

# YOUTH alive trust

Serving New Brighton Since 1989

[www.yat.org.nz](http://www.yat.org.nz)

## Winter Newsletter 2021

grace  
vineyard church



BEACH

### Holidays - Yeah right.

'Holidays' often don't mean rest for YAT staff - it's our time to shine! These school holidays were packed with activities for hundreds of young people. It started the day school finished when we hosted the Eastside Winter Youth Ball for 75 teens in partnership with other youth clubs from the east of Christchurch. It was an epic way to end the term, get dressed up and have a boogie! Then we were back early Monday morning to run three different holiday programmes for three different age groups for 100 children. We went to the Antarctic Centre, Mega Air, Cinema, Escape Rooms and played a lot of games and had a lot of laughs! We then hosted two Babysitting Training Workshops for over 60 teens in partnership with Plunket, and then two more holiday programmes, for 50 intermediates and 40 teenagers in week two. It's been great to see people who attended our programmes over the holidays for the first time, love it so much that they signed up to our weekly clubs in Term 3 straight away. Check out our facebook page for photos and videos from all these programmes.

*In the past year, we provided programmes for 2,628 participants in the school holidays!!*

### Kids ReSync

We have been running a pilot programme for families from Rawhiti Primary School since the beginning of the year who are going through tough times. We work with four families for half a day a week, for a full school term, with a focus on ReSyncing relationships with parent/caregiver, themselves, school and play. We provide child counselling, parenting coaching, occupational therapy and music sessions, including composing and recording your own family song. We've had really great feedback from families who've taken part so far. They've said things like; "The things that you are all saying for my child to do, I am also doing for myself", "My child is more comfortable talking to me about how they are feeling" and "(The child's) confidence and self-esteem have skyrocketed over the past couple of weeks, and begun using open communication. The transformation has, to say the least, been stunning!". Friends of YAT have donated enough funding to run this programme for Term 3, and we're now seeking longer term funding. At a cost of \$2,900 per family, maybe you know someone who would sponsor a family for a term? Contact us for more info.





# Recent Highlights...

## Youth Band Gigs



Amplify School of Music now has 7 youth bands who practise & perform regularly. Recent gigs include Carnaby Lane, Duke Festival & PYD Band Nights.

## Counselling Rooms



We're working with Grace to create a counselling area in the Seafield building. With the support of Ara students and Resene we've recently painted 4 rooms.

## Parenting Seminar



Over 100 parents joined us for a night led by our Mana Ake team to hear tips and tools for supporting Anxious Children. Slides now on our website.

## UpstreamNZ



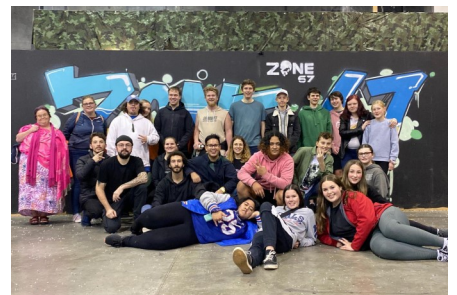
UpstreamNZ continues to grow, with over 400 products and services you can purchase, that then supports YAT. For both personal and business purchases, view options at: [www.upstreamnz.co.nz](http://www.upstreamnz.co.nz)

## Interns



More interns have joined our team recently, including Lea a trainee social worker from Sydney, Crystal a trainee youthworker from CU and Tyler a virtual summer intern from America!

## Volunteers Social



Our volunteers gave 7,896 hours to YAT last year. If this had been paid at minimum wage, that's \$149,234!! We thanked them recently with a feed and mid-year social at Zone 67.



## Parents & Pre-Schoolers

There are many ways for parents and pre-schoolers to connect at Beach Campus. Our Tuesday and Thursday morning Beach Tots Playgroups continue to be popular with 739 visits last year! We're honoured to host regular concerts by award winning artist Music with Michal. We host a weekly Breastfeeding drop-in on Wednesday mornings in partnership with Waitaha Primary Health. We have also started hosting a Perinatal Wellbeing Support Group on Friday mornings, for parents of children who are experiencing a decline in mental wellbeing, where they can connect and get support for depression & anxiety. More info at: [parenting@yat.org.nz](mailto:parenting@yat.org.nz)

## How can I help ? Email: [office@yat.org.nz](mailto: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](mailto: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 UpstreamNZ. Email: [office@yat.org.nz](mailto: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](mailto:office@yat.org.nz)
- Please keep me updated with YAT news, by signing me up to your enewsletter. Email: [office@yat.org.nz](mailto:office@yat.org.nz)