

How You Fed Hearts, Minds and Families This Winter



Report Back to supporters following
the Winter Appeal 2023



Te Ope Whakaora

Thank you for your support of our Winter Appeal this year

The rising cost of living is causing strain on so many of us, and for those who are vulnerable, it is really putting on the pressure.

As you will read from our front-line perspectives, the mahi is difficult and the strain to make sure everyone who comes to our doors for help is fed, warm and safe, is really being felt.

This winter, whether you donated to food or wraparound services, The Foodbank Project or became a True Hero, every bit helps, and your care and compassion will be felt by Kiwis in need across the country.

Your support fed hearts, as those you are helping know that someone is thinking about them and cares for them in their time of need.

Your support fed minds, as we were able to offer wraparound services like the Positive Lifestyle Programme, counselling and budgeting, which gave people the mental strength to get through immediate issues and tackle future challenges head on.

Your support fed families, as whānau had access to warm, nourishing and filling food during the winter months, so they didn't have to go to bed hungry or worry about how they would feed their families tomorrow.

Thank you, we couldn't have done this without you.



This Winter, you:

Fed hearts:

21% of people who came to us for food support were referred to other services.

1634 whānau support sessions were conducted.

95% of people in transitional homes were satisfied with the service they received.

Fed minds:

60% increase in new Positive Lifestyle Programme participants.

518 hours of counselling were provided.

1441 financial mentoring sessions were provided.

Fed families:

19,996 food parcels were distributed.

21% more people were helped with food, compared to winter last year.

12,647 households were given food support.

From 1 June 2023–24 August 2023.



Breaking the Chains of Debt

Mum-of-three Nina* was struggling to find a way to reduce her debt when she approached Michelle, a financial mentor at The Salvation Army's Palmerston North Centre.

She had just escaped an ugly relationship and had a lot of personal debt.

'The struggle was real,' says Nina. 'I was very defeated when I asked Michelle for help, and I was trying to find the light again. My benefits mean I have my rent and power covered but there's very little left. I didn't know where to start with the debt and needed Michelle's guidance and direction.'

Together they worked on a budget for Nina and looked at how she could pay small amounts towards her debts within the limits of her living expenses.

'In the last couple of months, we've put Nina on a kai plan,' says Michelle. 'Just to get her over a hurdle. The kai plan happens every fortnight so within that fortnight, she's learned to budget her money, pay her debt and get a bit of kai to top herself up.'

For Nina, the extra help from The Salvation Army foodbank has made all the difference.

**Name changed to protect her identity.*

'The kai parcels have helped immensely. Just knowing the basics are covered—even my baby's nappies. One by one the debts are disappearing. It's so good to know that by the end of the year I will have five debts paid off and just one to go.'

'I am currently doing a course on running a small business and my long-term goal is to have my own food truck. I definitely feel more empowered than I did six months ago.'



From the Front Line:

⚡ This winter has been quite cold, especially at night. We have been serving the homeless by providing sleeping bags and blankets, and each morning they can come in for some hot food and a cuppa—which is helping warm them up. The lack of emergency housing is becoming a real need, and I allocate as many people as I can but there is just not enough. More people are coming to us who are desperate for housing, food, clothing and just to keep warm. I help with what I can help with, and the support we are getting is making a difference.'

Joe Serevi

Mission Officer—Street Ministry
(Inner City Wellington)

⚡ Here in Napier, we are still working with individuals and families that are displaced or suffering impacts from the cyclone. Many people are still needing help with food support, clothing and bedding—as well as help to find alternative housing now that temporary accommodation is coming to an end. We are also very busy providing advocacy support with other agencies in our community, such as Oranga Tamariki and local iwi services. We couldn't help as much as we do without everyone's generosity.'

Chrissy Wepa

Community Ministries Team Leader
(Napier)



Together

Keeping the Family Together

Dayna was 'out of hope' until doing the Positive Lifestyle Programme (PLP) turned her life around and reunited her with her daughter Charlotte. Now, she has achieved more goals than she thought possible, and is so proud of how far she's come.

This kind of transformation wouldn't be possible without your donations, so thank you for your support of this life-changing work.

Read the rest of Dayna's journey and more heartwarming stories in your newsletter or by visiting;

salvationarmy.org.nz/together-newsletter



Together, we can make a difference.

