

## Instructions for Grantmakers

## Instructions for Grantees

This form is designed to help us understand the challenges, triumphs and insights you experienced and gained while running your funded project/program. Please be frank – while we absolutely want to know about and celebrate your successes, it's just important to us that we understand what did not work so well. This will help us to learn what we and others could do differently next time.

You must complete and submit this form no later than the date stipulated in your funding agreement. If you fail to do so you may not be eligible to apply for further grants from Rangitikei District Council.

The completion of this form should be overseen by someone with an intimate knowledge of the funded project/program.

## Project Report

**\* indicates a required field**

### **Name of Applicant \***

The Parkinson's New Zealand Charitable Trust (PNZCT)

### **Project Title \***

Information, education and support for people with Parkinson's in Rangitikei

### **Amounts of funds received from the Community Initiatives Fund \***

1800

Must be a number.

### **Please provide a short summary of the work that was completed as part of this project / program / initiative \***

Our Whanganui Parkinson's Nurse, Jacqueline La Pouple, continued to work alongside people with Parkinson's, their whanau and carers throughout Rangitikei, helping them to make informed decisions about their condition, treatment and symptom management, as well as future planning. The advice and support of the Whanganui Parkinson's Nurse helped people with Parkinson's to better manage their condition and maintain their independence and better quality of life for as long as possible.

Describe the "who, what, where, when and why" of your initiative

## Project dates

### **Start Date**

15/04/2021

### **Finish Date \***

30/09/2021

Must be a date.

Must be a date.

## Outcomes

### **Describe the main findings in your evaluation of the project and how it benefited the community: \***

In 2019/20, Deloitte New Zealand evaluated the impact of our service, using a 'quality-adjusted life years'(QALYs)\* formula, at \$15.9 million. During the same period approximately \$3 million was spent by PNZCT to provide these services. The value of PNZCT social impact is therefore estimated to be more than five times greater than the amount invested.

\*QALYs is a generic burden of disease measure which considers the quality and quantity of life lived. QALYs are commonly used in health economics evaluations as a means of quantifying the health effects of a service or prevention programme, relative to no intervention. Deloitte used internal data collection, our Annual Client Satisfaction Survey (2020) and other sources.

### **What worked really well: \***

Our Whanganui Parkinson's Nurse works with people with Parkinson's to make sure they're receiving the best possible services to help with the management of their condition regardless of location. Parkinson's cannot be cured but it can be treated and managed. This makes access to reliable and appropriate information, education and support vital for people with the condition - and this is where our service makes a big difference.

In the words of our clients who are being looked after by the Whanganui Parkinson's Nurse: "Essentially, PNZ [Parkinson's New Zealand] is a wonderful organization with caring, dedicated staff who make a positive difference to the lives of PWP [people with Parkinson's]."

"Thank you Parkinson's NZ, you have helped both myself as a carer and my husband to accept what is happening with this since my husband was first diagnosed."

We are a resilient and adaptable community-based organisation, committed to making sure that people living with Parkinson's have ongoing access to education, information and support under any circumstance, wherever they may live in New Zealand.

### **What didn't work so well/could be improved? \***

The COVID-19 pandemic response made us modify elements of our service during alert levels 3-4, leading to the cessation of in-person support and face-to-face activities. However, we have remained fully operational and have been able to continue supporting our clients through alternative channels, telephone, videoconference, email and text. We have looked at offering alternatives to replace face-to-face activities and have also worked with a variety of agencies to ensure client needs are met. These vary from liaising with exercise providers to deliver online classes to our clients when face-to-face is not available, to Countdown supermarket to organise priority assistance for people with Parkinson's. However, our clients are an older demographic and many are not comfortable using digital platforms to connect and interact.

### **How many people benefited from your project \***

12

### **Was this number \***

- ☐ more than you expected
- ☒ what you expected
- ☐ less than you expected

## Targets

Please report on your success at achieving the three targets you identified in your application.

### **Target 1: \***

In our latest annual satisfaction survey, 78% of our clients stated that they could better manage their medication as a result of their Parkinson's Nurse's advice. In the same survey, 74% of carer respondents indicated an improved ability to look after the person with Parkinson's in their life as a result of support by the Parkinson's Nurse.

Furthermore, in 2019/20 Deloitte estimated a potential savings of \$1,273,628 to the health sector. Deloitte calculated the potential savings to District Health Boards by estimating how many GP visits may have been avoided due to the interaction by people with Parkinson's with their Parkinson's New Zealand educators and nurses (Source: Deloitte Access Economics Social Impact Evaluation, assessing the social impact of the work done by Parkinson's New Zealand in Aotearoa, 2020).

### **Target 2: \***

We host social events and exercise groups for people with Parkinson's and their whānau. These are often regular events where people with Parkinson's and their whānau will connect with the same people each week/month and develop strong friendships. Improving connections is a key priority, as one of the key drivers of wellbeing is the feeling of connectedness. Our Parkinson's Nurse is able to refer people with Parkinson's to external community exercise groups.

### **Target 3: \***

Our support groups, exercise classes and social activities help people with Parkinson's and their carers to meet and connect with each other. In our latest client satisfaction survey, clients who attend support groups reported a range of benefits, such as increased sense that they are not the only one, feeling more connected socially, being able to spend time maintaining quality relationships and being able to share their experience about Parkinson's with others.

**Did you record any aspect of your project/program through photographs, audio or video?**

- ☐ Yes  
☒ No

**Did you provide any acknowledgement of the Rangitikei District Council as a funder of your project/program? \***

- ☒ Yes ☐ No

e.g. in a media release, in a speech, on your website, in a project/annual report

**Please provide details below.**

**Upload files:**

---

Filename: Parkinsonian for June 2021.pdf  
File size: 2.1 MB

# Community Initiatives Fund Round 2 2020-2021

## Community Initiatives Fund Project Report Form

### Application CIF0001 From The Parkinson's New Zealand Charitable Trust

Form Submitted 13 Oct 2021, 8:46am NZDT

and/or

**Provide web link:**

<https://www.parkinsons.org.nz/managing-parkinsons/regional-support/parkinsons-whanganui>

Must be a URL

and/or

**Additional details:**

In addition to acknowledging your support on our website, we recognised you as one of our funders on page 8 of our flagship quarterly magazine The Parkinsonian.

## Financial Report

**\* indicates a required field**

### Project Income & Expenditure

Please provide details of any project income (funds received) and project expenditure (funds spent) to date.

Use the 'Notes' column to provide any additional information you think we should be aware of.

Income Description	Income Type	Confirmed Funding?	Income Amount (\$)	Notes
Whanganui Community Foundation	Philanthropic Grants *	Confirmed *	\$4,000.00	n/a
New Zealand Community Trust	Philanthropic Grants	Confirmed	\$4,107.76	
Whanganui District Council	Other Income	Confirmed	\$2,000.00	
Rangitikei District Council	Other Income	Confirmed	\$1,800.00	
J B S Dudding	Philanthropic Grants	Confirmed	\$5,000.00	
T G Macarthy	Philanthropic Grants	Unconfirmed	\$7,500.00	

Expenditure Description	Expenditure Type	Expenditure Amount (\$)	Notes
-------------------------	------------------	-------------------------	-------



## Community Initiatives Fund Round 2 2020-2021

### Community Initiatives Fund Project Report Form

Application CIF0001 From The Parkinson's New Zealand Charitable Trust

Form Submitted 13 Oct 2021, 8:46am NZDT

Salary of the Parkinson's Nurse, Jacqueline La Pouppe	Salaries and Wages *	\$24,960.00	

## Income and Expenditure Totals

### Total Income Amount

\$24,407.76

This number/amount is calculated.

### Total Expenditure Amount

\$24,960.00

This number/amount is calculated.

### Income - Expenditure

-\$552.24

This number/amount is calculated.

## Certification and Feedback

**\* indicates a required field**

**Have you experienced any issues with your intended project budget to date? If so, please explain reasons for any major variances or for providing incomplete information:**

Our Whanganui Parkinson's Nurse was entitled to a performance increase during the year. Hence, the increase from \$24,180.00 at the time of our submission to \$24,960 at the time of our report.

## Certification

This section must be completed by an appropriately authorised person on behalf of the applicant organisation (may be different to the contact person listed earlier in this application form).

**I certify that to the best of my knowledge the statements made within this application are true and correct, and I understand that if the applicant organisation is approved for this grant, we will be required to accept the terms and conditions of the grant as outlined in the letter of approval.**

**I agree**

☒ Yes ☐ No

**Name of authorised person \***

\_\_\_\_\_  
Must be a senior staff member, board member or appropriately authorised volunteer

**Position \***

Community Grants Coordinator  
Position held in applicant organisation (e.g. CEO, Treasurer)

## Community Initiatives Fund Round 2 2020-2021

### Community Initiatives Fund Project Report Form

Application CIF0001 From The Parkinson's New Zealand Charitable Trust

Form Submitted 13 Oct 2021, 8:46am NZDT

**Contact Phone Number \***

We may contact you to verify that this application is authorised by the applicant organisation

**Contact Email \***

  
Must be an email address.

**Date \***

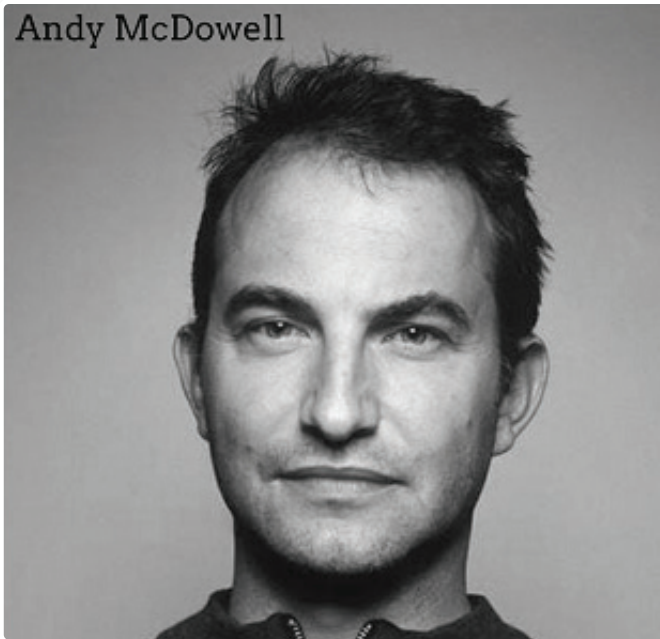
13/10/2021  
Must be a date

## Parkinson's Awareness Month and Red Tulip Appeal

April has been an incredible month for Parkinson's New Zealand, with our Red Tulip Appeal campaign allowing us to raise the profile of Parkinson's in communities across Aotearoa.

Altogether, our team of volunteers collected donations in over 75 planned collection sites across the country, raising \$59,565 from Street Appeals! Our charitable services will benefit greatly from this much-needed support and we are very grateful for the huge effort from volunteers and staff, as well as the generosity of the public, during this action-packed month.

Andy McDowell



Toa Fraser



### PARKINSON'S RADIO AWARENESS

We were excited to launch our second nationwide radio advert campaign in April, to mark the start of the Red Tulip Appeal, our annual fundraising drive. Over two weeks after Easter, the PNZCT radio ad was played on over 150 different stations across the country 1,800 times.

We are also thrilled that RNZ Radio raised the profile of Parkinsonism in Aotearoa by interviewing two New Zealanders with early-onset Parkinson's - Andy McDowell and Toa Fraser.

Auckland-based Andy McDowell was diagnosed with early-onset Parkinson's in 2009 aged 44, after a decade of being affected by the condition. He wrote the poem "Smaller" for his daughters - to help them understand that while Parkinson's has forever changed him - and the body he inhabits - he is still his own man. The poem was made into a short film that won the

World Parkinson's Congress 2013 Video Competition. Andy was [interviewed](#) on 7th April by Jesse Mulligan.

NZ playwright and film director Toa Fraser revealed he has early-onset Parkinson's during Awareness Month. Toa's debut film, "No.2", won the Audience Award at the 2006 Sundance Film Festival. On Twitter, Toa said, "People used to say I look cool. These days, people ask me why I look so serious. Mine is one of the many faces of Young Onset Parkinson's, an (as yet) incurable brain disease. I was diagnosed five years ago. I've kept it quiet until today." Toa was [interviewed](#) by RNZ on 24th April, by Kim Hill on the Saturday Programme.

Also, the director of The New Zealand Brain Research Institute (NZBRI), Dr. Michael MacAskill, [spoke](#) to RNZ about the latest research happening, while the NZBRI's Dr. Toni Pitcher [spoke](#) about environmental exposure as an aspect of how the condition can develop.

## PROLIFIC STREET COLLECTORS FOR PNZCT!

We were grateful that Mayor Campbell Barry of Lower Hutt supported our Red Tulip Appeal at New World Hutt City, collecting with a smile for over an hour, despite his busy schedule! We were also delighted when, once again, Mayor K Gurunathan of the Kaitiaki Coast District Council donned a bib and added his support to our efforts. Finally, Jordyn Rudd, TV Reporter & Presenter for TVNZ, supported our Red Tulip Appeal in Auckland, collecting for us with her family.



## RED TULIP WALKS FOR PARKINSON'S

Held around World Parkinson's Day at Mount Maunganui, Rotorua and Manawatu, the Red Tulip Walks were community & family-oriented walks that were well-attended.



## MARY AND ME BOOK LAUNCH

On World Parkinson's Day, we were privileged to host a special event in Auckland to launch "Mary and Me", the new book by North Shore-based author, Robyn Cotton. Over the months of May, June and July, Robyn will be touring across the North and South Islands to promote her book at a variety of PNZCT social events. Proceeds from the sale of the book are earmarked for Parkinson's-related projects.

## A MESSAGE FROM THE CHAIR

### Kia ora koutou katoa,

Prior to COVID-19 hitting New Zealand, the NZ government had undertaken the most comprehensive integrated look at our health system in a generation. Officially known as the Health and Disability System Review, but also dubbed the 'Simpson Report', one of its broad conclusions stated - "To meet the challenges of the future, our population health focus has to be stronger, our preparedness for emergencies greater, and our system has to be much better integrated with clear lines of accountability and decision rights".

How right this proved to be. It is predicted that sources of funding from charitable Trusts and Foundations, that Parkinson's NZ and so many other charities have depended on, will be adversely affected by the economic upheaval stemming from COVID-19. The consequent negative knock-on effects will likely threaten the sustainability of organisations and their ability to continue to provide health services to their members. It is clear that the government will need to step up on existing levels of funding to just retain existing levels of service. We also have the added challenge of better equipping ourselves to be able to meet the needs of Māori as well as other ethnic communities. At present, we receive no support from the Ministry of Health.

The Board of the Parkinson's NZ Charitable Trust had already been proactive in this regard and commissioned Deloitte Access Economics to undertake a thorough and independent report on the value of our services. The major finding in the review, which we trust that the government will take note of, is "During 2019/20, PNZCT invested approximately \$3 million to deliver services to its clients. The value of its social impact is around five times greater than this investment."

The report (which is available on [parkinsons.org.nz](https://parkinsons.org.nz) or by emailing [info@parkinsons.org.nz](mailto:info@parkinsons.org.nz)) has been sent to 22 Ministers from across the House with a portfolio in health and/or disability. Minister of Health, Andrew Little has acknowledged receipt of the review of our services. We hope that he reads it carefully and incorporates its recommendations in the shaping of the new integrated Health and Disability System. In the meantime, we will be doing our very best to advocate for the best deal possible for people with Parkinson's.

**Kia Kaha, Kia Maia, Kia Manawanui (be strong, be brave, be steadfast)**

*Peter Garelja*  
Chairperson of Parkinson's New Zealand



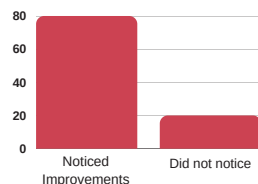
# DELOITTE'S EVALUATION OF PNZCT'S SOCIAL IMPACT

In 2020, the Board engaged Deloitte to evaluate and quantify the value of Parkinson's New Zealand Charitable Trust's (PNZCT) social impact, to support future funding applications. In March's issue of the Parkinsonian we shared a summary from the Deloitte report, which is now available on [parkinsons.org.nz](http://parkinsons.org.nz) or by emailing [info@parkinsons.org.nz](mailto:info@parkinsons.org.nz). We are delighted to share a brief summary of some of the key findings from the report.

Deloitte analysed our Annual Client Satisfaction Survey (2020) and outlined the following:

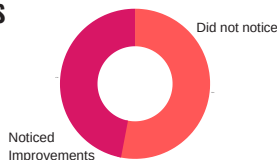
## 1 MEDICATION MANAGEMENT IMPROVED

Nearly 4 in 5 respondents reported a positive change in managing their medication after receiving medication advice from a Community Educator/Parkinson's Nurse.



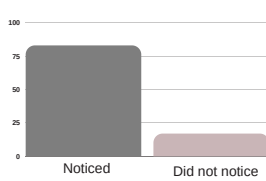
## 2 FEELING SAFER FROM FALLS

47% people with Parkinson's felt safer from trips or falls around the home as a result of their interactions with PNZCT, and the information PNZCT provides.



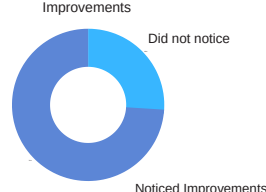
## 3 EXERCISE SESSIONS ARE TRANSFORMATIONAL

From the respondents, 83% of people with Parkinson's who attended exercise classes noticed physical improvements.



## 4 FACILITATING POSITIVE CHANGES

74% of PNZCT carers noticed an improvement in their ability to manage their caregiving of people with Parkinson's as a result of their interactions with PNZCT, while 32% noticed a positive change in their ability to connect with others



## ESTIMATED SOCIAL IMPACT OF PNZCT SERVICES

Deloitte used a 'quality-adjusted life years' (QALYs) formula utilising internal data collection, the Annual Client Satisfaction Survey (2020) and other sources to estimate the social impact of the service.

# \$15.9 MILLION

THE SOCIAL IMPACT OF PNZCT'S SERVICES FOR 2019/2020

# 5 TIMES

THE VALUE OF OUR OPERATING COSTS OF \$3 MILLION

## SAVINGS TO DHB'S AND THE HEALTH SECTOR

Deloitte calculated potential savings by estimating how many GP visits may have been avoided due to the interaction with our nurses and educators.

Avoided GP visits through interaction with our nurses **1,905** **6,400** Avoided GP visits through initial home assessments

At a cost to DHB's of \$82 per GP visit **\$82** **\$174** At a cost to DHB's of \$174 per GP home visit

**\$156,483** **\$1,117,145**

# \$1,273,628

Source: Deloitte Access Economics Social Impact Evaluation for the financial year end June 30, 2020 and the Annual Client Satisfaction Survey

## We are looking for clinical partnerships for our CE marked clinically validated Parkinson's diagnostic device

Medsafe WAND reference: 200815-WAND-6V88BYB

## ClearSky<sup>®</sup>

medical diagnostics  
[www.clearskymd.com](http://www.clearskymd.com)

Contact our New Zealand distributor  
**MAAB International Ltd**  
 based in Auckland and Nelson  
[alex.lou@maab-group.com](mailto:alex.lou@maab-group.com)

### DEFINING PARKINSON'S EXERCISE

The U.S.-based Parkinson's Foundation has developed expert guidelines for prescribing exercise for people with Parkinson's.

The guidelines include recommended frequency, intensity, time, type, volume, and progression of exercises across four domains: aerobic, strengthening, flexibility, and balance.

#### Aerobic

**Type:** Prolonged, rhythmic activities using large muscle groups.

**Frequency:** At least 3 days per week.

**Intensity & Progression:** Begin with moderate intensity, progress to vigorous intensity when safe. Vigorous-intensity exercise equates to exertion that is "somewhat hard to very hard" to do.

**Time & Volume:** 30 mins or above of continuous or intermittent exercise per session. Build to at least 150 minutes/week.

**Safety Considerations:** Aerobic exercises pose a risk of freezing of gait or balance issues for people with Parkinson's. Also, there is a risk of blood pressure fluctuations and possibly arrhythmias in the heart associated with Parkinson's or medications.

#### Strength

**Type:** Targeting major muscle groups of the upper and lower body using weight machines, resistance bands, or bodyweight.

**Frequency:** 2-3 days per week, challenging all major muscle groups on non-consecutive days.

**Intensity & Progression:** Progress number of repetitions and resistance, working muscles to fatigue.

**Time & Volume:** 10-15 repetitions starting an exercise programme. ≥1 set of 8-12 repetitions and progress to 3 sets of 8-10 repetitions to fatigue. Build to 2-3 hours/week.

**Safety Considerations:** Estimate your RM or Repetition Maximum safely. RM is the most weight you can lift for only one repetition. Beginners should lift weights that are less than half their RM. Advanced gym enthusiasts with Parkinson's should target about 60-70% of their maximum lifting strength. Time your workout with ON periods of medication for optimal functioning. For safety, avoid heavy free weights.

#### Balance, Agility, & Multi-Tasking

**Type:** Multi-directional stepping, weight shifting, reaching, large amplitude movements, functional agility (steps, turning, obstacles, sit-to-stand). Multi-task training. Static and dynamic balance with varied surfaces.

**Frequency:** 2-3 days per week focused workout, with daily integration as possible.

**Intensity & Progression:** Progress motor and cognitive challenges according to what the person with Parkinson's can tolerate.

**Time & Volume:** 30-60 minutes per workout. Build to 2-3 hours/week.

**Safety Considerations:** Risk of freezing of gait or balance issues. Use a gait belt for safety.

#### Flexibility

**Type:** Static Stretching - All major muscle groups after exercise, first thing in the morning or before bed. Dynamic stretching/ active range of motion. Before intense aerobic and strengthening exercise. Flexibility exercises include diaphragmatic breathing and meditation.

**Frequency:** More than 2-3 days/week, preferably daily.

**Intensity & Progression:** Full extension to the point of slight discomfort.

**Time & Volume:** Static Stretching: 15-60 seconds per muscle; 2-4 repetitions of each stretch. Dynamic Stretching: 8-10 movements in each direction.

**Safety Considerations:** Consider dystonia or involuntary muscle contractions before doing stretches.

Parkinson's New Zealand recently worked with the Australia-based physiotherapist, Melissa McConaghy to come up with our own [Parkinson's-Specific Exercise Program](#), which can be downloaded on our website.

**Source:** Parkinson's Foundation, "[Exercise Guidelines for People with Parkinson's](#)"

### TYPE-2 DIABETES MAY BE LINKED TO PARKINSON'S

People with type-2 diabetes may have an increased risk of developing Parkinson's and experience faster symptom progression, according to researchers from Queen Mary University of London.

Type 2 diabetes and Parkinson's both affect ageing populations and share several biological similarities, including the accumulation of toxic proteins, improper disposal of mitochondria, and chronic systemic inflammation.

Researchers of this study have calculated that people with type-2 diabetes were 1.21 times (21%) more likely to develop Parkinson's.

This analysis also supported the link between type-2 diabetes and faster motor symptom progression in Parkinson's but found "no convincing evidence" to support the possible link to cognitive decline.

As is true for people with Parkinson's, following a healthy diet, exercising regularly, and avoiding smoking are just some of the steps people with diabetes can take to help keep complications at bay.

**Source:** Chohan, Harneek, et al. "Type 2 diabetes as a determinant of Parkinson's disease risk and progression." medRxiv Journal (2020)

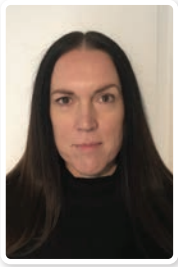
## Stay On-Time!



Medicine Reminders | Timers | Electronic Pill Boxes | Automated Pill Dispensers | Vibrating Watches & Clocks | Talking Watches & Clocks  
visit: [www.TabTimer.co.nz](http://www.TabTimer.co.nz) or call: 0800 TAB TIMER (0800 822 846)

For terms and conditions of sale see [www.TabTimer.co.nz](http://www.TabTimer.co.nz). TabTimer™, 'helps keep medications on time™', 'helping to keep people on-time™' and the TabTimer™ logo are trademarks of TabTimer Pty Ltd © 2016 AU ABN: 99 137 415 948





## Meet A Parkinson's Nurse

Liz Rapley-Jones, RN (Northern BOP Parkinson's Nurse)

Graduating as a registered nurse in 1993, Liz Rapley-Jones is our Parkinson's Nurse for the Northern BOP region, covering an area spanning over 290 kilometres, starting from Waihi Beach in the north, all the way to Oropi, south of Tauranga.

When Liz makes a home visit, she is proactive in gaining agreement on a management plan with her client and their caregiver, to encourage a habit of working towards approved goals.

"A routine, continuing to socialise, exercising even if you don't feel like it, taking your medications on time every time, and avoiding isolation, all help manage apathy," asserts Liz.

A Men's-only Support Group organised by Liz has been a big success, facilitating a safe space for men to share their Parkinson's struggles, far from any judgement. Liz also stands by the transformative nature of exercise classes in slowing the advance of Parkinson's symptoms and vital in creating a sense of community with others.

*Do you have a clinical question you would like answered? Get in touch with [communications@parkinsons.org.nz](mailto:communications@parkinsons.org.nz), and we will pose your query to our Clinical Team!*

**Are You Looking After a Family member with Parkinson's Disease?**  
Are You:  
An Adult over 18  
A Muslim Residing in New Zealand  
If so, we would like to hear from you!

### SURVEY REGARDING MUSLIM CAREGIVERS

The University of Auckland is seeking volunteers to participate in an interview if they care for a person with Parkinson's and are Muslims. If this interests you, please contact 022 325 4151 or email [mset656@aucklanduni.ac.nz](mailto:mset656@aucklanduni.ac.nz) for details.

**NexStride**  
For People With Parkinson's  
**Freedom To Walk Again**

NexStride is a small portable device that easily attaches to any standard cane, walker, or walking pole and uses research-backed laser and metronome cues to help people with Parkinson's overcome freezing of gait.

**Metronome**  
Walk to the beat

**Laser**  
Step over the line

e: [admin@medix21.co.nz](mailto:admin@medix21.co.nz)  
p: 04 233 1627  
[www.medix21.co.nz](http://www.medix21.co.nz)

**MEDIX21**  
HELPING YOU MOVE AHEAD

## Being Heard as a Carer

By adopting a stance of assertiveness, you become more self-confident, as you gain a better understanding of who you are and the value that you offer as a caregiver.

Being assertive means being forthright about your wants and needs, while still considering the right and needs of others.

Assertiveness may provoke conflicts, but there are benefits such as:

1. Helping you ask for support when you most need it.
2. Speaking your mind without sounding angry or judgemental.
3. Standing up to difficult individuals.
4. Being confident about diplomatically handling conflicts.
5. Giving and receiving feedback.

Some carers can feel "abandoned" and "powerless" in the face of a lack of assistance from family or friends, or a lack of understanding from the person they are supporting.

Often, carers are challenged by "not wanting to seem aggressive". But is assertiveness the same as aggression?

### DISTINGUISHING ASSERTIVENESS AND AGGRESSION

There is a fine line separating assertiveness and aggression. While assertiveness is based on balance, aggression is firmly rooted in winning.

When you are assertive, you are self-assured and get your point across firmly, fairly, and with empathy. Assertive people are neither passive nor aggressive, but direct and honest.

Aggression on the other hand is when you follow your best interest without regard for the rights, needs, feelings, or desires of other people.

### BEING ASSERTIVE EFFECTIVELY

#### Body Language

Adopt cues when you speak, such as using your hands more actively and having an "assertive stance" when explaining ideas or thoughts that are critical to your wellbeing.

What does that look like? Stand up straight, rolling your shoulders back. Maintain regular eye contact, lean in, and smile or maintain a neutral facial expression.

Follow the three C's - Calm mind, calm speech, calm action- it not only gives you confidence but allows the other person to remain composed.

#### Clarity in Communication

Keep conversations clear and specific. Use "I want", "I need" or "I feel" to communicate primary assertions and get your point across resolutely.

#### Saying No

Self-belief is the basis of assertive behaviour. It will help you to recognize that you deserve to be treated with dignity and respect, give you the confidence to stick up for your rights, and remain true to your needs.

Although it may go against the fabric of how you are as a person, you are allowed to say 'no' without profusely apologising! Over

time, more people will recognise your decisiveness as a strength and respect your right to speak your mind.

#### Dealing with Backlash

When you become assertive, people in your life who are not used to seeing you adopt such a stance may react negatively.

Focus on controlling your behaviour, and try not to reciprocate any anger or resentment that may be aimed towards you.

#### If Unsure, Stall

At times you might be too emotional or you might not know what it is that you want yet. In these instances, you should not commit to anything and instead, stall for time to consider your situation and a path forward.

Once you begin to identify ways that can help you be more assertive, your confidence and quality of life as a caregiver will surely improve.

**Sources:** Carers NZ, "[Advice: Making Your Voice Heard](#)"; MindTools.com, "[How to Be Assertive: Asking for What You Want Firmly and Fairly](#)"


**easywear<sup>®</sup>**  
 australia

specialising in adaptive clothing for assisted & independent dressing needs

## Special Satin Sheets

for help with movement in bed

Poly-cotton sheeting extends under a centre satin panel for extra strength, durability and for stability of the sheet on the mattress.

The satin portion facilitates ease of movement by reducing friction and the top and bottom sections allow for grip when turning. Fully elasticized edges help maintain the sheet's position on the mattress.

Our Satin Range also includes matching Pillow Cases (gentle on hair and skin) and Men's Satin Pyjamas.

Visit our website and view our full range which also includes Back-opening and Adaptive clothing.




**[www.easywearingaustralia.com.au](http://www.easywearingaustralia.com.au)\***

Email [info@easywearingaustralia.com.au](mailto:info@easywearingaustralia.com.au)

Or Call Rebecca on +61 0411 109 034 (Western Australia)

\*Website prices are for sales in Australia & include a 10% GST; sales to NZ won't include this charge. NZ customers please email for precise prices & postage costs.



# Tackling Impulsive Behaviour

A side effect of some Parkinson's drugs is the development of what is called an "impulse control disorder". These resemble addictions in some ways. As a person with Parkinson's, it may feel disorienting to find yourself affected by addictions owing to this non-motor symptom.

According to conservative estimates, about 20% of all people with Parkinson's develop Impulse Control Disorders (ICDs) at some stage of their treatment journey, causing them to engage in particular behaviours repetitively, excessively, and compulsively.

Most Parkinson's medications replace the loss of dopamine in a portion of the brain called the substantia nigra, but it appears that in some cases these medications also affect the "reward circuit" part of the brain, resulting in ICDs.

There is some evidence that suggests that people who have been diagnosed with Parkinson's for longer are affected more with ICDs, as they may be taking higher doses of Parkinson's medications over a longer period. Men are also disproportionately affected.

## COMMON ICDs TO KEEP AN EYE ON

It has been theorised that the goal of an Impulse Control Disorder is not simply to seek a reward or 'high' but to relieve a 'low' (such as feelings of guilt, shame, loneliness, low mood). Some of the most common ICDs include:

**Pathological Gambling:** The person may become progressively unable to resist the urge to gamble.

**Hypersexuality:** Hypersexual behaviours are marked by increased demands for sexual activity within an established relationship or, in a departure from previous behaviours, the person may begin to use online pornography or seek the service of escorts to satisfy urges.

**Obsessive Shopping:** People may develop an irresistible urge to buy more than they need or can afford.

**Punding:** First observed in chronic drug addicts, punding is an unusual obsessive behaviour characterised by the compulsive performance of repetitive, mechanical tasks, such as assembling and disassembling objects, for example, clocks or radios, collecting/hoarding, or sorting and arranging household objects.

**Binge Eating:** People who develop this problem cannot control their appetite and will eat large amounts of food in a short period. The eating may lead to feelings of guilt and the person may gain a lot of weight.

**Misuse of Parkinson's Medications:** A person with Parkinson's may excessively use their medications and exhibit drug-seeking behaviours as if they were becoming addicted to the drug. They will have a distorted view of "on-off" motor states, resulting in an intense "high" during the "on" state and becoming irritable, anxious, or even deeply depressed in the "off" state when dopamine medications are wearing off.

**Alcoholism:** The abuse of alcohol is a common problem in people with Parkinson's, sometimes even showing up as an "out of the blue" problem for people who were not predisposed to drinking before their diagnosis.

Finally, in line with the technological era we live in, internet

overuse and video gaming are also being recognised as Impulse Control Disorders.

Sometimes these issues may pre-date Parkinson's or develop for other reasons, in which case they would not be termed "Parkinson's Impulse Control Disorders".

## SEEKING HELP

A person with Parkinson's developing ICDs is a reflection on how Parkinson's medication is affecting their brain. A lot of care partners feel extreme feelings of guilt over "not being able to help" or "not seeing the signs".

For a person with Parkinson's, it is often traumatic to find themselves in a position where impulses and urges are not easily controlled, causing pain and suffering to the people they love.

If ICDs develop after a new Parkinson's medication is started or an existing one is increased, it is important to let your doctor know because this may be a reversible side effect of treatment. It is highly recommended that the medications are not stopped or changed without first consulting your treatment team or GP. Your treatment team may instead be able to adjust the level of medication the person with Parkinson's is on or change the prescription to a better-tolerated drug.

Other ways to help battle addictions include carers or loved ones setting up an intervention for the affected person. An intervention is a structured meeting between the people in someone's life who may be impacted by the impulse control disorder, with the main goal being to have the person needing help to enter a treatment programme for the specific problem.

Some good rules to follow for facilitating an effective intervention are:

1. Writing down and reading out specific instances where the person's negative behaviours have impacted them.
2. Sticking to "I" statements, talking about how certain situations made people feel, and not pointing fingers at the person with Parkinson's.

Programmes for breaking an addiction include individual and group therapy, alternative therapies such as art therapy or meditation, 12-step meetings, and cognitive behavioural therapy (CBT). In extreme cases, Deep Brain Stimulation surgery may be recommended, as research has shown improvements in ICDs for people who have undertaken the surgical procedure.

**Sources:** Kelly, Mark John, et al. "[Spectrum of impulse control behaviours in Parkinson's disease: pathophysiology and management](#)." *Journal of Neurology, Neurosurgery & Psychiatry*; Parkinson's Foundation, "[Impulse Control and Parkinson's Disease](#)"; Gatto, Emilia M., and Victoria Aldinio. "[Impulse control disorders in Parkinson's disease. A brief and comprehensive review](#)." *Frontiers in Neurology*

Edited by Dr. Matthew J Croucher, a clinical psychiatrist at the Canterbury DHB.

## THANK YOU TO SOME OF OUR GENEROUS FUNDERS

THE MICHAEL AND KATE SIDEY CHARITABLE TRUST



Four Winds  
FOUNDATION



L.W. Nelson  
Charitable Trust  
Managed by Public Trust



## Get Going for Parkinson's: Sereana Phillipps

### MARATHON GOLFING FOR PARKINSON'S

Fiji-born Sereana Phillipps's husband, Philip, was diagnosed with Parkinson's 3 years ago and she wanted to throw her support behind PNZCT and our community nursing services in Wairarapa.

On March 4, 2021, Sereana was at the Masterton Golf Club from dusk till dawn, teeing off a whopping 72 holes for an entire day of marathon golfing, raising over \$3,000 for our charitable services!

*Whether you want to run, walk, swim, cycle, or sail, the options are endless if you would like to "Get Going for Parkinson's"! Join us on any pre-organised event, anywhere in NZ, and fundraise for us! We would love to hear from you on [info@parkinsons.org.nz](mailto:info@parkinsons.org.nz) or 0800 473 4636.*



## Parkinson's New Zealand UPBEAT CONFERENCE

Parkinson's NZ special-interest conference for those under 65 years  
JULY 30 & JULY 31 | THE DISTINCTION HOTEL, ROTORUA

### SPEAKER LINE-UP



DR MARK SIMPSON  
DEEP BRAIN  
STIMULATION - IS  
IT FOR YOU?



PROF MAURICE  
CURTIS  
ENHANCING BRAIN  
PLASTICITY



DR KATE RIEGLE VAN  
WEST  
HOW POI CAN IMPROVE  
YOUR HAUORA, ONE  
ORBIT AT A TIME



SAM FARMER  
EARLY-ONSET  
PARKINSON'S -  
THINKING BIG,  
LIVING IT LARGE



DR VICTOR DIERIKS  
PARKINSON'S DISEASE  
- ARE 'STRAINS' THE  
SOLUTION?



DR MATTHEW CROUCHER  
KEEPING CALM AND  
CARRYING ON: A CLOSER  
LOOK AT ANXIETY AND  
MOTIVATION IN  
PARKINSON'S



DR CLARE WALL  
DIET, GUT AND  
THE BRAIN



HANNAH MCQUEEN  
FINANCIAL HEALTH  
AND PARKINSON'S

TICKETS AVAILABLE ON [ITICKET.CO.NZ](http://ITICKET.CO.NZ)

## "I've stopped falling!" Finally! Walking aids for Parkinson's

Now Available - the new & improved U Step 2



**Stability** - The U-Step 2's ultra stable foundation braces you in every direction, its U-shaped base surrounds you and moves with you.

**Safety** - The U-Step 2 will **not** roll unless you are ready to walk. When you lightly squeeze a hand brake the unit will roll with you. Once you release the hand brake the unit will stop.

**Laser** - The U Step 2's unique laser offers an entirely safe, obstacle-free visual cue that helps you break the freezing episode and walk normally.

**Metronome** - The U Step 2 has a metronome to help with uneven gait or those who require an audio cue to help take regular steps.

Also available, the Lasercane - a cane that projects a laser line on the floor for you to step over to help overcome freezing. Ideal for those who do not need a walker as yet but require the obstacle-free visual cue to get you moving freely again



Order your U-Step now!  
Web [www.ustep.co.nz](http://www.ustep.co.nz)  
Mobility Manawatu, 222 Ruahine St, Palmerston North

Call 0800 882 884  
Email [info@ustep.co.nz](mailto:info@ustep.co.nz)



PARKINSON'S NEW ZEALAND CHARITABLE TRUST | PO Box 11-067, Manners St, Wellington 6142  
Phone 04 801 8850 | Freephone 0800 473 4636 (0800 4PD INFO)  
Email [info@parkinsons.org.nz](mailto:info@parkinsons.org.nz) | Web [www.parkinsons.org.nz](http://www.parkinsons.org.nz)  
Follow us on Facebook [www.facebook.com/parkinsonsnz](https://www.facebook.com/parkinsonsnz) & Twitter [@Parkinsonsnz](https://twitter.com/Parkinsonsnz)

Please do not interpret anything in this magazine as medical advice. Always check with your doctor. The appearance of any article or other material in this publication does not imply the agreement of Parkinson's New Zealand with the opinions expressed therein.

## Instructions for Grantmakers

## Instructions for Grantees

This form is designed to help us understand the challenges, triumphs and insights you experienced and gained while running your funded project/program. Please be frank – while we absolutely want to know about and celebrate your successes, it's just important to us that we understand what did not work so well. This will help us to learn what we and others could do differently next time.

You must complete and submit this form no later than the date stipulated in your funding agreement. If you fail to do so you may not be eligible to apply for further grants from Rangitikei District Council.

The completion of this form should be overseen by someone with an intimate knowledge of the funded project/program.

## Project Report

**\* indicates a required field**

**Name of Applicant \***

Taihape Area Dressage Group

**Project Title \***

Taihape Xmas Championships

**Amounts of funds received from the Community Initiatives Fund \***

1000.00

Must be a number.

**Please provide a short summary of the work that was completed as part of this project / program / initiative \***

We ran a very successful Dressage event on Memorial Park, Taihape. This is a Horse of the Year qualifier event and was attended by riders from Auckland to Wellington. They bring helpers and support people and the grounds were packed.

Describe the "who, what, where, when and why" of your initiative

## Project dates

**Start Date**

19/12/2020

Must be a date.

**Finish Date \***

20/12/2020

Must be a date.

## Outcomes

**Describe the main findings in your evaluation of the project and how it benefited the community: \***

This is a prestigious event in the equestrian calendar and needs a group of dedicated people to organise and run it. We need lots of helpers and the community were amazing. We also involved the young riders and pony club people to assist and it gave them a good chance to observe top quality Dressage. Some of the riders and horses were of Olympic standard and were watched in awe by our young riders. There were also competition classes for the novice riders just getting started in the sport and this is very important.

The business sector of Taihape, especially the food outlets and accommodation places were busy all weekend.

**What worked really well: \***

Everything worked really well, even the weather was kind.

**What didn't work so well/could be improved? \***

Some of the horse accommodation could be better but this is under review.

**How many people benefited from your project \***

1000

**Was this number \***

- ☐ more than you expected
- ☒ what you expected
- ☐ less than you expected

## Targets

Please report on your success at achieving the three targets you identified in your application.

**Target 1: \***

We attracted some of the top Horse-Rider combinations in the North Island. Very pleased with this target.

**Target 2: \***

The Taihape business people had an excellent weekend, especially food outlets, accommodation and petrol stations.

**Target 3: \***

We roped in all the young riders in the district to help, some of them rode in the Novice events, and all had a great time.

**Did you record any aspect of your project/program through photographs, audio or video?**

- ☒ Yes
- ☐ No



**Community Initiatives Fund Round 1 2020-2021**  
**Community Initiatives Fund Project Report Form**  
**Application CIF00015 From Taihape Area Dressage Group**  
Form Submitted 31 Mar 2021, 2:06pm NZDT

**We'd love to see some visual and audio representations of your work. Please share below.**

**Upload files:**

---

Filename: IMG\_1436.JPGPrizegiving.JPG  
File size: 139.6 kB

---

Filename: Xmas 5.JPGLeaving the Ring.JPG  
File size: 106.0 kB

and/or

**Provide web link:**

Must be a URL

and/or

**Provide additional details:**

Please include captions, if relevant

**Can we use your media content in our own communications?**

☒ Yes ☐ No ☐ Please contact us first  
e.g. in our annual report

**Did you provide any acknowledgement of the Rangitikei District Council as a funder of your project/program? \***

☒ Yes ☐ No

e.g. in a media release, in a speech, on your website, in a project/annual report

**Please provide details below.**

**Upload files:**

*No files have been uploaded*

and/or

**Provide web link:**

Must be a URL

and/or

**Additional details:**

Rangitikei District Council featured in the sponsors list in our Programme  
and was mentioned over our Loudspeaker system over the two days of the Show.

## Financial Report

**\* indicates a required field**

**Community Initiatives Fund Round 1 2020-2021**  
**Community Initiatives Fund Project Report Form**  
**Application CIF00015 From Taihape Area Dressage Group**  
 Form Submitted 31 Mar 2021, 2:06pm NZDT

## Project Income & Expenditure

Please provide details of any project income (funds received) and project expenditure (funds spent) to date.

Use the 'Notes' column to provide any additional information you think we should be aware of.

Income Description	Income Type	Confirmed Funding?	Income Amount (\$)	Notes
Entry Fees	Earned Income *	Confirmed *	\$12,317.00	Rider entries
DNZ Subsidy	Other Income	Confirmed	\$200.00	Sponsors Logos
Grants	Philanthropic Grants	Confirmed	\$1,600.00	Rang.Council included

Expenditure Description	Expenditure Type	Expenditure Amount (\$)	Notes
Judges Expense	Project and Production *	\$4,080.00	Travel & Accommodation
Hire,Yards,m &Grounds	Project and Production	\$2,848.00	Memorial Park
Sound system	Project and Production	\$1,390.00	Loud speakers
Operating Expense	Other Expenditure	\$1,853.00	Admin,Fees,Prizes
Fees & Levies	Administrative and Infrastructure	\$2,326.00	DNZ Fees

## Income and Expenditure Totals

Total Income Amount	Total Expenditure Amount	Income - Expenditure
\$14,117.00	\$12,497.00	\$1,620.00
This number/amount is calculated.	This number/amount is calculated.	This number/amount is calculated.

## Certification and Feedback

\* indicates a required field

**Community Initiatives Fund Round 1 2020-2021**  
**Community Initiatives Fund Project Report Form**  
**Application CIF00015 From Taihape Area Dressage Group**  
Form Submitted 31 Mar 2021, 2:06pm NZDT

**Have you experienced any issues with your intended project budget to date? If so, please explain reasons for any major variances or for providing incomplete information:**

This year we did not give Prize money, only rosettes and sashes, and this put us in a much more viable position financially.

## **Certification**

This section must be completed by an appropriately authorised person on behalf of the applicant organisation (may be different to the contact person listed earlier in this application form).

**I certify that to the best of my knowledge the statements made within this application are true and correct, and I understand that if the applicant organisation is approved for this grant, we will be required to accept the terms and conditions of the grant as outlined in the letter of approval.**

**I agree**

☒ Yes ☐ No

**Name of authorised person \***

Must be a senior staff member, board member or appropriately authorised volunteer

**Position \***

President & Delegate to Dressage NZ  
Position held in applicant organisation (e.g. CEO, Treasurer)

**Contact Phone Number \***

We may contact you to verify that this application is authorised by the applicant organisation

**Contact Email \***

Must be an email address.

**Date \***

31/03/2021  
Must be a date



SECRETARY'S OFFICE





## Instructions for Grantmakers

## Instructions for Grantees

This form is designed to help us understand the challenges, triumphs and insights you experienced and gained while running your funded project/program. Please be frank – while we absolutely want to know about and celebrate your successes, it's just important to us that we understand what did not work so well. This will help us to learn what we and others could do differently next time.

You must complete and submit this form no later than the date stipulated in your funding agreement. If you fail to do so you may not be eligible to apply for further grants from Rangitikei District Council.

The completion of this form should be overseen by someone with an intimate knowledge of the funded project/program.

## Project Report

**\* indicates a required field**

**Name of Applicant \***

Bulls Toy Library Incorporated

**Project Title \***

Wages

**Amounts of funds received from the Community Initiatives Fund \***

2500

Must be a number.

**Please provide a short summary of the work that was completed as part of this project / program / initiative \***

Payment of wages to our librarian, Dawn, for just over 13 weeks. Having an employee has been a vital part of our recent success - the toy library had grown to a point where it was too much work to be entirely volunteer run. Dawn opens every session, responds to emails and other admin tasks, and manages the volunteers. This has lifted a huge load from the volunteer committee who can now focus on fundraising, other grant applications, researching toy purchases and planning the future of the Bulls Toy Library without being slowed down by general administrative tasks.

Describe the "who, what, where, when and why" of your initiative

## Project dates

**Start Date**

**Finish Date \***

**Community Initiatives Fund Round 1 2020-2021**  
**Community Initiatives Fund Project Report Form**  
**Application CIF00017 From Bulls Toy Library Incorporated**  
Form Submitted 26 Jun 2021, 10:48pm NZST

05/02/2021

Must be a date.

24/05/2021

Must be a date.

## Outcomes

**Describe the main findings in your evaluation of the project and how it benefited the community: \***

Our service has improved because we now have one point of contact for the toy library, and this provides a familiar face to our members which increases familiarity and a feeling of connectivity for our members. Members feel more welcome at the toy library because they recognise Dawn and Dawn is able to build rapport with our members. Which tends to mean members are more likely to volunteer, as they feel more connected to the service, and therefore their community.

**What worked really well: \***

Being able to pay wages from this grant has meant that we are able to focus other spending on toys, which keeps our current members interested and attracts new members. It also means that we can keep our membership fees as low as possible to be accessible to as many families in the area.

**What didn't work so well/could be improved? \***

Nothing.

**How many people benefited from your project \***

102

**Was this number \***

- ☒ more than you expected
- ☐ what you expected
- ☐ less than you expected

## Targets

Please report on your success at achieving the three targets you identified in your application.

**Target 1: \***

Our member numbers have definitely increased since we applied for this grant. In October 2020 at time of application, we had 93 members, this has now increased to 103 members at time of submitting accountability.

**Target 2: \***

We have definitely improved our service since employing Dawn into the librarian role. Toys are retired when they need to be, as we trust Dawn to make that call. Members now recognise Dawn and rapport is built quickly as Dawn is always there to open each session.

**Target 3: \***

At this stage we have not made much progress with this target, but we do hope to get the word out there as much as possible in the future.

**Community Initiatives Fund Round 1 2020-2021**  
**Community Initiatives Fund Project Report Form**  
**Application CIF00017 From Bulls Toy Library Incorporated**  
Form Submitted 26 Jun 2021, 10:48pm NZST

**Did you record any aspect of your project/program through photographs, audio or video?**

- ☐ Yes  
☒ No

**Did you provide any acknowledgement of the Rangitikei District Council as a funder of your project/program? \***

- ☒ Yes ☐ No

e.g. in a media release, in a speech, on your website, in a project/annual report

**Please provide details below.**

**Upload files:**

Filename: Facebook post dec 2020.png  
File size: 135.9 kB

and/or

**Provide web link:**

Must be a URL

and/or

**Additional details:**

## Financial Report

**\* indicates a required field**

### Project Income & Expenditure

Please provide details of any project income (funds received) and project expenditure (funds spent) to date.

Use the 'Notes' column to provide any additional information you think we should be aware of.

Income Description	Income Type	Confirmed Funding?	Income Amount (\$)	Notes
RDC funding	Government Grants *	Confirmed *	\$2,500.00	Request for wages only
Whanganui Community Foundation	Donations	Confirmed	\$2,500.00	Request for wages only

**Community Initiatives Fund Round 1 2020-2021**  
**Community Initiatives Fund Project Report Form**  
**Application CIF00017 From Bulls Toy Library Incorporated**  
Form Submitted 26 Jun 2021, 10:48pm NZST

Lottery	Government Grants	Confirmed	\$477.00	Portion of grant towards wages
COGS	Government Grants	Confirmed	\$337.00	Portion of grant towards wages
TGM	Philanthropic Grants	Confirmed	\$268.00	Wages
Membership income	Earned Income	Confirmed	\$457.00	Income from members

Expenditure Description	Expenditure Type	Expenditure Amount (\$)	Notes
Wages	Salaries and Wages *	\$6,536.00	

## Income and Expenditure Totals

Total Income Amount	Total Expenditure Amount	Income - Expenditure
\$6,539.00 This number/amount is calculated.	\$6,536.00 This number/amount is calculated.	\$3.00 This number/amount is calculated.

## Certification and Feedback

**\* indicates a required field**

**Have you experienced any issues with your intended project budget to date? If so, please explain reasons for any major variances or for providing incomplete information:**

### Certification

This section must be completed by an appropriately authorised person on behalf of the applicant organisation (may be different to the contact person listed earlier in this application form).

**I certify that to the best of my knowledge the statements made within this application are true and correct, and I understand that if the applicant**

**Community Initiatives Fund Round 1 2020-2021**  
**Community Initiatives Fund Project Report Form**  
**Application CIF00017 From Bulls Toy Library Incorporated**  
Form Submitted 26 Jun 2021, 10:48pm NZST

**organisation is approved for this grant, we will be required to accept the terms and conditions of the grant as outlined in the letter of approval.**

**I agree**

☒ Yes ☐ No

**Name of authorised person \***

Must be a senior staff member, board member or appropriately authorised volunteer

**Position \***

Treasurer  
Position held in applicant organisation (e.g. CEO, Treasurer)

**Contact Phone Number \***

We may contact you to verify that this application is authorised by the applicant organisation

**Contact Email \***

Must be an email address.

**Date \***

26/06/2021  
Must be a date





## Bulls Toy Library

Published by Ellen McSweeney · 17 December 2020 ·



I'm sure all our members will agree when we say that hiring Dawn has been one of the best decisions we have made as a committee, it's been so wonderful to have a consistent face at the Toy library. Having Dawn there for all our sessions improves our service to our community and we could not pay Dawn and keep our membership fees low without the support of local funders - we have recently received funds from [Whanganui Community Foundation](#) and [Rangitikei District Council](#) - please join us in thanking them for their support of our wonderful little community service! The Toy library is heavily reliant on grants and without funding we wouldn't be able to have Dawn there, or buy awesome new toys for your children to enjoy! ❤️



**RANGITIKEI**  
DISTRICT COUNCIL

*Making this place home*

# Community Initiatives Fund Round 2 2019-2020

## CIF Project Report Form 2020

Application 00004 From New Zealand Council of Victim Support Groups Incorporated

Form Submitted 22 Jul 2021, 10:22am NZST

## Instructions for Grantmakers

## Instructions for Grantees

This form is designed to help us understand the challenges, triumphs and insights you experienced and gained while running your funded project/program. Please be frank – while we absolutely want to know about and celebrate your successes, it's just important to us that we understand what did not work so well. This will help us to learn what we and others could do differently next time.

You must complete and submit this form no later than the date stipulated in your funding agreement. If you fail to do so, you may not be eligible to apply for further grants from Rangitikei District Council.

The completion of this form should be overseen by someone with an intimate knowledge of the funded project/program.

## Project Report

**\* indicates a required field**

### **Name of Applicant \***

New Zealand Council of Victim Support Groups inc for Victim Support Whanganui/Rangitikei

### **Project Title \***

Volunteer Support Programme

### **Amounts of funds received from the Community Initiatives Fund \***

2000

Must be a number.

### **Please provide a short summary of the work that was completed as part of this project / program / initiative \***

During the 2020/21 year Victim Support's Learning and Development team held 18 Introductory training sessions throughout the country, for approximately 320 new volunteers. They also conducted 8 specialist training sessions on topics such as homicide, suicide, family harm and sexual harm, to up-skill Support Workers and expand their comfort with the more complex issues surrounding these types of cases.

As well as this centralised training, each Service Coordinator held an average of 5 ongoing group training and feedback sessions, and several one-on-one mentoring and supervision sessions with each support worker.

Describe the "who, what, where, when and why" of your initiative

## Project dates



# Community Initiatives Fund Round 2 2019-2020

## CIF Project Report Form 2020

Application 00004 From New Zealand Council of Victim Support Groups Incorporated

Form Submitted 22 Jul 2021, 10:22am NZST

### Start Date

01/07/2020

Must be a date.

### Finish Date \*

30/06/2021

Must be a date.

## Outcomes

### Describe the main findings in your evaluation of the project and how it benefited the Rangitikei District in regards to COVID19 \*

During the year ended 31 March, being the latest quarterly figures available, the Whanganui/Rangitikei office supported 415 individuals and families through the worst times of their lives. This included 32 affected by a homicide, 135 who lost loved ones to other causes, 13 coping with the aftermath of a rape or sexual attack and 109 affected by incidents of family harm.

Victim Support cases related to COVID-19 can be summarised as follows:

- Family violence issues compounded by the uncertainty and possibly financial pressures resulting from COVID 19 lockdowns and job losses.
- Ongoing support for bereaved family members/spouse of deceased
- Support for diverse victims who have experienced hate crimes or targeted abuse which has risen since the advent of COVID 19.

### What worked really well: \*

Our Annual Survey of client satisfaction

- 94% found the service and support 'helpful' or 'very helpful';
- 75% reported they were 'satisfied' or 'very satisfied' with the overall quality of the service; and
- 90% of respondents reported they 'agreed' or 'strongly agreed' they had experienced one or more of six pre-determined positive outcomes.

### What didn't work so well/could be improved? \*

To maintain and enhance our effectiveness in supporting victims of crime and trauma, is it important that we continue training new and existing volunteers to increase our capacity and capability to deal with increasingly complex situations.

The Whanganui/Rangitikei area is one where the recruitment of volunteers has been slow for a few years now. We are reviewing our volunteer intake processes, but it is recognised that changing work practices, lifestyles and financial necessity is leaving many people to time-poor to commit to such intense and often time consuming volunteer roles as that required of ours..

### How many people benefited from your project \*

415

### Was this number \*

- ☐ more than you expected
- ☒ what you expected
- ☐ less than you expected

## Community Initiatives Fund Round 2 2019-2020

### CIF Project Report Form 2020

Application 00004 From New Zealand Council of Victim Support Groups Incorporated

Form Submitted 22 Jul 2021, 10:22am NZST

**Did you record any aspect of your project/program through photographs, audio or video?**

☐ Yes

☒ No

**Did you provide any acknowledgement of the Rangitikei District Council as a funder of your project/program? \***

☒ Yes ☐ No

e.g. in a media release, in a speech, on your website, in a project/annual report

**Please provide details below.**

**Upload files:**

Filename: 2020 Vs Liftout-on the front line.pdf

File size: 8.0 MB

and/or

**Provide web link:**

<https://victimsupport.org.nz/support-our-work/friends-and-supporters>

Must be a URL

and/or

**Additional details:**

## Financial Report

**\* indicates a required field**

### Project Income & Expenditure

Please provide details of any project income (funds received) and project expenditure (funds spent) to date.

Use the 'Notes' column to provide any additional information you think we should be aware of.

Income Description	Income Type	Confirmed Funding?	Income Amount (\$)	Notes
Grants Income	Philanthropic Grants *	Confirmed *	\$2,720.00	Full income & Expenditure report available. No place to attach.

## Community Initiatives Fund Round 2 2019-2020

### CIF Project Report Form 2020

Application 00004 From New Zealand Council of Victim Support Groups Incorporated

Form Submitted 22 Jul 2021, 10:22am NZST

National office Contribution	Government Grants	Confirmed	\$6,895.20	

Expenditure Description	Expenditure Type	Expenditure Amount (\$)	Notes
Staff Related Expenses	Salaries and Wages *	\$9,360.39	
Volunteer expenses	Other Expenditure	\$28.48	Recruitment and reimbursement expenditure
ICT	Administrative and Infrastructure	\$55.77	
Administration expenses	Administrative and Infrastructure	\$4.43	
Operational Travel	Administrative and Infrastructure	\$198.39	
Learning and development	Other Expenditure	\$202.83	Training Costs

### Income and Expenditure Totals

#### Total Income Amount

\$9,615.20

This number/amount is calculated.

#### Total Expenditure Amount

\$9,850.29

This number/amount is calculated.

#### Income - Expenditure

-\$235.09

This number/amount is calculated.

### Certification and Feedback

\* indicates a required field

Have you experienced any issues with your intended project budget to date? If so, please explain reasons for any major variances or for providing incomplete information:

No

### Certification

## Community Initiatives Fund Round 2 2019-2020

### CIF Project Report Form 2020

Application 00004 From New Zealand Council of Victim Support Groups Incorporated

Form Submitted 22 Jul 2021, 10:22am NZST

This section must be completed by an appropriately authorised person on behalf of the applicant organisation (may be different to the contact person listed earlier in this application form).

**I certify that to the best of my knowledge the statements made within this application are true and correct, and I understand that if the applicant organisation is approved for this grant, we will be required to accept the terms and conditions of the grant as outlined in the letter of approval.**

**I agree**

☒ Yes ☐ No

**Name of authorised person \***

Must be a senior staff member, board member or appropriately authorised volunteer

**Position \***

Fundraising administrator  
Position held in applicant organisation (e.g. CEO, Treasurer)

**Contact Phone Number \***

We may contact you to verify that this application is authorised by the applicant organisation

**Contact Email \***

Must be an email address.

**Date \***

22/07/2021  
Must be a date

**Te Haumatāoho**

# On the frontline

*The heart of Victim Supports' service*



From left: Lil Hancock, Bren Gunn, Kevin Tso, Janet Paiti

**Every day our frontline team of Support Workers nationwide strive to give manaakitanga meaning, helping those affected by crime, trauma and suicide to find safety, healing and justice.**

Wrapping support and care around others binds us together, and when we do this for others in times of need, we empower victims and strengthen communities.

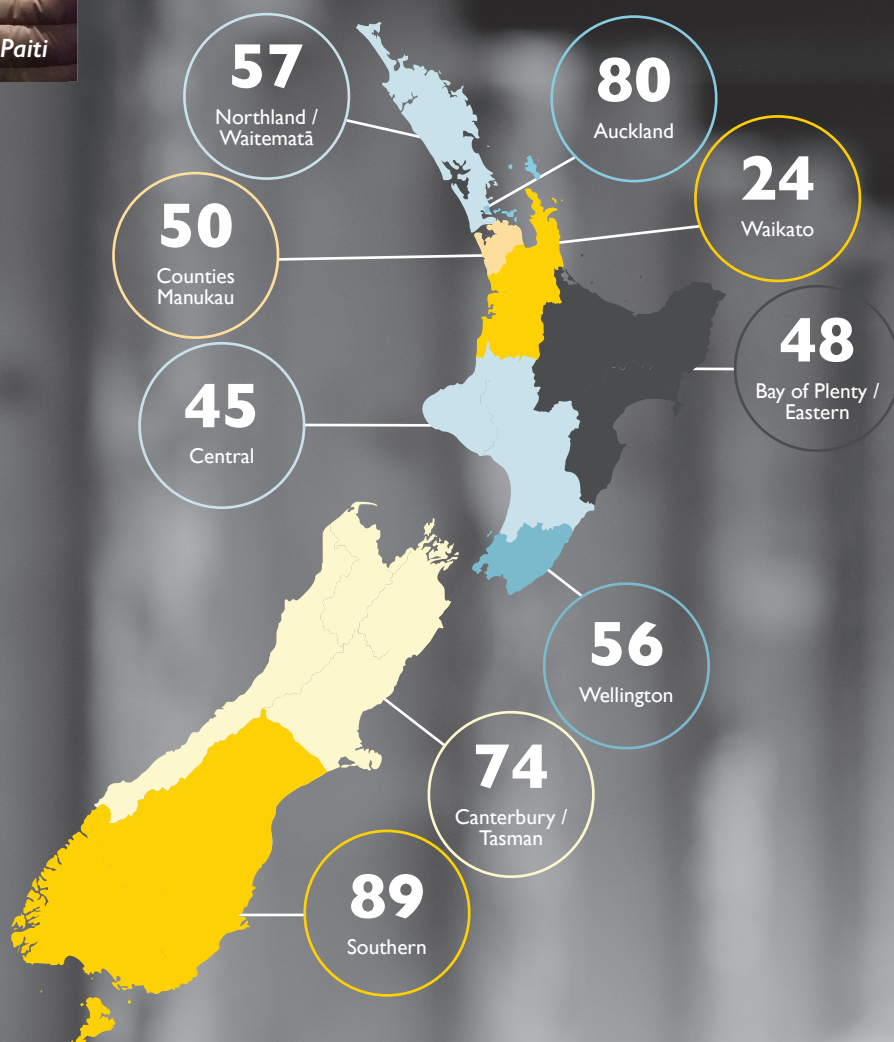
Our highly trained team of Support Workers is at the heart of our service. Comprising a mix of staff and volunteers, these are ordinary people who make an extraordinary difference.

Victim Support was founded in 1986 as a volunteer organisation and volunteers continue to play a vital role in our service delivery. Without our volunteers, Victim Support simply could not be there for victims when they need us. They give not only their time and passion but enable Victim Support to respond to more than 40,000 people in need every year all around the country, 24/7.

I acknowledge and give grateful thanks to the dedication of all our Support Workers, walking alongside victims in their journey with such generosity and kindness.

I am very proud of the dedicated and diverse teams that make up our Victim Support whānau.

**Kevin Tso, Chief Executive**



**Support  
Workers  
nationwide**



# Kāpuinga Kākaho Stronger together



Gurpreet Singh, Support Worker - Napier

*“Being a Support Worker is really something anyone, from any background could do. It’s just life experience and the motivation to want to help others.”*

## Making his daughter proud

**When Gurpreet Singh arrived in New Zealand in 2016, he had all the challenges facing a recent migrant in trying to settle his family, but still found time to become a volunteer Victim Support Worker.**

A doctor in his native India, Gurpreet wanted to use any free time he had to help others in his new home country. He sees this as a part of his professional and spiritual journey.

“We have our spiritual learning about working selflessly for people in need – it’s called *Seva*. It’s a foundation in our spirituality,” says Gurpreet.

Gurpreet completed his training as a Support Worker in Counties Manukau. The training enabled Gurpreet to work on all types of cases and support the diverse communities that make up the area.

“It was really valuable having Gurpreet as a fluent Punjabi speaker to support the specific needs of that community,” says Counties Manukau Area Manager, Grace Chan-Nuualitia.

He moved to Napier in 2017 where he was soon on the Victim Support Hawke’s Bay roster.

Gurpreet has since helped many Hawke’s Bay people on their road to recovery from lives impacted by crime and trauma. He acknowledges his role is a unique combination of emotional support and practical advice, quite different from his work as a medical professional.

“I could use my knowledge or training as a doctor to help victims, but I’m working for Victim Support and the objectives are different,” he says.

“My background helps me to understand how anxiety and depression go along with something like post-traumatic stress.

There are similarities as well but the most important thing really, is just to listen and try to understand what people are feeling.”

Gurpreet feels his own perspective as a doctor connects very well with Victim Support’s ‘Te Whare Tapa Whā’ service delivery model.

“It’s an holistic approach where you’re treating the person as a whole - not just defining them by one thing. With ‘Te Whare Tapa Whā’ you explore the family, the spiritual part, the psychological and physical parts. I really love this process,” he says.

“The training Victim Support gave me was amazing. It really prepares you for the role and I think this is something anyone in the community can think about doing.”

In Napier, both Gurpreet and his wife work for Hohepa, a community organisation which offers residential care along with vocational programmes for children, young people, and adults with intellectual disabilities.

“I loved how my work enabled me to help people in India and what I am doing now with Hohepa and Victim Support is the same. It’s about understanding people, giving advice and observing what challenges they may have.”

He is very much motivated by his Support Worker role, with the opportunity it provides to give back to the community, support his spiritual beliefs and to be a positive role model for his family.

His family, especially his eight year old daughter, Ibadat Kaur, have been incredibly supportive all through the late-night callouts and time spent away training.

“She understands how important it can be for someone to know they are not alone and there is someone who will be there for them,” says Gurpreet.

“My daughter is so proud. It’s a big inspiration for her. I have never felt this satisfied before. It also gives you a six figure pay, S-M-I-L-E-S.” ■

# Could *you* be there for others?

**Crime and trauma can strike without warning, to anyone, anywhere, anytime and Victim Support is here for them when it does. Our service is free and lasts for as long as victims need it.**

Victim Support volunteers come from all walks of life, just like those that need our help.

On the toughest days, a helping hand is everything. Our extraordinary Support Workers make an incredible difference for people affected by crime, trauma, and suicide, providing much needed information and support through times of crisis and beyond.

Support Workers often visit victims in their home, at the Police Station, at the scene of an incident or provide support over the phone. They provide emotional and practical support to victims in

their times of need across a wide range of events, from burglary and assault to sudden bereavements. They are a patient ear to listen and friendly face to talk to, while also providing practical information to help victims find safety, healing, and justice.

With comprehensive initial and ongoing training opportunities, we're committed to giving volunteers the training and support they need to develop their potential, whatever level of experience they bring to the organisation.

Helping people in their hour of need is incredibly rewarding. Victim Support volunteers not only help people at their most vulnerable times, but get immense rewards that only come from giving back. ■

To learn more, go to **[www.victimsupport.org.nz/volunteer](http://www.victimsupport.org.nz/volunteer)** or call **0800 VOLUNTEER (0800 865 868)**



“

*No one is more cherished in this world than someone who lightens the burden of another.*





**Suzy Kiely,**  
**Support Worker -**  
**West Coast**

## ***A chance to give back***

**While involved with a friend’s court case, Suzi Kiely had the opportunity to see Victim Support volunteers in action and was so impressed with the way the volunteers helped get everyone through these ordeals that she contacted Victim Support to apply as a volunteer.**

“I understand trauma, so this felt like a calling to me”, says Suzi.

She believes her experience of losing her son in a car accident allows her to understand how victims in crisis are feeling.

“I recently went with the police to support a mother whose son had passed away in a motorcycle accident. That felt like a situation where my experience and training helped, especially in those first 24 hours.”

One year into the job, Suzi is impressed with the support she and fellow volunteers receive from Victim Support.

But it’s the personal rewards that mean the most to Suzi.

“It’s cool wanting to do something for no monetary value. If I can be there for people in trauma or crisis, to empathise without any judgement and make a difference, then it’s all worth it.” ■



**Rikihana Clark,**  
**Support Worker -**  
**North Shore**

## ***Immeasurable support for victims of crime and trauma***

**Rikihana Clark (Riki) found Victim Support when he went looking for something to offset his high-pressure position as a Programme Manager.**

“I saw an opportunity for me to make a difference and not be measured in KPIs, to even out my corporate life,” says Riki.

Riki does a weekend shift each week on Auckland’s North Shore. To develop his skills, he completed the initial training programme as well as specialist training in responding to victims of family violence and harm, sexual violence, homicide, and suicide.

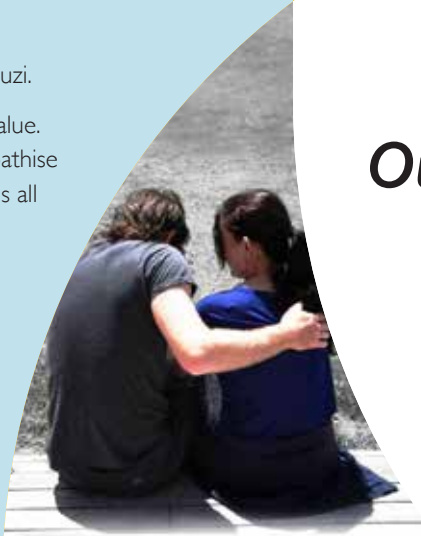
He recalls a callout early on that highlighted the importance of the service for victims of crime and trauma.

“I was asked to attend a visit to notify the family of a sudden death. I remember waiting with the police for our client to come home. When they pulled into the driveway and saw us, their mouth dropped – knowing that something had happened.

“That incident gave me much more of a sense of the impact that these events have on people. It made me realise the role we’re there to play. You’re not there to be the knight in shining armour - that’s the value in it. It’s just being there and being a rock for the person who needs that support.” ■

## ***Our Support Workers***

***helping victims find safety,  
healing and justice***



## ***Making time to help out***

**Minha came across Victim Support through a friend who was already volunteering for the organisation. She has been a volunteer for over three years and during that time has supported a wide range of people in trying circumstances.**

“I have been supporting a victim for over a year now. He is Korean, and so am I. He had difficulty expressing himself in English, and he was going through very difficult times.

“In the beginning, it felt like an impossible situation. Looking back now he has improved and slowly things have got better for him. It shows that anyone can recover from a bad situation. We have more strength than we give ourselves credit for,” she says.

Volunteering for Victim Support has helped Minha decide which studies to pursue and sparked new areas of interest for her.

“I studied criminology as well as psychology. I wanted to try and help offenders, actually. I felt like everyone deserves to be understood. My work with Victim Support has helped me to get an understanding of how the system works.” ■



**Minha Kim,**  
**Support Worker -**  
**Auckland West**

***“He aroha whakatō,  
He aroha puta mai***

***If kindness is sown,  
then kindness you  
shall receive”***



**Jill Henderson,**  
**Support Worker -**  
**Rodney**

## ***A personal journey***

**Jill Henderson’s journey to volunteering was a long one. After years of consideration, the catalyst finally came in 2018 when she received the call up for jury duty.**

“I came out of there, and I thought, right that’s it – I’m going to do it. When my kids were young, I wanted to do something in the community, but at the time I couldn’t rely on my partner to support me,” says Jill.

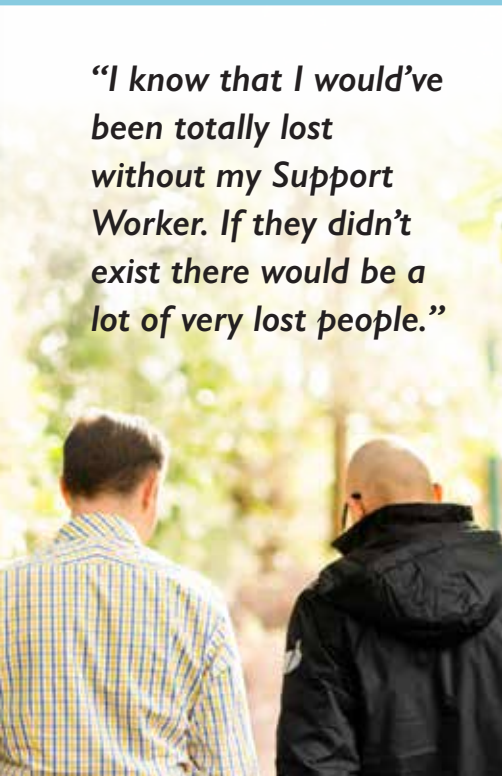
As a victim of a home invasion, Jill has first-hand experience of trauma, and she feels that this has given her the tools to help others.

“To gain a better connection with a client, I sometimes let my client know that I am a volunteer – I can feel that it changes the whole dynamics. Possibly they’ve had connections with authority and feel they’ve been let down. But when you let them know you’re not paid to be there they can change and open up.”

For Jill, the rewards of working with Victim Support were worth the wait.

“I am getting back just as much as I am giving out. We are in the frontline of some heavy situations, but I don’t take on board what they have just experienced. This is my journey, to be there to help walk them forward to what will be their new normal.” ■

***“I know that I would’ve  
been totally lost  
without my Support  
Worker. If they didn’t  
exist there would be a  
lot of very lost people.”***





*Ā mātou mihi, whakamoemiti hoki*

# Thanks to our supporters

**We acknowledge and give heartfelt thanks to all our generous supporters, including individual donors, organisations and our Local Group Committees for their commitment and passion for the work we do in providing support to victims every step. We can only keep our 24/7 service free with the ongoing help of our community. Without your contribution, we simply would not have been there for 40,827 victims in 2019/20.**

## CORE FUNDERS



## OPERATIONAL PARTNER



## REGULAR GIVERS



## GRANTS

A D Hally Trust  
Acorn Foundation  
Advance Ashburton Community Foundation  
Akarana Community Trust  
Ashburton District Council  
Auckland Council - Devonport-Takapuna Local Board  
Auckland Council - Albert-Eden Local Board  
Auckland Council - Otara-Papatoetoe Board  
Auckland Council - Henderson-Massey Board  
Auckland Foundation - North Shore Fund  
Bay Trust  
Blue Sky Community Trust  
Blue Waters Community Trust  
Buller District Council  
Carterton District Council  
Central Hawke's Bay District Council

Christchurch City Council  
Christchurch Earthquake Recovery Trust  
Community Trust South  
D & N Malcolm Charitable Trust  
Dragon Community Trust  
Dunedin City Council  
Eastern & Central Community Trust  
First Light Community Foundation  
Four Winds Foundation  
Frimley Foundation  
Geyser Community Foundation - The Tindall Foundation  
Geyser Community Foundation - Rotorua Fund  
Gisborne District Council  
Hastings District Council  
Hawke's Bay Foundation  
Horowhenua District Council  
ILT Foundation  
Infinity Foundation  
Kapiti Coast District Council  
Kawerau District Council  
Lois McFarlane Charitable Trust  
Lottery Grants Board  
Mackenzie Charitable Foundation  
Manawatu District Council  
Marlborough District Council  
Masterton District Council  
Maurice Carter Charitable Trust  
Milestone Foundation  
Mt Wellington Foundation  
Napier City Council  
Network Tasman Charitable Trust  
New Plymouth District Council  
North & South Foundation  
Northland Community Foundation  
One Foundation  
Oxford Sports Trust  
Perpetual Guardian - Anstiss-Garland Charitable Trust

Perpetual Guardian - Christchurch Casinos Charitable Trust  
Perpetual Guardian - James & Edgar Hazlett Trust  
Pub Charity  
Public Trust - David Ellison Charitable Trust  
Public Trust - John Beresford Swan Dudding Trust  
Public Trust - Page Charitable Trust  
Public Trust - Roy Owen Dixey Charitable Trust  
Rangitikei District Council  
Rata Foundation  
Rotorua District Council  
Selwyn District Council  
Sir John Logan Campbell Residuary Estate  
Sky City Hamilton Community Trust  
South Waikato District Council  
Tasman District Council  
Tauranga Energy Charitable Trust  
The Community Trust of Mid and South Canterbury  
The Southern Trust  
The Sunrise Foundation  
The Trusts Community Foundation  
The West Coast Community Trust  
Timaru District Council  
Thomas Hobson Trust  
Trillian Trust  
Trust House Foundation  
Trust Waikato  
United Way New Zealand  
Waipa District Council - Te Awamutu Community Board  
Waipa District Council - Pirongia Ward Committee  
Waipa District Council - Cambridge Board  
Waitaki District Council  
Waitomo District Council

Wanganui United Lodge  
Wellington City Council  
Wellington Community Trust  
Whakatane District Council  
Whanganui District Council  
Whangarei District Council  
Wiri Licencing Trust

## BEQUESTS

Estate of Leo Francis O'Brien  
Estate of Lesley Doralyn Lilley  
Estate of Lesley Ivan McGreevy

## MAJOR DONORS

Balance Agri - Nutrients Ltd  
Cambridge Womens Club  
Davidson Commercial Trust  
FIND Recruitment  
Glenice & John Gallagher Foundation  
Graeme Tee Financial Services Ltd  
Helen & David Zwartz  
Kwanto - Quantity Surveyors  
Mitre 10 Waipukurau  
Opihi College  
Pikselin Ltd  
Police Managers Guild Trust  
Robert Long  
Rosser Foundation  
Rotary Club of Eastern Hutt  
The Aramoana Relief Trust Fund  
The Tairua Troubadours  
Torpedo7 Ltd  
Unifor - Social Justice Fund  
Whiterose Cars  
Z Energy - Good in the Hood

## IN KIND SERVICES/ SUPPORT

Allen & Clark  
Bell Gully  
Tregaskis Brown  
Gibbs Farm Sculpture Park

## Instructions for Grantmakers

## Instructions for Grantees

This form is designed to help us understand the challenges, triumphs and insights you experienced and gained while running your funded project/program. Please be frank – while we absolutely want to know about and celebrate your successes, it's just important to us that we understand what did not work so well. This will help us to learn what we and others could do differently next time.

You must complete and submit this form no later than the date stipulated in your funding agreement. If you fail to do so, you may not be eligible to apply for further grants from Rangitikei District Council.

The completion of this form should be overseen by someone with an intimate knowledge of the funded project/program.

## Project Report

**\* indicates a required field**

**Name of Applicant \***

Marton Churches Food Pantry

**Project Title \***

Covid 19 Response.

**Amounts of funds received from the Community Initiatives Fund \***

Must be a number. \$2500

**Please provide a short summary of the work that was completed as part of this project / program / initiative \***

Describe the "who, what, where, when and why" of your initiative  
Partnered with Council to deliver 438 food parcels to residents of the Rangitikei during Lockdown.

**Project dates**

**Start Date**

23/03/2020 25/03/2020.

Must be a date.

**Finish Date \***

18/12/2020 18/12/2020.

Must be a date.

**Outcomes**

Describe the main findings in your evaluation of the project and how it benefited the Rangitikei District in regards to COVID19 \*

438 food parcels were packaged and delivered to the most vulnerable in our communities during lockdown.

What worked really well: \*

Partnership with Council

What didn't work so well/could be improved? \*

How we collected & collaborated data between us.

How many people benefited from your project \*

At least 438 households.

Was this number \*

- ☒ more than you expected  
☐ what you expected  
☐ less than you expected

Did you record any aspect of your project/program through photographs, audio or video?

- ☒ Yes Happy to share.  
☐ No

Did you provide any acknowledgement of the Rangitikei District Council as a funder of your project/program? \*

- ☒ Yes ☐ No Absolutely in all publications Facebook/posters/  
 e.g. in a media release, in a speech, on your website, in a project/annual report

## Financial Report

\* indicates a required field

### Project Income & Expenditure

Please provide details of any project income (funds received) and project expenditure (funds spent) to date.

Use the 'Notes' column to provide any additional information you think we should be aware of.

Income Description	Income Type	Confirmed Funding?	Income Amount (\$)	Notes
Food Purchased and distributed	* CIFUND	* <input checked="" type="checkbox"/>	2500	
Donations		<input checked="" type="checkbox"/>	3500	



## Community Initiatives Fund Round 2 2019-2020

### CIF Project Report Form 2020

Application 00005 From Marton Churches Food Pantry - DRAFT

Expenditure Description	Expenditure Type	Expenditure Amount (\$)	Notes
NW Voucher	* Food and thanks	500	
	for volunteers.		
	Gifts for families		

### Income and Expenditure Totals

#### Total Income Amount

\$0.00 6500

This number/amount is calculated.

#### Total Expenditure Amount

\$0.00 6500

This number/amount is calculated.

#### Income - Expenditure

\$0.00

This number/amount is calculated.

### Certification and Feedback

\* indicates a required field

Have you experienced any issues with your intended project budget to date? If so, please explain reasons for any major variances or for providing incomplete information: NO.

#### Certification

This section must be completed by an appropriately authorised person on behalf of the applicant organisation (may be different to the contact person listed earlier in this application form).

I certify that to the best of my knowledge the statements made within this application are true and correct, and I understand that if the applicant organisation is approved for this grant, we will be required to accept the terms and conditions of the grant as outlined in the letter of approval.

I agree

☒ Yes ☐ No

Name of authorised person \*

Must be a senior staff member, board member or appropriately authorised volunteer

Position \*

Position held in applicant organisation (e.g. CEO, Treasurer)

manager

Contact Phone Number \*

We may contact you to verify that this application is authorised by the applicant organisation

Community Initiatives Fund Round 2 2019-2020  
CIF Project Report Form 2020  
Application 00005 From Marton Churches Food Pantry - DRAFT

**Contact Email \***

Must be an email address

**Date \***

Must be a date 5th May 2021



# Community Initiatives Fund Round 2 2019-2020

## CIF Project Report Form 2020

Application 00006 From Taihape Neighbourhood Support Incorporated

Form Submitted 15 Jun 2021, 3:51pm NZST

## Instructions for Grantmakers

## Instructions for Grantees

This form is designed to help us understand the challenges, triumphs and insights you experienced and gained while running your funded project/program. Please be frank - while we absolutely want to know about and celebrate your successes, it's just important to us that we understand what did not work so well. This will help us to learn what we and others could do differently next time.

You must complete and submit this form no later than the date stipulated in your funding agreement. If you fail to do so, you may not be eligible to apply for further grants from Rangitikei District Council.

The completion of this form should be overseen by someone with an intimate knowledge of the funded project/program.

## Project Report

**\* indicates a required field**

### **Name of Applicant \***

Taihape Neighbourhood Support Inc

### **Project Title \***

Taihape Community Response Group (TCRG)

### **Amounts of funds received from the Community Initiatives Fund \***

4220.00

Must be a number.

### **Please provide a short summary of the work that was completed as part of this project / program / initiative \***

Taihape Neighbourhood Support was the lead agency of Taihape Community Response Group (20 organisations that provide social, health and emergency services in Taihape) during the COVID-19 lockdown. TCRG held weekly teleconferences for nine weeks - to ensure no-one fell through the gaps. TNS had a group of 12 volunteers with RDC ID badges and travel cards, who supported people unable to leave their homes - with grocery and prescription shopping and by regular phone support. TNS holds funds for FoodBank and distributes food to those who need it. Volunteers who were very involved in this work were given petrol vouchers and cash towards their phone costs.

Describe the "who, what, where, when and why" of your initiative

## Project dates

# Community Initiatives Fund Round 2 2019-2020

## CIF Project Report Form 2020

### Application 00006 From Taihape Neighbourhood Support Incorporated

Form Submitted 15 Jun 2021, 3:51pm NZST

#### Start Date

11/06/1920

Must be a date.

#### Finish Date \*

13/05/1921

Must be a date.

## Outcomes

### Describe the main findings in your evaluation of the project and how it benefited the Rangitikei District in regards to COVID19 \*

Seniors, in particular, and young families were well cared for by the TCRG volunteers and Mokai Patea Services. Many seniors were most appreciative of the social contact through regular phone calls 'their' volunteers made to them, and felt safe and secure that their groceries and prescriptions were able to be collected and dropped off to them at their home.

The 20 organisations worked well together collaboratively and were able to offer assistance to people/groups needing help and discuss issues on the teleconferences to overcome any difficulties. It was truly amazing how quickly these organisations came together and stayed together throughout the lockdown - and how they shared any issues they were needing to deal with and how they were able to adapt to suggestions made on the teleconferences, eg having music at the supermarket for people queuing up outside!

During lockdown the procedure whereby families needing food apply to MPS was suspended and people were able to contact the FoodBank Manager directly - now we have reverted back to people applying to MPS. On their third application they are required to have budgeting assistance - many don't take up this offer!

Support from RDC was readily available and much appreciated, especially the Hi Vis vests, ID badges and travel cards. Also the information from RDC/Civil Defence as this was able to be passed on during the teleconferences and by our volunteers. Having RDC set up accounts for food shopping was great.

### What worked really well: \*

Forming the Taihape Community Response Group with 20 organisations so quickly.

Fabulous collaboration among the 20 organisations.

Weekly teleconferences.

Group of volunteers with ID badges and travel cards.

Funding for the FoodBank being granted by RDC and MSD.

TNS distributing flyers to all urban and rural households offering our volunteers' services and giving a phone number to call. Flyers were distributed three times.

Close contact with Civil Defence/RDC.

RDC setting up accounts with our supermarket for food shopping.

### What didn't work so well/could be improved? \*

Everything worked very well this time. Let's hope things work just as well for any future emergency/pandemic/disaster!

An 0800 number being set up earlier - TNS had promoted our volunteers'/TNS phone numbers on the first flyer we distributed as the 0800 number had not been set up.

### How many people benefited from your project \*

I don't have the figures for this, but volunteers' 'work' was submitted to RDC regularly throughout lockdown.

## Community Initiatives Fund Round 2 2019-2020

### CIF Project Report Form 2020

Application 00006 From Taihape Neighbourhood Support Incorporated

Form Submitted 15 Jun 2021, 3:51pm NZST

#### Was this number \*

- ☐ more than you expected
- ☒ what you expected
- ☐ less than you expected

#### Did you record any aspect of your project/program through photographs, audio or video?

- ☐ Yes
- ☒ No

#### Did you provide any acknowledgement of the Rangitikei District Council as a funder of your project/program? \*

- ☒ Yes ☐ No

e.g. in a media release, in a speech, on your website, in a project/annual report

#### Please provide details below.

##### Upload files:

---

Filename: 20200826 AGM Minutes.docx  
File size: 15.2 kB

---

Filename: April 2020.pdf  
File size: 245.0 kB

and/or

##### Provide web link:

Must be a URL

and/or

##### Additional details:

## Financial Report

**\* indicates a required field**

### Project Income & Expenditure

Please provide details of any project income (funds received) and project expenditure (funds spent) to date.

Use the 'Notes' column to provide any additional information you think we should be aware of.

## Community Initiatives Fund Round 2 2019-2020

### CIF Project Report Form 2020

Application 00006 From Taihape Neighbourhood Support Incorporated

Form Submitted 15 Jun 2021, 3:51pm NZST

Income Description	Income Type	Confirmed Funding?	Income Amount (\$)	Notes
Grant	Government Grants *	Confirmed *	\$4,220.00	RDC CIF

Expenditure Description	Expenditure Type	Expenditure Amount (\$)	Notes
See below	Project and Production *	\$4,220.00	
Phone funds	Project and Production		360.00
Petrol vouchers	Project and Production		360.00
Food	Project and Production		3500.00

### Income and Expenditure Totals

Total Income Amount	Total Expenditure Amount	Income - Expenditure
\$4,220.00 This number/amount is calculated.	\$4,220.00 This number/amount is calculated.	\$0.00 This number/amount is calculated.

### Certification and Feedback

\* indicates a required field

Have you experienced any issues with your intended project budget to date? If so, please explain reasons for any major variances or for providing incomplete information:

### Certification

## Community Initiatives Fund Round 2 2019-2020

### CIF Project Report Form 2020

Application 00006 From Taihape Neighbourhood Support Incorporated

Form Submitted 15 Jun 2021, 3:51pm NZST

This section must be completed by an appropriately authorised person on behalf of the applicant organisation (may be different to the contact person listed earlier in this application form).

**I certify that to the best of my knowledge the statements made within this application are true and correct, and I understand that if the applicant organisation is approved for this grant, we will be required to accept the terms and conditions of the grant as outlined in the letter of approval.**

**I agree**

☒ Yes ☐ No

**Name of authorised person \***

Must be a senior staff member, board member or appropriately authorised volunteer

**Position \***

Treasurer

Position held in applicant organisation (e.g. CEO, Treasurer)

**Contact Phone Number \***

We may contact you to verify that this application is authorised by the applicant organisation

**Contact Email \***

Must be an email address.

**Date \***

15/06/2021

Must be a date





# RANGITIKEI DISTRICT COUNCIL COMMUNITY INITIATIVES FUNDING ASSISTANCE

Final Report 2019

- Provide Marae based education programmes focusing on traditional Matariki practice, associated stories to Mōkai Pātea including innovated and exciting activities associated with Matariki.
- Provide traditional social and scientific programmes to prepare for annual seasons Celebrating the achievements of Maori Communities taking a strong focus on youth and the elderly

# NGA HUI O MATĀRIKI REPORT 2019

## RAUKAWA DISTRICT MĀORI WARDENS ASSOCIATION & TE RUNANGA O NGĀTI HINEMANU ME NGĀTI PAKI KI MŌKAI PĀTEA

### The Raukawa District Māori Wardens Association

The Association acted as an umbrella organisation for Te Runanga o Ngāti Hinemanu me Ngāti Paki ki Mōkai Pātea to apply for funding assistance from Te Puni Kokiri for their Ngā Hui o Matāriki 2019

### Programmes

#### Ngā Hui o Matariki Projects:

- Preparing and planting a traditional food
- garden incorporating traditional practices and tools  
Tu Matariki wānanga workshops and seminars
  - Traditional stories and features in Mōkai Pātea
  - Traditional karakia
  - Preparation and creation of Māori Arts / Taonga Puoro
  - Traditional annual planning for māra kai
- A youth Matariki DISCO “Mokai Dance in the Sky” for our youth to celebrate their achievements through the medium of music, dance and socialisation
- A Matariki formal dinner “Te Po Matariki” which will present awards to UNSUNG hero’s who have provided and committed to the wellbeing of rich Mōkai Pātea culture within our community rohe.

### Reporting

As a requirement for receiving this funding grant this report has been designed to provide a summary of activities and outcomes for Ngā Hui o Matāriki 2019





**Tu Matāriki Wananga was held at Winiata Marae.** This was the first project for Ngā Hui o Matāriki 2019.

Taking extra interest in our leaders of tomorrow and wider community to engage and participate in these wananga. We were fortunate to have some of the best knowledgeable and skilled hapū descendants along with their high skilled team of staff who coordinated and facilitated the wānanga

Date: 21 June 2019

Venue: Winiata Marae

Participants: Taihape Area School me nga tamariki o te hapū

The wananga consisted of three wahanga

1. Mara Kai
2. Karakia Tawhito and Tikanga a Iwi
3. Performing Arts

The Kaupapa commenced with a powhiri at Winiata Marae. The students who attended from Taihape Area School were secondary students. This is the first time we have provided a programme for this age group and the success was evident in the engagement and evaluation from the students, staff and school.



The ability for one to complete the wananga provided many skills for self independence and knowledge. The wananga wahanga also provided an opportunity for the participants to explore education within a kaupapa Māori context and environment which is different but complementary as these students are educated in a mainstream education system.

The request for future wananga of this nature is seen as both complementary and strengthening to the participants most importantly our Maori students and their school. We are of the strong belief that what is good for Māori is good for anyone especially within our rohe.



The opportunity also for our rangatahi to have a better understanding of the universe and how this relates to our rohe is paramount. The simple facts of living such as how; when and why we grow mara kai including exploring the power of the mind provided positive and resource outcome for all the participants to assist in their development





## Matariki MOKAI DANCE IN THE SKY youth disco held at Taihape Area School

The Matariki Mokai Dance In The Sky disco was held for all youth ages and held at the Area School. Incorporated in the disco was local Kapa Haka TAS roopu and dance group.

Date: 15 June 2019  
Venue: Taihape Area School  
Participants: Mokopuna, tamariki and rangatahi

This gave an opportunity for our rangatahi to celebrate their achievements utilising the medium of dance and music. Having also an opportunity to provide a stage for the performing groups to share their skills and performance.

The atmosphere was well received and all those who attended enjoyed the night.

Acknowledgements to the Mana Tangata team, Maori Wardens and their supporters for providing an awesome evening for our tamariki and mokopuna.

We look forward to growing the concept and involving more of the rangatahi to participate in the planning to ensure we maintain a modern and relevant Kaupapa where they are able to celebrate their achievements.





## Matariki Awards Evening for Ngāti Hinemanu me Ngāti Paki held at Winiata Marae

### Awards & recipients

Tupu-ā-nuku, Tupu-ā-rangi award is presented to a hapū member who demonstrates kaitiakitanga for the taiao (environment)

**Awarded to:** Lewis Winiata

Ururangi award is presented to a hapū member who shows excellence in (sport, or exemplifies sportsmanship);

**Awarded to:** David Steedman & Paki-James Parkinson

Waipuna-ā-Rangi award is presented to an outstanding artist of Ngāti Hinemanu/Ngāti Paki, whether traditional or contemporary toi Māori.

**Awarded to:** Jerome Kavanagh

Waitī and Waitā are twin awards with Waitī presented to a male and Waitā presented to a female recipient who contributes to the mana and wellbeing of our marae and ahi kā.

**Awarded to:** Peter Steedman

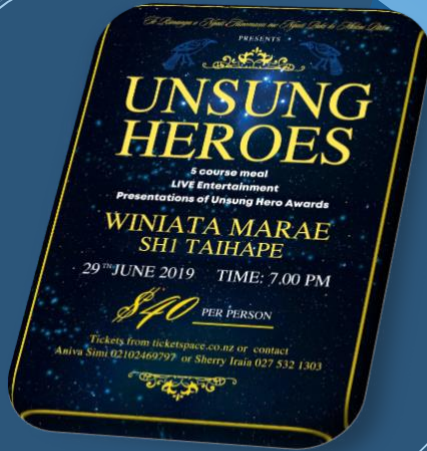
Pōhutukawa award acknowledges someone who is a repository of traditional knowledge, skills, kawa or ahurea (culture)

**Awarded to:** Ngati Hinemanu me Ngati Paki Heritage Trust

Matariki (Te Reo) The Matariki Award is awarded to a caregiver of te reo Māori.

**Awarded to:** Jordan Haines-Winiata

The Runanga will continue to explore and hold annual Matariki dinner into the future and the capacity and capability will developed to engage a wider hapū audience



A Matariki formal evening was held to celebrate and acknowledging some of our most unsung heroes of Mōkai Pātea.

Where: Winiata Marae  
Date: 29 June 2019  
Participants: 18+ Pakeke o NH&NP

#### Guest Speakers;

- Rangitikei Mayor – Andy Watson
- Climate change commissioner – Donna Huata
- Ngai Te Rangi Executive – Gary Ngatai
- Maori Performing Arts – Tangiwai Campbell

#### Judges;

- Jordan Haines-Winiata
- Awhina Twomey
- Kath Parkinson
- Garry Ngatai
- Tangiwai Campbell

#### Guest Entertainer;

- Bella Kalolo



# TE RUNANGA O NGATI HINEMANU ME NGATI PAKI MANA TANGATA MATARIKI 2019 BUDGET REPORT

INCOME		
	Rangitikei District Council	\$ 3,000.00
	Te Koau	\$ 2,500.00
	Taihape Area School	\$ 250.00
	Disco	\$ 637.50
	Bar	\$ 2,244.00
	Ticket Sales	\$ 3,440.00
	Koha	\$ 100.00
	Tickets Sales on line	\$ 280.00
	TPK	\$ 4,000.00
	Runanga Contribution	\$ 9,072.27
	<b>TOTAL INCOME</b>	<b>\$ 25,523.77</b>

Matariki Rangatahi Wananga		
	Seeds	\$ 41.85
	New World	\$ 175.27
	Boxes	\$ 604.00
	Resources	\$ 130.40
	Kai mahi Shad	\$ 250.00
		<b>\$ 1,201.52</b>

Mokai Dance in the Sky		
	Advertising	\$ 450.00
	New World	\$ 100.85
	Gillmours	\$ 511.35
	Arena	\$ 247.50
	Steve Cross	\$ 805.00
	DJ Twitch	\$ 300.00
		<b>\$ 2,414.70</b>

Te Po Matariki		
	Catering Part Paid \$5k	\$ 10,000.00
	Taonga	\$ 1,600.00
	Tim Pekamu	\$ 250.00
	Steve Cross	\$ 4,513.75
	Bella Kalolo	\$ 2,500.00
	Decorations	\$ 1,785.00
	Liqourland	\$ 1,258.80
	New World	
		<b>\$ 21,907.55</b>

	<b>Total Income</b>	<b>\$ 25,523.77</b>
	<b>Total Expenditure</b>	<b>\$ 25,523.77</b>