

Youth alive trust

Serving New Brighton Since 1989

www.yat.org.nz

Spring Newsletter 2022

grace
vineyard church



BEACH

Parents - the best support for their children!

Although we have the word 'youth' in our name, a good part of our mahi is supporting parents too, as they are the best support for their rangatahi! This includes our Mana Ake staff, who work alongside parents and children with a focus on early intervention to promote wellbeing and positive mental health. It includes our Kids Resync programme that offers wrap-around support for a child and parent for a term through counselling, parent coaching, occupational therapy and music. It includes parent courses we run such as Tuning into Kids and Toolbox. It includes Seminars, such as when 100 parents turned up recently to the topic of 'Supporting Young People with Big Emotions' and our upcoming seminar on 'Raising Capable and Confident Tamariki'. It includes our Mother & Daughter Day with activities such as earring making and rock climbing, alongside some thought provoking talks and questions, plus our upcoming Father & Son Camp. It includes articles, websites and webinars we share on our social media and website.

Nobody has all the answers to parenting, so any hints, tips and guidance that we can offer along the way, is for the benefit of the young person, as well as the parent ☺



Celebrating 2022

Youth Alive Trust practises the 5 Ways to Wellbeing, and one often overlooked is **Take notice, me aro tonu**. It includes being present in the moment, being curious, seeing the beauty around you, counting your blessings and reflecting. As we come to the end of another year, it's a great opportunity to stop, reflect and celebrate where we've come from and what's been achieved. Youth Alive Trust will be doing this over a Supporters Celebration Lunch on Tuesday 22nd November from 12:00 - 1:15pm. We'll share stories, stats and media that will both encourage our supporters and ourselves! Any donor, funder, community leader, parent or friend is welcome to attend.

Please RSVP here: <https://forms.microsoft.com/r/a6vzeVU4zZ>



Recent Highlights...

Free Map



Check out our new map of '101 Free Things to Do in Greater New Brighton'! This collaboration is about inspiring families to spend more time together.

Big Night Out



We took 67 intermediates to Move X for a special Big Night Out in partnership with CDN Trust. Trampolines, Ice Skating & 50 pizza's made a night to remember!

Good in the Hood



YAT has been chosen by Z Energy as one of their charities to support at their Shirley branch. Buy fuel and drop your token into YAT's box.

UpstreamNZ



Upstream has even more local products and services you can buy that benefit charities like YAT, including gift boxes for this Christmas. Check them all out at: www.upstream.co.nz

New Teen Club



We've launched a new club this term teaching and inspiring local teenagers the sport of Disc Golf. Sign up online now, thanks to a grant from Sport Canterbury's Tū Manawa fund.

Amplify Gigs



Very proud to hear some of our youth bands performing at local gigs, including Carnaby Lane and Loop. More gigs coming soon. Young musicians keen to join a band should get in touch.



Interns, Placements & Other Opportunities

Over the years, YAT has been supported by a wide variety of short term placements, such as students training to be youth workers, trainee teachers doing community placements, foreign students doing online placements and back-to-work programmes funded through MSD. These are win-win for everyone, providing experience for the student and providing extra support for our programmes and operations. If you're keen to get involved through a traineeship or work experience, contact us at: volunteer@yat.org.nz

How can I help ? Email: office@yat.org.nz

- I'm keen to volunteer and would like to chat to someone about the different options. Email: volunteer@yat.org.nz
- I'll set up a bank payment to give \$.... per week/fortnight/month to become a 'Friend of YAT'. Acc: 117892-0066444-00
- I'm interested in discussing how my business can partner with you or Upstream. Email: office@yat.org.nz
- Please send me information about how to leave a legacy for eastside young people in my Will. Email: office@yat.org.nz
- Please keep me updated with YAT news, by signing me up to your enewsletter. Email: office@yat.org.nz