



**Catholic  
Social  
Services**

WORKING TOGETHER  
TO LIVE LIFE WELL

# Looking back on 2016 - Did we make a difference?

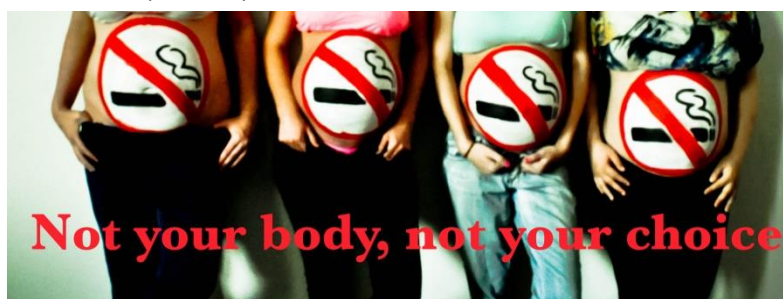
I think so, and as you read the stories in this report and the numbers that go along with it, I hope you get the sense of the impact Catholic Social Services is having in your neighbourhood.

From our growing involvement giving people a new hope within the local South Dunedin community, to the continued delivery of our key services helping families live life well, our dedicated staff team are thinking creatively, and acting responsively to the variety of issues, often complex, that are presented to us every day by people just like you who need some help now.

2016 was a big year. We welcomed some new staff in, Christine (social worker/ senior practitioner) and Liz (Toolbox Coordinator), and said farewell to Ian (director) and Jennifer (counsellor Balclutha). We also missed out on some key community funding and had a decrease in lotteries funding by \$45k which has made things a little tighter! However, we remain in good heart and continue to explore options to ensure that the good work of CSS continues to achieve great things through 2017 and into the coming years.

Finally, I want to give a big thanks to everyone that supports us in this agency, whether by giving financially or through volunteering or by your kind words of encouragement and prayers, it is all appreciated and helps us keep on making change for good.

Mike Tonks (Director)



## Birth Support Group

This year the women of BSG have done lots of creative things to prepare themselves to be the best mums they can. Friendships have been made, confidence bloomed, understanding grown, abilities strengthened and strong attachments to their baby formed, highlighted by their journaling.

One of the unique initiatives of the group was to enter a competition run by Well South, Southern District Health Board and Smokefree Aotearoa NZ. The task was to send in a photo of what *smokefree* means to the group under the title "Little Lungs-Growing up Smokefree". We think this picture says it all. And we are so proud of what they achieved as a group to create this incredibly powerful image of a very important message.

## Rachel's Story

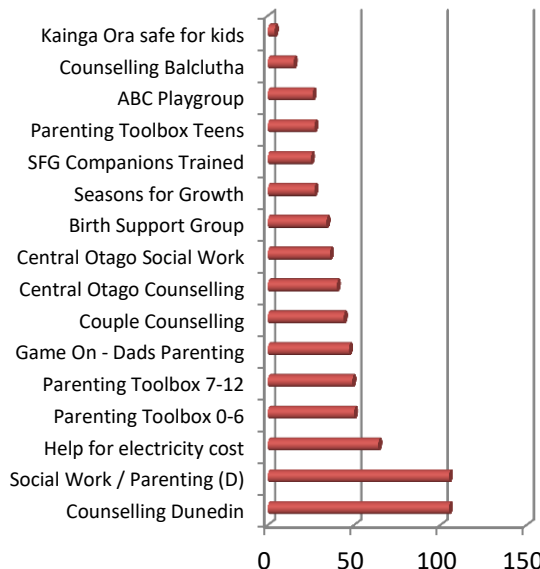
You know I was going through a real tough time and needed help, but I was too shy to ask. I felt that if I did, people would think I'm just another bludger. But then a friend introduced me to the community lunch at Catholic Social Services and my life was changed.

What struck me was that right from the outset I was treated as someone that was worthwhile. I wasn't judged, but welcomed and the warmth of that welcome was worth more than any words I can say.

Here I feel nurtured and trusted and what is really good was that I was allowed to get involved. To begin with, I did the dishes, but now I cook and even had the chance to be part of the team that catered for another big community hui. Doors are just opening for me and it has given me a new hope for my life.

Coming here has been just brilliant. I love the feeling that I get. It's kind of like we are under the big umbrella of God.

## How we helped 677 people in 2016

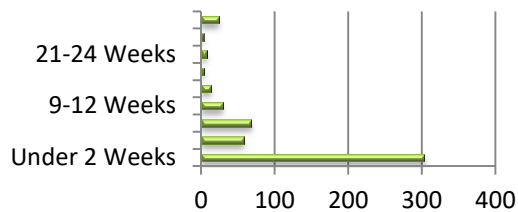


Kirsten – Community Lunch Chef and Vera, one of the amazing team of volunteers in the kitchen



Catholic Social Services

### Time spent on the waitlist



### What difference does Birth Support Group make for young mums?

- I'm more confident
- I look forward to facing the day
- I'm now more confident in myself
- I've cut back on smoking greatly
- I'm eating healthier, talking more and understanding more

### What difference does Game On have on dads?

- I now have goals and motivation
- General communication has become a lot more positive and behaviour has improved
- I've stopped yelling at the kids and they are listening more
- I now think before I act



### Toby's Story

Toby is a new father with great hopes for his son. He was told about Game On, a parenting course just for dads at Catholic Social Services Dunedin and decided he would join. "I thought I should learn how to be a better parent" although he wasn't really sure what he was getting himself into.

"It was different than I thought it would be" and he notes that he was really surprised about how much he got out of it.

"I learned so much" he said, "things like being mindful of what I am feeding my kids, and myself, and the importance of giving positive attention."

"It felt really good to be involved with a community of Dads who shared similar experiences and were breaking down the stigma that a man somehow has to be the 'tough provider type'. The course encouraged me to take on a nurturing role and to realise that there is so much more to being a good man than I had thought".

Another aspect Toby appreciated was seeing the transformation of the other guys in the course. "I really enjoyed talking about real things and what we were doing to be better dads, better men."

Toby completed the Game On course and wanted to learn more so he enrolled in the "Parenting Toolbox Early Years" also run by Catholic Social Services. "That was great too, with hands on tools I could use to respond better to situations and develop my skills around communication."

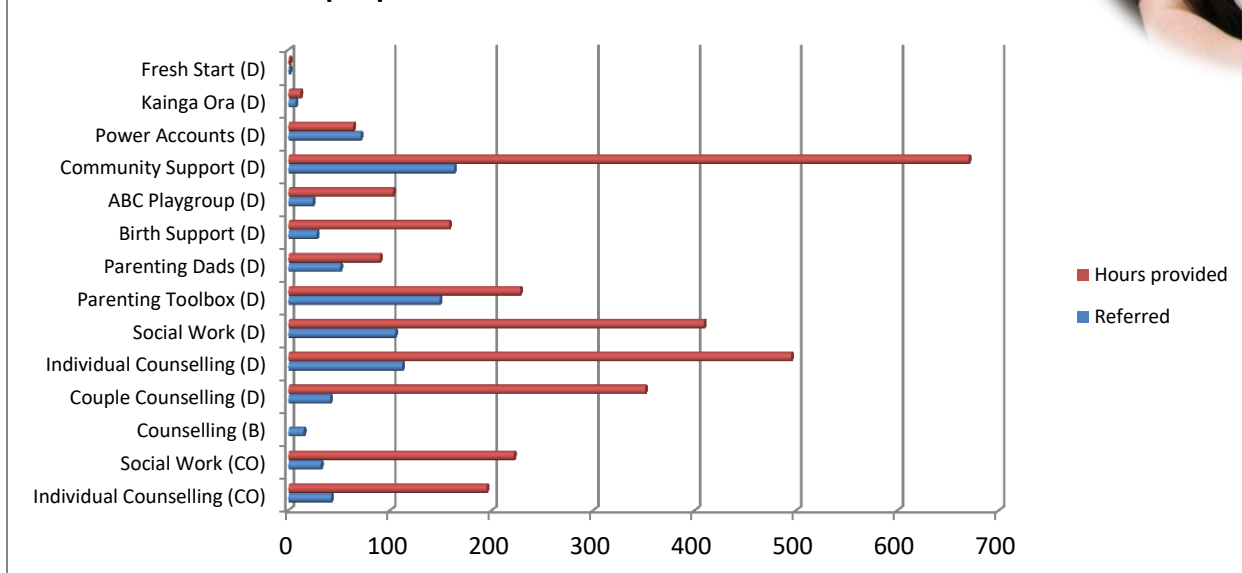
Toby knows he and his children have a better chance of living life well because of the staff and courses at CSS. "I'm just feeling so much more confident, more secure, and just better," he said.

### Dani's Story

ABC is a comfortable place to come with Kaleb. He enjoys it just as much as I do. I have been coming since Kaleb was one week old and he is now 3. ABC has been amazing support especially having other mums to talk to. I would highly recommend ABC to new mums as a place to be and meet others from the same walk of life.



### Number of people referred and the hours of contact or session hours



*"We need to strengthen the conviction that we are one single human family. There are no frontiers or barriers, political or social, behind which we can hide, still less is there room for the globalization of indifference".*

(*Laudato Si.* Pope Francis)

In the opening statement of the New Zealand Catholic Bishops' Statement 'Step Out and Vote' for the forthcoming 2017 NZ election, we shared ideas about the kind of questions and policies that can shape the vision for our country. We talked about what would contribute to the building of our nation in which all people are valued and given equal opportunities to flourish. The policies that we bishops listed were really about the common good that can be achieved with a special concern for the vulnerable and needy.

When it comes to that 'hands on' support we realise that the work of Catholic Social Services is right there in the front-line of need and care. Right from helping women prepare for the birth of their babies in the Birth Support Group through to the ABC Club and Parent Education. Catholic Social Services supports young parents in need, and let's not forget the course to help develop the best dads for their kids ('Game On') and Kainga Ora to help kids who have experienced conflict and trauma.

With these critical and timely programmes besides the other community support Catholic Social Services brings, one can only admire the fine work of our staff there. I am deeply appreciative of the wonderful work that our team at Catholic Social Services undertake and what they have accomplished in the past year.

I take this opportunity of sincerely thanking Mike and his staff for the dedication and commitment that responds in a Gospel way to the needs of our community.

In the Spirit



+ Colin Campbell

+ C D Campbell  
Bishop of Dunedin



### Meet the staff

Central Otago - Geoff Heward and Dona Foley  
Dunedin - Paul Barham, Liz elder, Adele Smith, Bree Sapwell, Christine Burgin, Jenny Fieldwick, Shona Waterhouse, Mike Tonks.  
Not pictured - Support staff, Parenting facilitators, the kitchen team and the great volunteers that help make this happen

### Making a difference in Central Otago

The needs of our clients are varied and our work has included supporting a family facing a very serious illness. Interventions included providing food parcels and an understanding, listening ear to help them process this traumatic experience and make the necessary adjustments to their lives.

It has also meant supporting a person who suffered historical abuse as a State Ward, supporting a family to adjust to having a first child with major health issues, and even helping clients move when they have no money or people to assist them.

We also collaborate with other agencies to provide a collective broad based team approach to problem solving such as budgeting, schooling, as well as specialist psychological input to assist parents in relating to their children.

## Catholic Social Services

Working together to live life well

- Strengthening relationships and families
- Helping kids feel loved and safe
- Inspiring parents with new ideas
- Exploring options to manage life's challenges
- Helping your voice get heard
- Addressing the issues of trauma and emotional pain
- Connecting people with other people and the resources in our communities

### Making a difference through Social work

- Our mornings are so more relaxed and our whole family has benefitted from this awesome work
- I now communicate and explain myself in better ways
- Having a person to speak to that isn't judging me but offers information and strategies that help

### What difference does Individual counselling do?

- The way I communicate with people has changed. I listen more. I have empathy and hear what they are saying
- I feel calmer and more in control of myself and how I deal with life events
- I cannot say enough about the value of these sessions. They gave me guidance and kept me sane

### What difference does Couple Counselling make?

- There is more affection, the house is calmer
- We are putting in more effort in talking to resolve conflict
- We have started to work together and are learning about respecting each other



Paul and a team from the Mercy Parish, Mercy Sisters, Mercy Hospital and the local community set to and begin planting a truly South Dunedin Community Garden

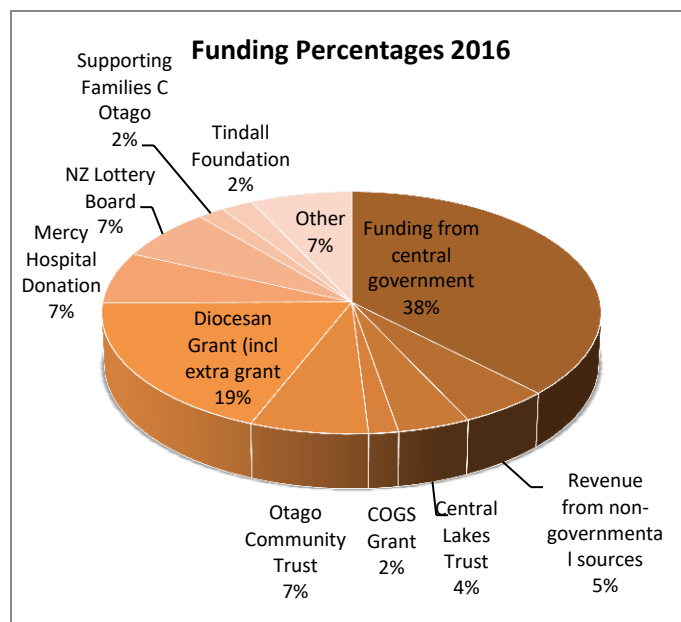
## Summary Statement of comprehensive Revenue and Expenses for the year ended 31<sup>st</sup> December 2016

Audited by Deloitte – for more information see [www.charities.govt.nz](http://www.charities.govt.nz) or contact the agency

Revenue		Expenses	
<b>Funding from central government</b>		<b>Employee related costs</b>	<b>480,898</b>
<b>Revenue from non-governmental sources</b>		<b>Costs related to providing goods or services</b>	
<b>Donations, grants and other similar revenue</b>		Rent (3 Sites)	18,709
Central Lakes Trust	23,000	Heat Light and Power	5,612
COGS Grant	9,417	Programmes	22,563
Otago Community Trust	37,499	Supervision	6,448
Diocesan Grants (incl. extra special grant)	100,000	Training	4,801
Mercy Hospital Donation	36,536	Relief	3,001
NZ Lottery Board	36,666	Travel and Accommodation	1,635
Supporting Families C Otago	10,000	fundraising Expenses	0
Tindall Foundation	12,000	<b>Other expenses</b>	
Other	37,969	Financial Admin	22,764
	<b>303,087</b>	Motor Vehicle Expenses	5,678
		Information Technology	12,134
<b>Interest, dividends and other investment</b>	<b>838</b>	Office expenses	16,095
<b>Other revenue</b>	<b>(153)</b>	Professional Fees	2,550
<b>Total Revenue</b>	<b>531,541</b>	<b>Total Expenses*</b>	<b>602,888</b>
<b>Surplus/(Deficit) for the Year</b>			<b>(71,347)</b>

### Summary Statement of Financial Position as at 31<sup>st</sup> December 2016

Assets	2016	2015
<b>Current Assets</b>		
Bank accounts and cash*	120,936	214,132
Debtors and prepayments*	51,055	50,000
<b>Total Current Assets</b>	<b>171,991</b>	<b>264,132</b>
<b>Non-Current Assets</b>		
Property, plant and equipment*	72,357	75,333
Investments*	69,444	65,642
<b>Total Non-Current Assets</b>	<b>141,801</b>	<b>140,975</b>
<b>Total Assets*</b>	<b>313,792</b>	<b>405,107</b>
<b>Liabilities</b>		
<b>Current Liabilities</b>		
Bank overdraft*		
Creditors and accrued expenses*	9,757	6,444
Employee costs payable*	38,447	41,576
Unused donations, with conditions*	162,693	182,845
<b>Total Current Liabilities</b>	<b>210,897</b>	<b>230,865</b>
<b>Total Non-Current liabilities</b>	<b>-</b>	<b>-</b>
<b>Total Liabilities*</b>	<b>210,897</b>	<b>230,865</b>
<b>Total Assets less Total Liabilities (Net Assets)*</b>	<b>100,721</b>	<b>174,242</b>
<b>Accumulated Funds</b>		
Capital contributed by owners*		
Accumulated surpluses or (deficits)*	102,895	174,242
Reserves*	-	-
<b>Total Accumulated Funds*</b>	<b>102,895</b>	<b>174,242</b>



### Acknowledgments - We acknowledge support from the following individuals and organisations in 2016

- ACE Shacklock Trust
- Catholic Diocese of Dunedin
- Central Lakes Trust
- COGS
- Dominican Sisters
- Dunedin City Council
- Hannagan and Devereux Accounting
- I+H MacPhail Trust
- Ida McDonald Trust
- Lion Foundation
- Lottery Grants Board
- Mercy Hospital
- Ministry of Social Development
- Oasis Op Shop Alexandra
- Otago Community Trust
- Patricia France Trust
- Perpetual Trustees
- Society of Mary (NZ) Trust Board
- St Francis of Assisi Dunedin Trust
- The Parenting Place
- Tindall Foundation

Many other people from our parishes and the wider community assisted us throughout the year with donations of goods, food, and their time as volunteers. This support helped us to assist others and is so much appreciated.