



# Thrive

whānau āwhina  
plunket

Your impact on the future of New Zealand whānau  
Winter 2024

## Kia ora



We are well into the depths of the New Zealand winter now. I hope you're reading this newsletter in a warm, cosy spot with a hot cuppa and a bickie – we've opened registrations for September's *Dunk it for Plunket* now, and I am definitely dunking an Arnott's Tim Tam as I type (more on that in this newsletter)!

The cooler months make for some fun indoor activities for little ones in our community groups across the motu. But the winter also brings sniffles, shivers, coughs and other seasonal nasties. I am always so proud of my frontline kaimahi (staff) for helping whānau keep their tamariki healthy through this time.

I'm thankful for your support there, too. Your generosity during our recent winter appeal means that my team can keep supporting families where and when they need us most, so little lives thrive. You can read more about that appeal, and about how Lottie and sister, Amelia are doing further on in this newsletter.

Also in this issue is a well-deserved shout-out to Suzuki, one of our partners. The fleet of Suzuki vehicles keeps Plunket staff on the move every single day. We also honour our Northern Region Volunteer of the Year, Jeannette Bilik. And in the spirit of celebrating our crucial volunteers, we recently touched base with the Talbot whānau, whose wife and mother, Andrée Talbot, left an impactful fund for Plunket's community services and volunteers before she passed away.

I'm looking forward to the spring, and the warmer weather it'll bring. For now, though, I hope you'll be enjoying some winter fun and treats with your whānau and friends, wherever you may be across Aotearoa New Zealand. And to make it even more enjoyable, I have a winter warmer giveaway detailed below!

Ngā mihi nui,

Fiona Kingsford, Chief Executive.



## Your donations have helped little lives thrive this winter

We are beyond grateful for the amazing support you offered during this season's appeal.

Thanks to your generous donations, our team can continue their incredible work with whānau on the frontline. They can keep forging trusting relationships with new parents, helping where and when they're needed. So little lives like Lottie's can be saved.

Since late June, your support has resulted in more than \$57k raised, with more donations still coming in! At this rate, we hope to be near our winter appeal goal by the end of August.

These lifesaving funds go directly to where they are needed most. They help our nurses keep visiting families in their homes and communities, and they keep our services that provide wraparound care to the whole whānau, like play groups and parent groups, going strong.

As just one example of the increased pressure during the cooler months, we see an uptick in PlunketLine calls each winter. This year, PlunketLine has:

- Received an increase of approximately 500-600 sick calls compared to winter 2023.
- Has seen an increase in reported symptoms like cough, cold and breathing difficulties, and an increase of childhood viruses such as RSV and influenza symptoms.
- So far this season, PlunketLine has also completed 134 transfers to the ambulance service.

Families need us, and your support means we can be there for them.

We are thankful for Sian and Matt's bravery in telling their story. Seeing your child struggling to breathe is every parent's worst nightmare, and talking about it again was incredibly tough. But sharing their journey with Lottie's bilateral vocal cord palsy, and Nurse Amy's significant role in getting the medical support she needed, was extremely important. It clearly resonated with you, our amazing donors. And it shows just how impactful the relationship between whānau and Plunket is for future generations to thrive.

Matt's role with the New Zealand Navy sees the family currently living in Sydney for the next few months. "The girls are doing well," says Sian. "We have had a set back with Lottie, but that is to be expected with winter bugs. She struggles with sleep and breathing at the moment, but we are getting there. Thankfully she doesn't need oxygen just yet."

Overall, both Amelia and Lottie are enjoying their Australian adventure. "Amelia is loving life here and making a lot of friends," continues Sian. "And her anxiety has decreased a lot. She is very excited to get back to NZ though and misses the country living - being free to run and climb trees!"

Thank you for helping us be there for every whānau like Sian, Matt and their girls this winter, so little lives thrive.



## Our clients show their ongoing support for Plunket's services

We are fortunate to connect with some amazing whānau across the country. Whether it's during a medical Well Child check in our clinics, over a hot cuppa during a parent group, or simply through a friendly chat between a new Mum and one of our volunteers in the family home, we aim to build relationships and support new parents at every opportunity during those first five years.

We're so thankful that in return, some of our current clients with toddlers being seen by our nurses, karitāne and kaiwhina have recently become monthly donors. They appreciate that as a charity, Plunket depends on regular donations to keep going, which means future caregivers of precious pēpi can also enjoy the wraparound support Plunket has provided them.

From everyone here on the Plunket team, we want to say a big, hearty 'thank you!' to our new monthly donors. Thanks to your consistent support, future parents can lean on Plunket to help their babies and toddlers get the best possible start in life - no matter what.



## By empowering our volunteers, the Talbot legacy lives on.

Andrée Talbot, a leader, volunteer and honorary life member of Plunket sadly passed away in 2019. Throughout her more than 20 years' service with Plunket, Andrée created a legacy that we are forever grateful for.

Andrée started her Plunket journey as a volunteer at the Devonport clinic in 1996, after having her first baby. From there, she moved into leadership positions, eventually sitting on the Board. Thanks to her legal background, Andrée was able to help Plunket transition to a charitable trust, and also oversaw the electronic health record project – core changes that have helped build the Plunket of today.

Before passing away from breast cancer in 2019, Andrée showed her love and connection to Plunket yet again. This time, by way of setting up the generous Andrée Talbot Fellowship. This fund gives amazing professional development opportunities to our crucial Community Services kaimahi across the motu. Between 2020 and 2022 alone, 11 of our Community Services leaders have been able to complete professional development courses and conferences through the Fellowship. This has helped our staff to better manage our incredible volunteers, who provide such valuable support with playgroups, coffee groups, in-home support, and other important community activities.

In July, Clare Green, Community Services Manager, caught up with the Talbot whānau. She shared the news with Andrée's husband, Brent, daughter, Evie and son, Frank, of the incredible impact that the Fellowship has had over the last four years. In one instance, the fund has meant that Clare herself could attend a two-day conference in Melbourne, Australia, where she learnt about best-practice for volunteers, and has since been able to better engage and recognise our invaluable Plunket volunteers.

Evie, now a doctor, remembers sitting in the back of her mum's car, visiting many Plunket clinics. She also remembers Andrée's motivation for becoming a Plunket volunteer as a young mum, "She told me that she realised she needed more adult interaction when she found herself singing the Wiggles in the shower one day!"

Frank, a music teacher, doesn't remember the early days when his mum took him to Plunket conferences, but he believes he may have been the 'poster child' for Plunket for a few years. He says, "I think she set up the Fellowship knowing how hard it is to recruit and retain loyal volunteers, especially as pressures on families grow, with many mums going back to work earlier than they used to."

We thank the Talbot family for their support as we continue to share Andrée's passion and love for Plunket through her Fellowship. This fund has an incredible impact on our kaimahi and volunteers, and the ripple effect will help tamariki and their parents for years to come.



Clare Green, Community Services Manager, with Evie, Brent and Frank in sunny Takapuna.

## A warming winter giveaway!

To thank you for your generosity and to help you enjoy a cosy winter weekend at home, we have a fabulous gift basket of self-care and home care products to give away! Thanks to our friends at Diplomat who have generously donated this pack, you can enjoy Olay, Patene, Gillette and other popular brands for some well-earned 'me time' this season.

To enter, simply reply to this email with a story about how Plunket helped you, or a loved one, as a new parent.

We'll draw the winner closer to the end of August, so keep an eye on your inbox – you might be our lucky winner!



## Suzuki keeps Plunket on the move!

As a charity, we choose to partner with incredible organisations like Suzuki to help us deliver our services.

Plunket has a fleet of over 400 Suzuki vehicles out on the road, mostly the adorable, zippy Suzuki Swift. These Swifts get our frontline kaimahi safely to approximately **1,700 Plunket appointments** every single day!

This month, keep an eye out in Auckland and Wellington for special *Dunk it for Plunket* Suzuki cars. These temporary Jimny and Vitara additions to the fleet will be helping more Plunket staff get to where they need to go, while also spreading the word about our yummiest fundraiser yet...

Gary Collins, Suzuki New Zealand's CEO reflects on the relationship between Plunket and Suzuki. "Over the last three and half years, we have been privileged to work alongside Whānau Āwhina Plunket, supporting not only their hardworking people, but the important work they do for families New Zealand wide," he says. "Community, accessibility and approachability are values that we share, and Suzuki is really proud to help Plunket drive towards and achieve their goals."

Thank you, Suzuki!



## Honouring our amazing volunteers during National Volunteer Week

Across the country we have generous volunteers giving their time, valuable skills and energy to help us support whānau raising their tamariki.

In June, as part of National Volunteer Week Te Wiki Tūao ā-Motu, a celebration was held in Auckland where the Northern region's volunteers were honoured. Retired nurse, Jeannette Bilik was named the Northern Region Volunteer of the Year.

Jeannette will be a familiar face to many whānau across the North Shore in Auckland. For the past seven years she's been a trusted Plunket volunteer, visiting families at home to offer a helping hand.

Jeannette is a māmā of three and grandmother to twins herself, so she has been able to share many parenting tips and

tricks, like ways to help settle pēpi to sleep. Her valuable skills, knowledge and compassion has seen her supporting many new mums through those tougher times at home with a wee baby.

We are so grateful to have volunteers like Jeannette in communities across Aotearoa New Zealand. Be it by supporting new parents at home, at playgroups, through toy libraries, by lending a hand around the clinic or by supporting fundraising events, our volunteer force is crucial to keeping Plunket connected to whānau.

Thank you, Jeannette, and thank you to any current volunteers reading this – you are so loved.





# Dunk it for Plunket

BROUGHT TO YOU BY  ARNETT'S

## Dunk it for Plunket registrations are officially OPEN!

We appreciate all of your incredible, ongoing support. Thanks to your donations, or your time spent volunteering, we can keep our myriad of services for whānau going strong.

Now, we have a super fun way to stay involved while also getting together with your loved ones. *Dunk it for Plunket*, brought to you by Arnett's, is back this September with oodles of prizes and fun at every turn.

Register online and receive a FREE Dunk Kit – a box jam-packed with Arnett's favourites like the Tim Tam. The Dunk Kits also come with Bell tea, Nescafé coffee, wipes from our

longstanding partner, Huggies, and other amazing surprises. Then, host a morning or afternoon tea fundraiser with your Dunk Kit to raise funds one biscuit dunk at a time!

If you're looking for another way to help Plunket's mahi with tamariki and their families, then getting together with your friends, whānau or colleagues over a hot cuppa and a bickie has got to be the easiest (and yummiest!).

Hop online, pop on the kettle, and get dunking for Plunket this September!

[dunkitforplunket.nz](http://dunkitforplunket.nz)

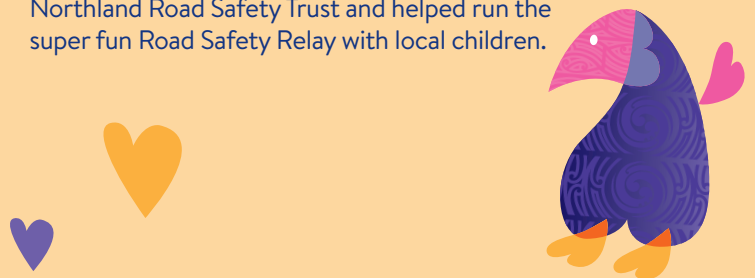
## Other Plunket news from across the motu

### In June, we were fortunate to secure new premises in Dunedin!

A suitable building was listed for sale through a tender process. We seized the opportunity, inviting our Dunedin kaimahi to take a look through the building whilst going through the due diligence process. We received lots of great feedback about the property on all fronts, and have officially collected the keys to 97 King Edward Street for work to begin! After fitting out the building, we hope to open the facility at the end of the year, bringing the majority of our services in Dunedin under one roof.

**During a weekend in May, we had a stand & ran the creche at the Baby Expo Auckland, Eventfinda Stadium on the North Shore.** This allowed us to help many parents with questions they had about their tamariki, including the ones yet to be born! The free creche was also a big hit, allowing Mums and Dads to wander the Expo and giving us some play time with some adorable toddlers!

**Road Safety Week, which also occurred in May,** saw our Community Services and Injury Prevention teams rolling out some awesome activities across the country. The Auckland and Northland regions were particularly busy! Alana Smythe, Community Services Coordinator in Papatoetoe, Auckland worked with the local police to demonstrate safe road crossings – the tamariki even got to sit in the police car! And in Whangārei, Injury Prevention Coordinator, Amber Hallamore-Russell attended car seat checking clinics alongside the Northland Road Safety Trust and helped run the super fun Road Safety Relay with local children.



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