

iosis. turnaround

Newsletter • January 2025



Happy New Year

As we welcome another year, I would like to acknowledge the mahi of our loyal and dedicated staff and supporters.

Unfortunately last year was particularly challenging, with funding constraints and staff shortages severely impacting our ability to provide our services to whānau in need. Despite this, we continue to see extraordinary courage and commitment from parents determined to make positive change for their families (see our 2024 highlights on page 3).

Parents like Cara* (see below), a young Mum who reached out to Iosis for parenting support when her partner became violent and addicted to meth. With our support, her family is now in a much better place - including her eldest son, who was finding things tough.

This year, we're reaching out again to the Iosis community to ask for your support. Many of the whānau we work with are struggling more than ever, so any amount you can give helps make our transformational mahi possible.

Finally, wishing you a happy New Year from all of us at Iosis, we look forward to another year of transforming family life for good.

Tunumafono Tracey-Leigh Peters - CEO



A safer, happier family life – the best gift you can give in 2025

As we welcome a New Year, we look forward to supporting more families to become safer, stronger and more resilient, for good.

For young mother of four, Cara*, the new year is a time to celebrate the changes she has made in her life – and her children's lives – by turning to Iosis in her hour of need. When Cara's partner became addicted to meth and started being violent, she asked him to leave. "I had always told him that exposing the children to violence was a deal breaker," she says.

However, she found that parenting her four children on her own was tough going. "My eldest boy started to play up and get into the wrong crowd, not attending school and getting involved in criminal activity. I didn't know what to do – it was so out of

character for him." She was also starting to feel like everything was getting on top of her. "I knew I needed to fix myself too. With all that was going on, my childhood traumas were starting to bubble back up and that's when I contacted Iosis to seek counselling," she explains.

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Cara started working with the Parent Support team at Iosis. "Banu, my parent support person, has been so amazing. She helped me set up routines for the family along with parenting strategies for managing my son, which gave me the personal support and encouragement I needed. Banu was an absolute Godsend, and I was very sad to say goodbye to her when I reached the end of my sessions."

"Don't be afraid to reach out for help. It doesn't mean you'll lose your children, and it can make your family stronger."

Cara says her family are now "absolutely in a better place". Her son is back to being a good student, and her other children are doing well too. "Reaching out for help is scary when you've grown up with violence – all I'd heard as a child was 'don't tell or they'll take you away,'" she says. "I had to overcome this fear for my family and trust that this wouldn't be the case."

Cara's story is one of hope and bravery – you too can make a change for your family by seeking support from Iosis. "Don't be afraid to reach out for help," says Cara.

"It doesn't mean you'll lose your children, and it can make your family stronger. I felt so much relief when I started getting help from Iosis and they've been nothing but supportive."

**Name has been changed to protect privacy.*



If you can, please donate to our New Year appeal

Cara's wonderful story shows us how our parenting services can change lives. There are so many other struggling parents who desperately need our services, yet reduced funding means we can't meet this demand. That's why we're asking for your support.

Your help enables more parents like Cara to transform family life. Your gift of \$30, \$45 or \$60 (or as much as you can give) will make a powerful difference. It means more vulnerable families will spend the year being together, being loved and free from harm.

To give, simply complete the enclosed response form and send back in the freepost envelope. Alternatively, you can make a direct bank transfer (see details on form) or visit www.iosis.org.nz/ways-to-donate/

Ngā mihi nui, and God bless.

Prayer needs

We pray for whānau as they cope with the challenges of the cost-of-living crisis. We also pray for more funding in 2025 and beyond, so that our committed and loyal team can continue to make a transformative difference to the whānau we support.



Highlights of our mahi last year

We're proud of our mahi over the past year. It means more parents are learning to overcome challenges, more tamariki are safer and supported, and more whānau are on a journey towards a better life, together.

Counselling

121

Adults & children attended a counselling session

Social Workers in Schools (SWiS)

49

Programmes delivered in schools

Adults Supporting Safety programme

19

Completed assessment

Adults Supporting Safety completed programme

14

Children's Supporting Safety programme

12

Completed assessment

Children's Supporting Safety completed programme

7

Social Work

95

Families received support from a community social worker

Foster care

8

Children were in short to long term care

Respite care

8

Children were in respite care

Parenting Group Programmes

165

Attended the programmes

Parenting Group completed programme

88

MenD programme

48

Men attended the programme

Men D completed programme

14

Iosis Whānau Centre

12

Mums entered the programme with their tamariki

Iosis Whānau Centre

2

Mums completed the programme with their tamariki

Financial Mentoring clients

175

People attended a session with a financial mentor

Financial Mentoring sessions

513

Non-violence completed programme

31

Intensive social work

4

Families received support from our social worker

Multi Agency Social Services in Secondary Schools (MASSiS)

19

Programmes delivered in schools

Parent Support

37

Families received support

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Our transformational approach at work

The best way to highlight the life-changing impact of our mahi is in the words of the whānau we help, and the amazing staff who deliver our programmes and services. Blessings and ka pai to all our staff and whānau – lives are changing for the better.

"For parents, the changes they make personally are reinforced by **more positive relationships with their children**. When families begin to communicate differently and spend time together in an affectionate, warm and loving way, lives change."

Diane Crowe, Iosis Group Parenting Programme Facilitator

"I'm graduating with a new perspective on life, about being a parent and about myself. I'm going to break the cycle, so that my daughter has a different life to mine."

Tyla, Iosis Whānau Centre Graduate

"Iosis was recommended to us and the fostering process has been so much easier than we thought it would be. **The support we get is amazing**. Our Social Worker visits once a month and I know she's only a phone call away if there's something I need."

Telina & Rodney, Iosis foster parents

"Teina and Loni are so easy to talk to and really welcoming. They show you that they can really relate to your situation. In some places you feel like you're being judged, but not with them. **There was no judgement**, it was just awesome."

Ike, Iosis Non-Violence Programme graduate

"These kids have enough food in their bellies, they're attending school and they're learning. **The impact of these things will transform the rest of their lives.**"

Sifa, Iosis Social Worker in Schools (SWIS)

Karakia

Mā te whakapono
Mā te tūmanako
Mā te titiro
Mā te whakarongo
Mā te mahi tahi
Mā te whakamomori
Mā te aroha
Ka taea e au

By believing and trusting
By having faith and hope
By looking and searching
By listening and hearing
By working & striving together
By patience & perseverance
By all being done with love
I will succeed



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iosis.
Transforming family life
for good