

Community

A PUBLICATION OF YMCA AUCKLAND

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We have
found
somewhere
to belong



Out there,
around here.



In this issue

Out there, around here

3 Making way for family fun – picnic style!

Funder Profile

5 Pharmaco – Always from the heart

YMCA People

6 We have found somewhere to belong

Community News

7 Reaking down the barriers between community and top level sport – with the NZ Breakers!

8 Raise Up crews learn how to save a mate

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



I recently shared this analogy

with a colleague about managing priorities; When I'm juggling 47 balls, if two of those balls drop, it's making sure those two can bounce.

It's easy to be caught up in the 'busy-ness' that family, work or personal life demands from us. We can be genuinely concerned about how we're going to get the kids to school in time before that 9am appointment in the morning. There's a deadline at work that you're under pressure for making sure is a success but you're in the dog box because you forgot

your spouses birthday.

We can be so quick to blame our external influences and even make excuses for them. In this season, where our organisation is going through immense and significant change, it's important for me as CEO to ensure that deadlines are met, the projects we've planned move forward and that we're strengthening and improving our services to the community. However, at the same time, I want to make sure we're doing the same in our personal lives – engaging with our family, connecting with our neighbours and improving relationships with those that are close to us.

YMCA exists to enrich the lives of others and we not only do that through the services we provide but also in the way that we lead our personal lives. It is a privilege to be leading the organisation in its 161st year here in Auckland and I look forward to moving forward with you.

Peter Fergusson
CHIEF EXECUTIVE OFFICER
YMCA Auckland



With buses chartered from each centre, nobody was left behind, regardless of their transport capabilities – and so families rolled up to the event anticipating a day of fun.

Making way for FAMILY FUN- PICNIC STYLE!

A new tradition is always a brilliant way to bring people together. Our inaugural Early Learning Centre (ELC) Family Picnic Day on Saturday 27th February was just that. Families from all four of our ELC centres flocked to Camp Adair in the Hunua Ranges.

Our ECE centres are located in Ellerslie, Massey, Manurewa and Papakura – so some folks were going on quite the adventure, while for others, it was a great chance to explore their backyard.



With buses chartered from each centre, nobody was left behind, regardless of their transport capabilities – and so families rolled up to the event anticipating a day of fun. And fun was what they were in for, right from the get go. Lorraine Duncumb, ELC Group Manager at YMCA Auckland, shares: “We had a coach leave from each centre on the bus, so the families had fun together on the way!”

The weather cooperated, with the skies switching between cloudy and sunny – so all of the outdoor activities went off without a hitch. Though it’s the ELC centres that brought everyone together, the whole family was invited – so the variety of activities on offer reflected that. “The adults had a volleyball competition – and there was a bouncy castle for the younger ones,” Lorraine said. “And the mudslide was very popular – a highlight for all ages!”

That was just the beginning, though. There was everything from face-painting (with some parents showing some excellent creativity in this department) to cricket, not to mention clambering and adventuring on the confidence course and taking part in other fun team-building activities.

The glorious weather that the

families were treated to for much of the day was a great incentive to get out and get active. But there was also plenty of shade for people to stay protected when the sunscreen started to wear off or the sun got a little too warm. The picnic tables provided the perfect places for families to band together for a sandwich and chat to get to know one another.

Lorraine was delighted to see the way that people bonded, regardless of what corner of the city they came from. “It was great to see families interacting with other families from different places in Auckland. It was a giant picnic, and it was enjoyed by all. The surroundings at Camp Adair are great – some families had never been to this area before, so the location was a highlight for them.”

With such a fabulous time had by all, the ELC team have committed to keeping the celebrations going each year. While it’ll be hard to top this year, we’re sure that all the ELC families of 2017 will be in for an equally excellent occasion.

The ELC centres are great community hubs for families with young children – and with the Government-funded free 20 hours for over 3s, it’s a great opportunity for the little ones to get social and active. ▼

Pharmaco

Diabetes

Always from the heart

Sometimes the best plans

have very simple beginnings. A coffee and a conversation can lead to something that changes people's lives every day. In this case, that coffee and conversation led to the development of the highly successful Jumpstart programme, a joint effort by YMCA Auckland, Diabetes NZ and Pharmaco.

Chandra Selvadurai (CEO of Pharmaco) and our CEO, Peter Fergusson have known each other for quite some time – so when Chandra wanted to get Pharmaco more involved with the diabetes community, collaborating with YMCA Auckland was the obvious way to go.

So Chandra and Peter sat down for coffee and together came up with the concept of what is now known as Jumpstart. This idea was discussed

It's a perfect alignment of values: one of our key goals at YMCA is to improve the health and wellbeing of New Zealanders – and one of Pharmaco's is to improve lives. You can't get much more in tune than that.

But it's not just about the idea of improving lives. It's how they go about it. Also, chief among Pharmaco's values are the following:

"We strive to be vital, dynamic, supportive, caring and creative

Together, we will make a real difference. Today and every day."

So when it comes to the Jumpstart programme, Pharmaco don't just provide funding. Although, we may be in charge of delivering the programme, Pharmaco are a vital part of operations. They go out of their way to be part of a collective effort – in a way that reflects these values.

"They ran pilot programmes to see what would work – and once they got the formula right, things started to roll out. Our team is so blown away by the stories of the people involved – and obviously we're delighted that it's made a difference, in a real tangible way.

"I was really privileged to go to a morning tea with four people from the first pilot attending. They still go to their YMCA, and are still involved with the programme. They've become really strong friends – and that's one of the important things. It's more than just an exercise programme, it's offering support."

"We're excited about continuing to be involved," Chris says – and it's certainly exciting for YMCA Auckland to continue working alongside Pharmaco to a healthier future for Auckland's diabetic community. ▼

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with Chris Baty, then President of Diabetes New Zealand (DNZ), and the organisation's board agreed for DNZ to become a patron, with YMCA Auckland and Pharmaco as founding members. Peter, Chris, Chandra and a few others got together for a brainstorming session and came up with the name Jumpstart.

With the words "Always from the heart" acting as Pharmaco's guiding principle, it's easy to see how where this desire to give back comes from. Chris Ivers, Head of Marketing at Pharmaco, explains: "It's about us putting something back into the community. We wanted to do something over and above what we were already doing."

"We've had some of our team go out and do education sessions," Chris says. "But mostly, our role has been getting the people into the programme – creating the ads, running radio campaigns, doing PR." There has been a particular focus on ethnic groups that have particularly concerning diabetes statistics so that those who need the support most are reached.

"We've done a lot of groundwork. Our reps go out and talk about Jumpstart to GPs and nurses. Our goal is to get more and more people in the programme – it's a real point of pride for everyone at Pharmaco."

Chris describes the programme as having "small, humble beginnings".

We have found somewhere to belong



The Patel family might be one of the most generous families Community has ever met. On the first impression, they look extremely comfortable at their local YMCA and even before they arrived for the interview, staff were buzzing with excitement. It seems as though the Patel family have become more than just gym goers, so, Community sat down with them to find out why.

As regulars at their local YMCA in Lynfield, the Patel family have already been awarded and recognised for having the highest visits to the centre every month. But the appreciation is both ways, last Christmas, they walked into the centre with a sack of cookies just to say thank you to the team for welcoming them into the YMCA family. It is their generosity and keen attitude that staff and other members have said make them so likeable.

When Dad, Bipin was diagnosed with diabetes, the hunt for a gym began. He spent some time at a gym in Onehunga but found the commute too demanding so when he learned of the local YMCA only minutes away from home, he checked it out. He joined Jumpstart, a diabetes lifestyle programme and immediately after the programme came to an end, Bipin signed his entire

family up for a Family Membership.

“My health was improving and I didn’t want to stop it after 10 weeks,” says Bipin. A Family Membership meant that he could bring his family of four to the centre and to make the most of the variety of services available to them. It seemed inevitable that they’d all be on board – his son Akshay, who recently

their relationship has become a lot stronger now that they share something in common.

turned 21, was thinking about joining a gym for a while. Bipin then suggested to Akshay that he should join the gym at Lynfield as he enjoyed being there too. It was not long before Akshay became a regular to the centre and became friends with the staff and other members. Since Akshay has joined the gym, he has noticed significant improvements in his fitness and confidence levels.

Mum and daughter, Roshni

have found that their relationship has become a lot stronger now that they share something in common. They both head along to Yoga classes together and because Roshni works, it gives them an opportunity to re-connect after a busy day.

The family really enjoy being part of the YMCA community and say “we’ve found somewhere that we can belong.” They get to meet new people, build friendships and improve their health and fitness too. The diversity represented by every person that walks through the door is something Roshni says she really appreciates about the YMCA community. Belonging to a diverse community has meant they can learn about other cultures, create meaningful relationships and strengthen their connection with other members and staff.

The Patel family are active in keeping each other accountable and have a bit of healthy competition going on. Akshay and Bipin work out together in the mornings and will often check in on Roshni and Chandrika’s progress and attendance at the gym. It’s something Chandrika says “keeps our family connected and we’re really thankful to YMCA for giving us a place to belong.” ▼

Breaking down the barriers between community and top level sport – with the NZ Breakers!

Earlier this year, there was a

particular kind of excitement in the air around the Massey Leisure Centre. It was the day that the NZ Breakers – yes, those Breakers, our biggest basketball superstars – were coming to visit. And everyone was understandably pumped up about it!

Kids from six nearby schools had a chance to come down to the centre to see these sporting heroes in action, in an event arranged by Centre Manager, Steven Bartholomew. The Breakers have an established programme in place directed at schools – the BreakerBall Community Programme – so it was the perfect way to drum up some high-octane enthusiasm for children’s fitness in a memorable way.

Around 200 pupils attended the event during their school day, accompanied by about 50 teachers, parents and other support staff. And once the buses were unloaded, it was all go – everyone buzzing, staff, parents and students alike. “The kids couldn’t believe that the team would come out to their local YMCA!” shares Steven.

With so many kids in attendance, school groups stayed together – and they got the chance to play against the Breakers! The players led everyone through skills exercises so that they could really get on top of their game – and with nine Breakers at the event, they had a whole lot of combined talent to put the kids through their paces.

While it was a great chance for basketball fans to hone some new skills, there was more to it than that. “It’s really about role modelling,” Steven says. Kids get a chance to meet their sporting heroes, and see that anyone can make it – “with some hard work and a positive attitude!”

After the action-packed time on the court, the Massey kids had the chance to get autographs from the players and even get some photos in – making sure that there’s no way that they can forget such a fun-filled day!

Steven was really keen on the opportunity because he saw it as a great chance to combine like-minded programmes. “The Breakers’



management are really committed to their community basketball programme, and I think that their values and the YMCA are well aligned – we all want our kids to be active and strong, and take part in recreational activities to build healthier communities today and in the future.”

It was also really encouraging to see such well-known sports personalities take the time to get involved at a grassroots level, according to Steven. Knowing how busy the players’ schedules are means that there’s an especially great appreciation for the fact that they happily take the time to participate in and support initiatives in local communities.

Massey Leisure Centre, in many ways, is the perfect centre for basketball-oriented community programmes with the growth of their own basketball efforts. “Our basketball programme for the juniors’ league has gone from strength to strength. At the peak of the second half of the season, we had over 70 teams playing weekly.”

Ultimately the day was a huge success, with enthusiasm for the sport, the team, and fitness, in general, getting a real boost for pupils across all six schools. It’s wonderful to see such high achieving sportspeople doing their bit for our communities. ▼



Raise Up crews learn how to save a mate

SAM is an interactive learning experience for 13–18-year-olds that takes a look at very real, and often scary situations related to alcohol and other drug use – and teaches young people how to prevent, recognise and respond to such emergencies.



The 30 or so members of the

North Shore Raise Up crew are the last of over 150 young people to get trained in the New Zealand Red Cross youth safety programme, Save a Mate.

Since the end of February this year, the Raise Up crew have been working with the Red Cross to learn important safety techniques for what to do if a friend gets in trouble with alcohol or drugs, in a programme first born out of Australia in response to rising incidents of overdosing and drug problems.

New Zealand Red Cross has developed the Save a Mate Alcohol and Other Drug Emergencies Course to reduce alcohol and other drug-related harm in young people, with the understanding that, right or wrong, young people will often choose to use alcohol and other drugs, or at least give them a try.

New Zealand Red Cross Community Trainer, Gayle Dupa, says, “While New Zealand Red Cross won’t say “do” or “don’t” to these decisions. We believe it is critical to provide the information to assist young people to make informed choices about their alcohol and other drug use – and offer some hands-on ways to help them out of trouble.”

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These crew members have been

the perfect target of the programme, as young people working directly with other young people who are susceptible to being in environments where they might come into contact with those using alcohol and other drugs, and often not know quite what to do.

“Often at these courses we ask young people what they might do in, say, the situation of an overdose and generally, the answers are the wrong ones, such as putting someone with alcohol poisoning in a cold shower. It’s about recognising potential scenarios and demonstrating the best way to respond – giving young people the tools to think on their feet if they have to.”

When Kev Carter, YMCA Community Development Manager, was approached about the programme, he thought it was a fantastic idea for the Raise Up crews to get involved.

“As young people themselves, the skills learnt through the programme are invaluable – and even more so, as youth leaders working to better their communities and help others, the course seemed like a great fit.”

Content covered in the programme, now successfully running in New Zealand for five years, includes alcohol, drugs – and the different types, effects and risk factors, as well as practical first aid education and tips for responding to an overdose.

To find out more about the Save A Mate course including how to get involved, visit: www.redcross.org.nz ▼

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
Lotteries Community Grant	\$4,000	For Raise up
Sargood Bequest	\$2,500	For Raise up
Regional Events Fund	\$4,000	For Walk the Line
Wilson Home Trust	\$2,784	additional needs swimming at Lagoon Pools



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