



Thrive

whānau āwhina
plunket

Your impact on the future of New Zealand whānau

Summer 2023 - 2024



Kia ora

I hope you've been enjoying the summer season and had a fantastic Waitangi Day with your whānau and friends, wherever you may be. A little bit of sun and relaxation can make a world of difference to the mind and sets the stage for making memorable moments with your loved ones.

It's been wonderful to see our tamariki return to school this week – or start school for the first time! Many new entrants will have recently seen a Whānau Āwhina Plunket nurse for their B4 School Check before turning five, a 'graduation' of sorts from their time with Plunket. This service is so important because it identifies possible areas of additional support that a child may need before they start on their educational journey, from dental care or toilet training tips, to speech support and more.

Plunket services like these are only possible thanks to generous supporters like you. In this issue of *Thrive* we spotlight a donor for their incredible support of the B4 School Check programme in Glen Innes, Auckland, through the donation of books. We will also soon have board books donated by another kind supporter in the Dunedin area, so that babies can start their love of reading early. A literacy and learning focus in the spirit of school starting!

Read on for other fantastic updates in the Plunket supporter space. See how our recent Christmas Appeal performed and how our heroine in that story, Ashley and her baby, Rewiti are doing now. We also spotlight a long-standing volunteer, and our partner, The Warehouse, for their support. Lastly, our 2023 Annual Report is hot off the press and available below, if you wish to see your impact in greater detail.

Your support of Whānau Āwhina Plunket means that we can maintain, grow and improve our services for children under 5. You are making a truly positive and immediate difference in the communities we live and work in together, so whānau across the motu (country) can thrive.

Ngā mihi nui,

Fiona Kingsford, Chief Executive.

P.S: stay tuned for the Autumn issue of *Thrive*, where we'll share news of the new Rotorua hub opening! This will be a massive milestone to add to the timeline of Whānau Āwhina Plunket, and one that was made possible thanks entirely to our unbelievable supporters.



Your Christmas donations are empowering breastfeeding mothers

You have kept our support of new mums and bubs going strong.

Thanks to your generosity over the holiday season, our lactation consultations will continue throughout the year so that mothers like Ashley, featured in our 2023 Christmas Appeal, get that extra bit of breastfeeding support they need for their pēpi (baby) to thrive.

Because of our caring donor community – people like you – we managed to raise over \$108,000 during November, December and January, with donations still trickling in. It is a huge help for our amazing frontline staff, who can now keep helping families where and when they need us most.

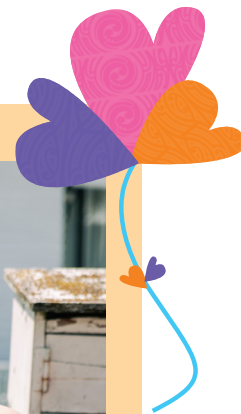
Our story about Ashley and Rewiti resonated with many donors like you. So many of us could see ourselves in her early days of breastfeeding – the concern, confusion and worry when things don't go smoothly can be overwhelming. Even as a supporting partner or extended member of whānau, watching your loved one struggle with issues like mastitis or the mental health problems that can occur is tough going.

Your empathy was clear: rather than just reading this powerful story, you acted. Your donation was critical in ensuring that we are always there for mothers like Ashley.



Ashley gave us a short update on how she and Rewiti are doing now: “Rewiti and I are doing amazing. He’s 8 months now and we’ve mastered the breastfeeding journey together. He is still being breastfed to support the connections we have, to feel safe and supported.

“Also what I would like to share is to never give up hope, seek support from Whānau Āwhina Plunket to guide your journey. It does get easier. Mauri Tū, Mauri Ora.” Thank you.



Our longest-serving volunteer celebrates 52 years with Plunket

The support we receive from amazing people like you includes donations, advocating for our services, and volunteering your time. One such volunteer, Mary Hall, just marked an incredible 52 years with Plunket! We celebrated Mary and her time with Plunket at a luncheon in December.

Beginning her volunteering journey with Plunket back in 1971, Mary has held various roles from local committee to area positions. She was well-known as the Branch Safety Officer in the 1980s and then Area Safety Officer in the early 2000s, where she specialised in child safety and represented Plunket at many advisory groups and networks.

A much-loved face in the popular Sandringham Plunket Clinic in Auckland, Mary ensures the smooth running of many services. She’s kept busy managing birthday party bookings for the clinic’s venue hire service, installing car seats for whānau, conducting safety checks on nursery furniture, and providing event support.

Fifty-two years in, Mary has no intention of slowing down. She wants to continue her support of Plunket for as long physically possible. “Volunteering with Plunket is a big part of my life. It’s just what I do. I enjoy being

a part of the local community and helping the staff do their jobs,” says Mary.

Thank you, Mary. And thank you to all our selfless volunteers for your service to Whānau Āwhina Plunket.



We celebrated Mary at the Sandringham Plunket Clinic in December. Pictured here: Clare Green, Community Services Manager in the Northern Region (left) with Francois Kayembe, Community Services Team Leader (right) and Mary Hall in the middle with a well-deserved bouquet of gorgeous flowers!



Back to school shopping is also a way to give back, thanks to The Warehouse

Thanks to our partner, The Warehouse and their MarketClub members, the frantic flurry of whānau buying stationery and other school staples before the beginning of Term One became a key support for Whānau Āwhina Plunket.

Customers are able to scan their MarketClub app at checkout and, if FAMILY is selected as their Cause of choice, The Warehouse donates to Plunket on the customer's behalf, to help keep our services going. You don't need to spend any more, so it is an easy way to continue helping Plunket with every book, pen or stapler purchased.

A big thank you again to The Warehouse and their MarketClub members for their continuous support.



Donor Spotlight: Thoughtful gifts to kickstart the lifelong love of reading

We are incredibly grateful for the donations of books from two donors.

Adult Literacy Tamaki Auckland (ALTA) have generously given \$20,000 worth of books to Whānau Āwhina Plunket's B4 School Check programme in Glen Innes, Auckland!

ALTA committee members, Heather Lees and Owen Williams, are passionate about getting books into the homes of children who otherwise might not be exposed to literacy at a young age.

"ALTA is honoured to support Plunket, which is such a trustworthy organisation. We recognise the great work Plunket does, and its ability to help improve children's literacy through the B4 School Check programme," says Heather.

Heather is particularly proud to donate to Plunket, because it saved her life when she was a baby.

A Plunket nurse's quick thinking on her feet after recognising an uncommon health condition saw Heather being sent straight to hospital during a routine Plunket visit. Thanks to her Plunket nurse, Heather got the help she needed to become a well child again. Now, her relationship with Plunket has come full circle with this beautiful gift from ALTA.

Further south, a North East Valley family who know the value of early literacy is currently working with Catherine Caley, our Community Services Manager in Otago and Southland, to donate 1,000 special editions of the Kiwiana kids' book, *One Kooky Kererū*.

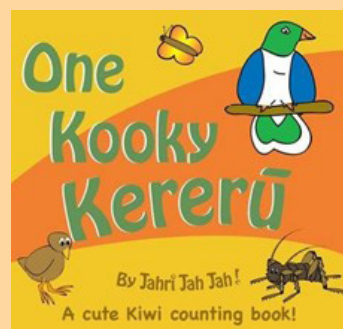
Plunket nurses in the region will be able to give out these board books to new parents, so that pēpi (baby) can begin their path to reading with a delightful counting book – meaning they're introduced to numeracy at the same time! The book includes a blend of English and Te Reo.

We look forward to being able to distribute these to tamariki and their whānau at regional Plunket appointments.

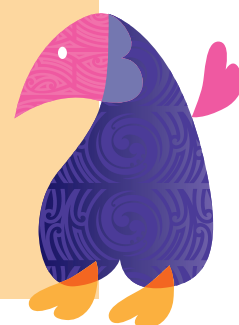
These book donations will be instrumental in helping children discover the joy of reading before they take that first step into the classroom.



ALTA committee members, Owen Williams and Heather Lees, with a couple of the donated books.



The joyfully colourful cover of *One Kooky Kēreru*, by Jahri Jah Jah





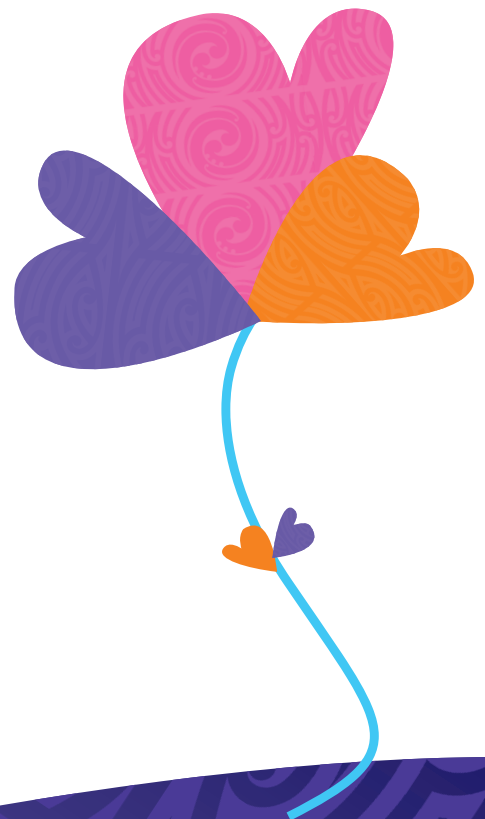
The 2023 Annual Report is here!

We love sharing heartwarming stories with you about how our services are helping tamariki and their parents nationwide.

For a broad and in-depth understanding of your impact, please check out our latest Annual Report. It includes meaningful snapshots of the amazing mahi (work) that our staff are doing for whānau every single day. B4 School Checks can be read about specifically on page 31.

The latest Annual Report for the 2022/2023 financial year is available here:

www.plunket.org.nz/plunket/publications-news-and-research/latest-news/annual-reports/



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