and it was nice to see a broad cross-section of people.”

This round of YMCA Family Camp has proven to be a great and entertaining experience for all involved – and here’s a final word from Natalie.

“Embrace the weekend, I think everyone goes into it a bit nervous, but once you participate in everything, you will have so much fun.”

YMCA lends a helping hand to Waiheke Island preschool owner

Starting a swim school for

infants and pre-schoolers is no easy feat, but thanks to the help of YMCA Auckland, Danielle Farmer has done just that.

The resident of Waiheke Island owns Tots on the Rocks preschool, and there was no one on the island offering swimming lessons for infants and young children. Families who wanted lessons had to travel into Auckland city, so she decided to start her own swim school.

She went on to complete her swim teacher training through AUSTSWIM. However, she needed to log real time training hours before becoming fully qualified, so she reached out to YMCA’s Swim School Quality Services Manager, Karla McCaughan.

“We are surrounded by water and Waiheke Island residents all have to go to the Tepid Baths for their babies to learn how to swim. We wanted to do something about it.

“I rang Karla, and asked for her help. Since then, I’ve been working closely with her.

“Karla is amazing, she is so busy, but she always goes out of her way, and she’s a great teacher. If it wasn’t for her, we wouldn’t have been able to do this. Her knowledge is fantastic and she delivers in a way that you can understand. Tracey Lyon from Cameron Pool and Leisure Centre managed by YMCA has been fantastic as well.”

She said it was important to her that she was able to offer swimming lessons that focused on water safety and education, which is also what YMCA is passionate about.

“It’s really good, that these components of water safety have been brought in because it’s not just about teaching kids to swim – the water safety and education is the main component.

“If it’s saving people’s lives, at the end of the day that’s what we need to do.”

Danielle said it was thanks to the YMCA that her swim school, School of Fish, will be ready to open in January.

“YMCA have done an amazing job. You don’t have to have a qualification to teach children to swim, which I think is ludicrous. That’s not the way I wanted to go, I wanted to be qualified, and have those credentials. Having a license is paramount.”

Karla said it was a fantastic experience being able to share her knowledge with Danielle.

“Working alongside Danielle has been awesome. We think that they will deliver a programme that will be top notch. As an industry we are working hard to share knowledge, so we can help kids within the community be safer in and around the water.”

We would like to wish Danielle all the best with ensuring even more children have access to water safety education!



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
Albert Eden Local Board	\$16,000	Albert-Eden Schools Cultural Festival
Auckland Council Sport and Recreation	\$20,000	Year two of #AKLPLAY Social Sport Programmes
Albert Eden Local Board	\$11,000	Community Centre Local Projects
Sir John Logan Campbell Residuary Estate	\$2,000	Family Camp
Grassroots Trust	\$14,351	YMCA Hamilton gymnastics for kids
SKYCITY Hamilton Communities Trust	\$7,500	Raise Up
Creative Communities Scheme	\$8,876	Raise Up
Trust Waikato	\$8,000	Raise Up
Maungakiekie-Tamaki Local Board	\$30,000	Raise Up
NZ Community Post	Envelopes	Family Camp
WEL Energy Trust	\$5,000	Hamilton OSCAR programme



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