

iosis. turnaround

Newsletter • July 2023



Kia ora

Over the coming months, you'll notice a bold and beautiful new look on our website and other communications.

We've changed our brand colours to warmer tones of gold, orange and brown and we're including more te reo Māori in our content. This refreshed brand represents our strong working relationships with our Māori and Pasifika clients.

At the same time, we are moving to a new name for our Merivale Whānau Development Centre. Merivale is a name that has been synonymous with the care of mothers and children since 1981, although its precursor's history went back even further (see the

article on page 3). However, we want our present-day work with mums and children to be more closely associated with the Iosis name. Hence Merivale will now be known as the Iosis Whānau Centre.

Be assured that despite brand colour and name changes, the philosophy at the heart of our organisation hasn't altered.

We're still here to help future generations of New Zealanders raise strong, healthy families, walking alongside whānau as they journey towards transforming family life for good.



Tunumafono Tracey-Leigh Peters - CEO

"I learnt a heap"

Chip describes himself as a 'hands on' sort of bloke, who likes nothing better than collecting and restoring old stuff. He recently emailed Iosis, to thank us for a programme he initially vehemently wanted nothing to do with. We asked him to tell us what led to his change of mind.

Chip says he has managed people all his life. He was used to being the one who gave instructions and had them obeyed. So, when he was directed to attend an Iosis family violence programme following a court order, he was indignant. Because it was during Covid lockdown, the programme had to be conducted via phone. His initial contact with Iosis programme facilitator Teina was frosty.

"I was negative from the get go and my first conversation with Teina was me telling this calm, softly-spoken gentleman that these sessions will be longest of his life, because I will not talk—Mr Attitude!" says Chip. By the time the next call came around, Chip had had time to re-think. Firstly, he realised Teina was

simply doing his job, trying to help people. Chip also acknowledged that he couldn't change the situation he found himself in, so he might as well embrace the programme with both hands and learn what he could.

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"I thought if I learnt even one thing then I would be that thing better off. Well, as the sessions progressed, I didn't learn one thing about myself—I learnt a heap. Not just about myself, but relationships, the mind, people, etc. All intriguing and basic stuff I wish I'd known years ago," he says.

Chip realises now that he'd been unconsciously bringing some of his 'black and white' thinking, which had served him so well in a business setting, into the home. He now tries to listen and compromise more and to see things from another's perspective.

"Business when you are a boss is pretty easy because you are the boss. But in relationships you are not a dictator; you are just a partner," says Chip.

To others referred to this kind of programme, Chip has some advice: "You're going to get a lot out of it, but you've got to be prepared to give the information and be honest with yourself."

But it was not just what he learnt that made the difference for Chip. In his email to Iosis's CEO, he wrote, "Teina went over and beyond to support me outside the programme, in arranging food for me and support that I needed and looked forward to each week."

"Knowing that support is still there any time with a phone call is a hugely comforting feeling. So again, thank you sincerely from my heart."

**Name has been changed and a stock image used to protect privacy.*



You can help men find the support they need to become better partners and fathers, by donating to Iosis.

Go to www.iosis.org.nz or call 09 269 0050 to make a gift.

Would you like to join our prayer group?

You will receive a short monthly email that shares topical prayer needs for Iosis and for our work alongside families.

If you'd like to be added to the list, email supporters@iosis.org.nz or phone 09 269 0050.

Prayer needs

We have a dream to create a men's coffee group so that men who have completed Iosis programmes can still meet together and learn from one another in a safe setting. Please pray for us as we seek to raise funds to make this a reality.



Passing on the baton

Iosis donor Elaine Blick says the name Iosis didn't mean anything to her initially until she learnt of its historical connection with Childhaven, a place with deep emotional ties for her.

Childhaven was a home for unmarried mothers and their infants, and also for young mothers who, through misfortune, were in urgent need of help and care. It was officially opened by the New Zealand Council of Christian Women in 1945. Elaine's mother was secretary/manager at Childhaven, starting work there in 1956.



Elaine with her novel First Names Only.

"All those years when I was growing up, Childhaven was just down the road from where we lived and we had a lot to do with it. Childhaven was like our family. I have written a novel called *First Names Only* that reflects that," says Elaine.

Elaine joined the Childhaven committee in the 1970s but by that time the numbers of women staying at the home were declining. In a later series of changes, the Baptist City Mission took over management of the property, the home was renamed as Merivale, and it became a women's refuge.

Iosis was established in 2006 and Merivale came under its responsibility. Run today as a therapeutic residential parenting programme for mothers, it will now be known as the Iosis Whānau Centre.

"I think it is wonderful the way that the whole thing has adapted, rather like a baton being handed on. It is still a work for women and children, but it has taken on a different kind of emphasis. It is still a very worthwhile work," says Elaine.

Focus groups

Iosis ran a series of focus groups with former clients in May. We asked for feedback on everything from the times of day our courses are held, to the actual content and facilitation of our programmes. One thing that came out clear was the desire for more discussion time and the ability to continue meeting with fellow course participants as a group after their course ends. Valuable learning and encouragement take place in group discussion, and we are looking at ways these follow-on groups might be achieved.



Iosis staff members Pearl & Teina conducted the focus groups.

Stay current with what is happening at Iosis.
'Like' our Facebook page www.facebook.com/IosisLtd



Do you have a spare one of these?

Our frontline workers are out every day in cars, visiting clients at their homes or attending meetings off-site. Our small fleet of cars is getting old and requires a lot of maintenance. If you have a surplus-to-requirement car or van that you would be willing to donate to Iosis, we would love to hear from you!

Donated vehicles must be well-maintained, have a current WOF, be registered and preferably be a 2000 model or later. For safety's sake, before we accept any vehicle, we reserve the right to obtain a vehicle inspection.

If you think you may have something suitable please call us on 09 269 0050 or email supporters@iosis.org.nz.



Ngā mihi nui – thank you

We are thankful to the Lottery Community fund for a grant towards our Māori development leader role. We believe in the importance of this role in helping us to develop and guide our work with Māori whānau.

We also appreciate a grant from Frimley Foundation for our counselling service operational expenses and from the Ministry of Social Development to add an additional financial mentor to our staff.

Waiting lists for counselling and financial mentoring are evidence of the great need amongst families for assistance with mental health and making ends meet.

And lastly, we'd also like to mention Christian Savings and their Charitable Term Deposits product, which Iosis has benefited from. Christian Savings offers Charitable Term Deposits. You decide the term you'd like to invest for, from one to five years, and the interest earned on the deposit is donated to your nominated charity by Christian Savings. **We encourage you to contact Christian Savings (phone 0508 728 464, email info@christiansavings.co.nz) if you are interested to know more.**



Gifts in Kind

If you have a business or business contacts who you think may be able to help with 'gifts in kind', please get in touch. **You can contact us at Ph 09 269 0050 or enquiries@iosis.org.nz.**



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Transforming family life
for good