



Wellbeing Support in Primary Schools: Mana Ake



Youth Alive Trust is one of 13 NGO's providing specialist staff to support Canterbury children with positive mental health. Our 5 staff are a mixture of counsellors, social workers and youthworkers, and work in local primary schools and homes on issues such as anxiety, managing emotions, coping with change and self esteem. It's such a privilege to work alongside so many young people, both 1-on-1 and in groups. Already we have received great feedback from parents and teachers who can see the positive change in children's lives. It also complements the other work YAT does in schools, such as our counsellor, youthworkers and music programmes.

Inspiring Feedback from Caregiver of 9 year old girl...

"Thank you from the bottom of our hearts for the support you have provided to Abbie this term. She enjoyed meeting with you weekly very much right from the very first session and was positive about the relationship you developed with her. You managed this so sincerely and quickly, which was certainly no easy task in the first few months she came to live with us. This has shown her that getting help is positive and fun, you have really opened the door for her on this.*

You have also been supportive to our entire whanau, non judgemental when we got frustrated, and an empathetic ear for us as we struggled through behaviour issues and changes, time management issues and slowly getting her out of fight or flight mode. Abbie and our household have benefitted in such a positive way from your suggestions, techniques and input that we feel words cannot truly describe how life changing and invaluable the service you provide is.

I have appreciated your calm and realistic attitude and that you celebrate the small successes she makes with us. For us this is a lifetime commitment and it can be overwhelming at times to try come up with new strategies to instil stability and security into a little girl who has rarely had it as well as trying to change ingrained behaviours that are heavily rooted into her having to survive. The breathing exercises, whilst simple, are so effective and have really worked for her.

We know we still have work to do, but we are so grateful that you have helped us lay a solid foundation of trust, love and stability so that she can positively change her behaviour without fear. We have enjoyed working with you, and hope that your service sticks around for decades to come to assist more children with being the best they can possibly be."

* name changed



MANA AKE
STRONGER FOR TOMORROW

Recent Highlights...

Father Son Camps



We recently took Dads and their lads into the Canterbury High Country for a weekend of activities and bonding. A camp for teen lads and Dads is in May.

Crazy CLUBS



Boys & Girls Clubs are so popular that we've had to close rego's -100 children! Activities include hut building, fishing, ice cream gutters & Beat The Parents!

RISE



Here comes a new singing & dancing group for young people! Starting Term 2 the vision is to bring hope, joy and life to our communities through music.

I ♥ New Brighton '19



45 of our volunteers helped run this community event on Waitangi Day, for over 7000 people.

Parenting Seminars



YAT Counsellor, Sandy Hitchens ran a series of seminars at Beach Campus on Anxiety, Aggression & Connection.

3 v 3 Basketball



Our 6th annual 3v3 outdoor Basketball tournament attracted 15 teams from various schools from across the city.

Mentoring...



Paddy & Finn have been meeting for about a year, and get together each week for chats, sometimes they go to the gym, sometimes they skate, sometimes a project and recently he has started helping Paddy with some of the programmes at YAT. Finn doesn't have a Dad at home or other male role models. He left mainstream school in Year 10 and now does a correspondence course. He freely admits that he looks to his mentor for guidance, "Paddy's easy to talk to. He helps me to sort out the stuff that's going around in my head. He's one of the good guys". Paddy had some very tough experiences as a teenager himself, and that is one of the reasons he's so passionate about supporting young people like Finn. YAT recently employed a Mentoring Coordinator and our mission is to match 50 mentors with 50 mentees in the next 12 months. We're short of funding for this project and still need mentors. Help us?

How can I help ?

- I'm keen to volunteer and would like to chat to someone about the different options
- I'd like to give regular donations and become a 'Friend of Youth Alive Trust' (Bank Account: ANZ - 117892-0066444-00)
- I'd like to give a one-off donation towards the replacement van fund (Bank Account: ANZ - 117892-0066444-00)
- I'm interested in discussing how my business can partner with you
- Please send me information about how to leave an eastside legacy by including Youth Alive Trust in my Will