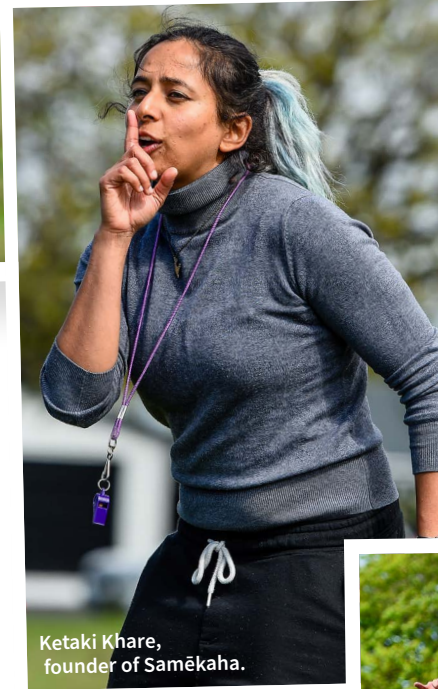


DEEDS

*good people
doing
good things*





Ketaki Khare,
founder of Samēkaha.

NEW KIWIS CATCH THE RUGBY BUG IN CANTERBURY

A group of eager new Kiwis in Christchurch have had a thrilling introduction to Aotearoa's national sport, made possible by AMI Insurance and new charity Samēkaha.

On a crisp Saturday morning in October, 10 young former refugees, alongside New Zealand Red Cross staff and volunteers, headed to Orange Theory Stadium to spend the day immersed in all things rugby.

“I didn’t know anything about rugby before the weekend,” says attendee Furozan Hoseiny. “It’s a really cool game.”

The event was initiated and organised by Samēkaha and supported by AMI Insurance and Canterbury Rugby Union. Its aim was to introduce young people who have recently arrived in Aotearoa to the sport that makes Kiwis go just a little bit mad.

The air was full of energy as participants filed off the bus and headed into the stadium to kick off the day. First up, the group had an exclusive opportunity to watch the Canterbury Rugby team’s top-secret Captain’s Run. Many of the young people had never

witnessed the game before, so Ketaki Khare was on hand to explain the session to the group.

Ketaki is the founder of Samēkaha, an organisation which seeks to equip migrant and refugee communities with knowledge about rugby so that they can build networks and connections within the wider Kiwi community.

“I was incredibly passionate about the idea of building and bridging social capital through the exchange of sport and culture between communities in Aotearoa, which was the driving force to come up with Samēkaha,” Ketaki explains.

With the Captain’s Run complete, the group headed down to the sideline to meet the players.

“It was hilarious and heart-warming to watch the excitement on the faces of everyone after they got a hug and signatures from the players,” says New Zealand Red Cross Settlement Youth Worker Elizabeth Magabbo, who coordinated the event.

“It was as if everyone had been bitten by the rugby bug!”

The rest of the day was spent learning the rules and history of the game. Lessons included basic skill-building, kicking and passing.

Furozan says: “We played a game of [ripper] rugby, which is a little different. It was a bit confusing and I wasn’t very good, but I was trying!”

Matt Little, from Canterbury Rugby Union, spoke to the group about joining local clubs and the drafting process.

Ketaki says running the workshop was an incredible experience. “The magic was in seeing the change of mindsets around the game and around the idea of a ‘rugby player,’” says Ketaki.

The next day, the participants, including several young people who had arrived in Christchurch just a few days earlier, were invited to attend a Ranfurly Shield match.

“The highlight of the weekend was watching our team smash North Harbour 31 to 25,” says Elizabeth. “We’re really grateful to the AMI team in Christchurch for helping to make this event happen.”

Furozan adds: “My favourite part was when they scored a try at the game on Sunday. Everything was really perfect.”





Sewing together a FAMILY

Becoming a machinist for Elco Apparel in Dunedin has been a life-changing experience for Manahel, who fled Syria with her three children five years ago. The job has been as much about joining a new family as picking up new sewing skills.

A low hum echoes across the floor of Elco Apparel in Dunedin. Everyone is focused on their work and the only sounds are of needles punching through fabric, garments sliding across sewing tables, scissors slicing material and occasionally soft taps on foot pedals.

The buzz of sewing machines was new to Manahel, but she's become very familiar with the sound since she started training as a machinist. It is a sound she has learnt to appreciate – one that reminds her how safe she is in New Zealand, away from the noise of bombs in Syria.

Manahel is a single mother who fled the war in Syria with her three young children. After

living in Lebanon for nearly two years, the family was settled in Dunedin three years ago. Life in New Zealand, and work in Elco Apparel's workroom, has been life-changing for Manahel and her family. Manahel is emotional when she speaks about how her life has changed.

“It's nice, safe, quiet and with many friendly people. Dunedin is such a nice city. I'm happy here,” says Manahel with a beautiful smile.

Initially Manahel focused on learning English, reaching an impressive level in a short amount of time. She then approached New Zealand

Red Cross to help her find employment.

Red Cross' Pathways to Employment team in Dunedin and around the country work with former refugees like Manahel to support them in their career path. When clients are work-ready, the team actively looks for suitable jobs. This is how Manahel met Jane from Elco Apparel.

“We needed more machinists and unfortunately in New Zealand, our industry hasn't been well supported. There's not the industry-base there used to be for training,” explains Jane.

“We advertised and we didn't have a great deal of success.

So, we had conversations with Red Cross. They didn't have any trained machinists available, but Manahel was suggested to us."

Jane and her team were inspired by Nisa, a Wellington-based ethical underwear company which employs former refugees as seamstresses. Nisa was started by a former Red Cross refugee support volunteer.

Elco Apparel knew that because a trained machinist was not available, they would have to train someone themselves. After meeting Manahel, tasting her delicious home baking and answering her many questions about the machines, the team knew she would be a great fit.

“The first time I came to the workshop, I was so surprised and wondered, ‘How am I going to work with these big machines? I have never seen these before!’,” says Manahel.

Despite having to learn how to use the machines and a whole new vocabulary specific to sewing, Manahel has picked

up the ins and outs of being a machinist very quickly.

Jane says: “It’s been outstanding, in more ways than we could ever have imagined. She slotted immediately into our team. She’s an amazing worker and has picked up skills phenomenally quickly!”

Tania, who works very closely with Manahel, says she has exceeded all expectations.

“She’s learnt more than any other machinist in this short amount of time. Everything we’ve put into Manahel, we get twice as much back,” says Tania.

This is the first job Manahel has ever had. In Syria she maintained her home and supported her children. Finding work in New Zealand has meant becoming more independent.

“With this job, I feel like I am doing something good in life and my children are so happy. They sometimes come to the workshop and have a very nice time here. They know all the team and the team knows them. Today, my son cried because he wanted to come to the workshop with me,” Manahel laughs.

“My children say that this place is my family!”

Jane says the team has rallied around Manahel.

“The March 15 attack had a huge effect on Manahel, so [her colleagues] organised a lovely lunch on the Saturday at the garden with everyone’s families. They’re also helping with basic things at home, like sorting her heating,” Jane says.

“She’s become an important part of the team here. Her smile is magical, and we hope she knows she’s got a long future here with us.”

For her colleagues, Manahel is an inspiration. Her journey, attitude and warm personality have deeply impacted the team.

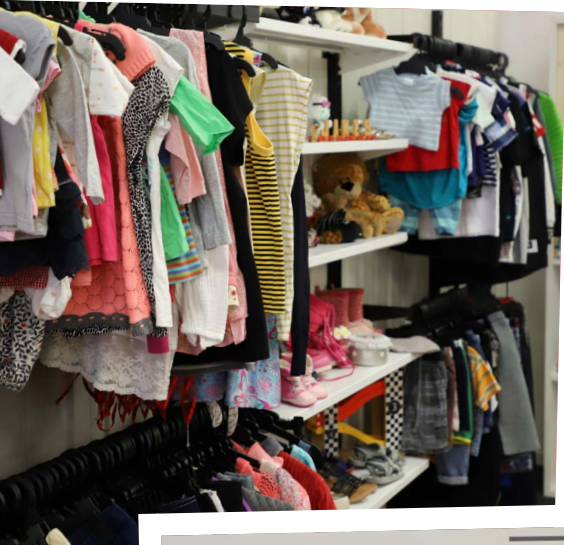
“I love working with Manahel because she is so friendly, so humble and she has so much courage,” says Shirley, another of Manahel’s colleagues.

“What I love the most about her is the fact that she’s come here, and she just gets on with it and does it so well. Talking about her courage makes me cry because there is no way I am anything like that. That’s what I admire in her.”



Manahel with the team from Elco Apparel





FROM STOCKROOM TO STOREFRONT

improve the lives OF VULNERABLE PEOPLE

gh mob the **POWER OF HUMANITY** a
enlg comm res

Find out more about our Red Cross Shops on our website:
[redcross.org.nz/shop-with-us/](https://www.redcross.org.nz/shop-with-us/)





When you walk into a Red Cross Shop, you'll find quality pre-loved clothing, furniture and other household items. But have you ever stopped to wonder how the whole operation works? Step inside Onehunga's new Red Cross Super Store to find out.

Located in the busy Auckland suburb of Onehunga, our newest Red Cross Super Store opened in October. It's a large shop, with plenty of room for stock and a big sorting room for donations.

With new stock arriving up to three times daily, it takes effort to sort through donations. Sunita has worked in the stock room since the shop opened.

“I love the people I work with. I enjoy it and I like helping,” says Sunita.

“I get all the donations ready and put them aside

and sort out what we need and what we don't need. The good quality stuff gets cleaned up and ready for pricing.”

For many of the volunteers here, this is their first experience working in a Red Cross Shop. They will all learn a wide range of skills.

Sunita will soon be behind the counter learning about customer service.

“It's a good experience for me to meet people,” Sunita says with a grin.

Tina, who also volunteers at the Onehunga store, really enjoys the social aspect of volunteering.

“I do all sorts of bits and pieces,” Tina explains. “I enjoy the time away from home and meeting people. I enjoy helping the community.”

Behind the counter, Dipa is putting her service skills to good use, helping a customer who's looking to purchase a lounge suite displayed in the shop window.

Dipa first started volunteering at the Dominion Road shop eight months ago. She's now taken on her first paid role as a retail assistant.

“I enjoy interacting with people. That's the way you understand them,” Dipa says. “You want your customers to come back again. It's important to understand exactly what they need, what they want to buy from your stores.”

Dipa says volunteering is a great experience for anyone looking

to gain customer service skills and retail experience.

“We have great teamwork here. While we're working, we do have a lot of fun. I also enjoy the community service we are doing.”

Shop coordinator Justine has worked in several Red Cross Shops before and, like her team, has followed the same path from stockroom to storefront to manager.

“We've got a good team. They've all just started and they're just straight into it.”

Justine plays a big part in supporting new volunteers as they develop their skills.

“I'm all about utilising the best skills that any volunteer can bring to their role and helping them to further themselves in that role,” Justine explains.

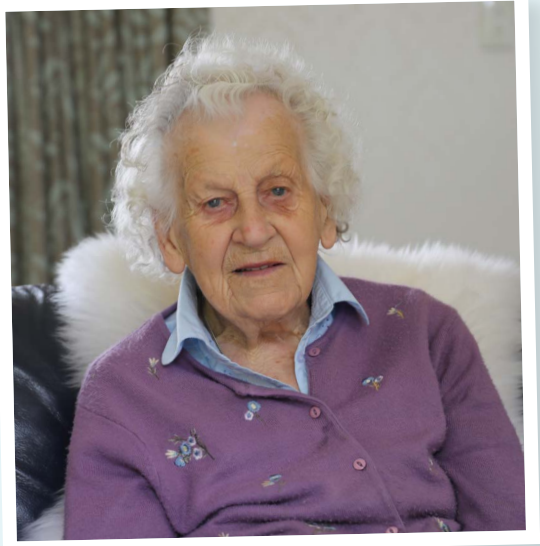
“We're here to have fun. Because when you're having fun the customers are having fun. It's the key to customer service. People love to come into a happy shop.”

Justine's philosophy has clearly rubbed off on her team, who all bring an infectious energy to the store. It's a fun place to work and to shop.

The support from the Onehunga community is amazing.

“We really do get some marvelous donations which shows the generosity of the community. It's about the community,” Justine says.

GOOD & ready EMERGENCY TIPS ON WHEELS



During Good and Ready week in October, Meals on Wheels was adapted to help Hamiltonians prepare for future disasters. ‘Tips on Wheels’ were delivered to Hamilton’s elderly community along with their meals.

Muriel has recently celebrated her 94th birthday. She’s been receiving Meals on Wheels for such a long time that she can’t recall when it all started, but she remembers her doctor recommended the service to her. She lives on her own and has few interactions with people during the day.

Muriel’s story is one of many which inspired Monica Bearsey, New Zealand Red Cross’ Community Activator in Waikato, to think outside of the lunchbox in planning for New Zealand Red Cross’ national emergency preparedness campaign, Good and Ready.

“Elderly are some of the most vulnerable people in our community. People are often on their own, which means they could be isolated in a disaster,” explains Monica.





94 year old Meals on Wheels recipient Muriel



That's why Monica organised a week of emergency tips, aimed at ensuring elderly people are prepared for a disaster. Good and Ready brochures with tips on stocking canned food and water, fixing shelving correctly and connecting with neighbours were distributed to Meals on Wheels recipients along with their hot meal.

Our Meals on Wheels service has a long history of doing good in Aotearoa – it's one of New Zealand Red Cross' oldest services. The very first Meals on Wheels delivery goes back to 1951, when Red Cross volunteers distributed soup for people in need during a gas, coal and electricity shortage in North Canterbury.

Fast-forward almost 70 years, and you'll find Red Cross volunteer drivers dropping off hot meals prepared by the District Health Board to people in need across the country.

Every year, our volunteers deliver more than 600,000 meals. That is nearly 12,000 meals a week!

"It would be hard without Meals on Wheels. I'm very grateful to get them. I eat them while they are hot. I like the volunteers too," explains Muriel.

“It's nice to have the volunteers come over – they are very friendly people. That's what we need, being friendly to one another. It's often the same people, so I recognise most of them. It's very good. They're doing a good job.”

Muriel was pleased with the Good and Ready resources she received, and says she wants to make sure her children and grandchildren see them the

next time they come to visit.

"We wanted to make sure that they are prepared, that their family members and neighbours are prepared. We want it to have a roll-on effect," says Monica.

The innovative idea was also aimed at getting Meals on Wheels drivers good and ready for a disaster.

"Our volunteer drivers were hesitant at first, but then they warmed up to the idea and asked for extra resources. It's important that our drivers are ready too, so they can help their community when there is a disaster."

FIND OUT MORE

about how you can be good and ready at [redcross.org.nz/good-and-ready](https://www.redcross.org.nz/good-and-ready)



For the *enjoyment* of the community

At the front door of New Zealand Red Cross' Waiheke Branch, which is a former village cinema, you will find a plaque engraved with a simple motto: 'This building is for the enjoyment of the people of Waiheke.'

The small suburb of Oneroa is home to New Zealand Red Cross' Waiheke Branch, a much-loved community hub that embodies this statement.

Purchased in 1970 following a fundraising drive by Waiheke Branch's founding members, the building is in use just about every day of the week. There is a Red Cross Shop on the ground floor and rooms on the first floor that provide a meeting place for not only the Branch but several other community groups.

"We had about 2,000 residents on the island then. We did a fundraiser and we bought the building," explains Branch President Laurie Leonard, who's been involved with New Zealand Red Cross for 21 years.

The cinema had been closed for several years and with the Waiheke Branch needing a home for meetings and other

activities, the decision was an easy one. Oneroa Accident & Medical Centre is based at the same location and the building's central location has helped maintain Waiheke's strong membership base and active role in the community.

Duncan Quin, the building's custodian, has spent time volunteering at the Red Cross Shop, which is run by 15 volunteers and stocked with donations from Waiheke residents.

Over the years Duncan has worked behind the counter, picked up donated goods, delivered Meals on Wheels and helped upkeep the building. He's a popular figure in this small community. Duncan is

proud of his 26 years of work with Red Cross and equally proud of what the Branch has achieved.

In the meeting room upstairs, several badges and certificates are displayed, including a medal from King George V. There are also many photos of members, past and present, adorning the walls throughout the two large rooms. Duncan not only knows every single one of them, but each of their stories as well.

The room is used by several community groups.

“Monday we’ve got Scottish country dancing and yoga. Tuesday we’ve got indoor bowls. On Thursdays a scrabble group comes up, and then there is yoga again on Thursday nights,” explains Duncan.

“I like the feeling that if I’m doing this on a voluntary basis I’m also giving back to the community, but also getting to know the community. It just makes me feel like I’m

doing something useful for somebody else.”

Delivering Meals on Wheels was Laurie’s first taste of volunteering with Red Cross, and 21 years later she still does a run every Friday.

“I love it. So many people say, “What can Red Cross do for me?” But it’s not that for me. It’s what can I do for Red Cross.”

Waiheke may be a small community, but the Branch has always contributed to the work New Zealand Red Cross does in Aotearoa and around the world. In just one example, the Branch gave \$10,000 to the Philippines Disaster Relief Fund after Typhoon Haiyan in 2013.

The Branch is also well prepared to support the community in an emergency. The building is fitted with a generator, which means that even if the power goes out the

building can operate. There’s also plenty of water, blankets and emergency supplies stored away.

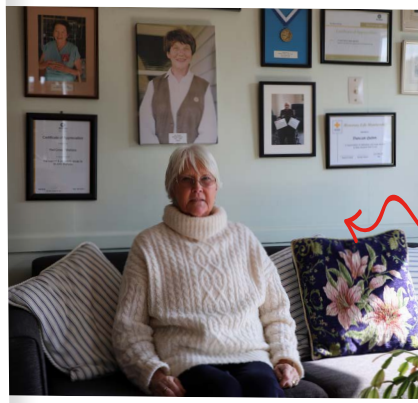
“If we have a power cut, the generator kicks in and keeps the medical centre going,” says Duncan.

If you’re ever visiting Waiheke, pop in and say hello to Duncan and Laurie. You’ll hear stories about local legends like old man Archer or John Wray the shipbuilder. It’s also likely that you’ll be inspired by these characters and their incredible efforts as humanitarians.

New Zealand Red Cross branches are active throughout Aotearoa. They are a great place to connect with your community, volunteer and fundraise for Red Cross activities.

MORE INFO

Find your nearest branch here: [redcross.org.nz/contact-us/branches/](https://www.redcross.org.nz/contact-us/branches/)



Branch President Laurie Leonard sits under a photo of Branch founder Joan Bolton

Duncan Quin with photos of Waiheke Branch members

CYCLONE SEASON

IN THE PACIFIC:

PREPARING FOR THE UNPREDICTABLE



Cyclone season may officially take place from 1 November to 30 April, but preparation for months of unpredictable storm systems with the potential for widespread damage takes place throughout the year.

Disaster responders get trained up

Heads are huddled around a map of the Pacific as a group of skilled Red Cross people discuss their response to a fictional cyclone that has recently struck a remote island off the coast of Fiji.

The group participated in the first Regional Disaster Response Team (RDRT) training in the Pacific. Representatives from Red Cross societies in Tuvalu, Vanuatu, Samoa, Tonga, Kiribati and Aotearoa took part in the week of intensive training in Levin.

“We are upskilling our disaster

managers and our disaster responders in the Pacific to be able to support the Pacific Islands when they go through a disaster or are responding to a hazard event,” explains Lemau Afamasaga, International Federation of Red Cross and Red Crescent Societies (IFRC) disaster preparedness and operations manager in the Pacific.

The training included assessing the needs of a community affected by a disaster, learning how to best use Red Cross and Red Crescent Movement tools and discussing how to work with affected communities as they recover.

The group also worked in teams to create a response plan, a budget, a fundraising appeal report and a needs assessment. Learning to use Movement tools will enable these RDRT members to work seamlessly alongside National Societies around the world.

“Prior to this training we would only go out into the community

for needs assessments,” reflects Tusialofa Finikaso, a disaster management officer for Tuvalu Red Cross. “Now we have had this training in community engagement and accountability, we have recognised that community members are important stakeholders in this assessment, and we need to consult them.”

For many participants, the training has provided skills and knowledge that they will share with their communities at home.

Vanuatu Red Cross Disaster Management Officer Linda Peters, who took part in the training, says:

“When I get back, myself and my colleague will organise a training for our youth volunteers. We will share this knowledge with our other colleagues and volunteers to ensure that all of us are better prepared for disasters in the future.”

A RDRT comprises of Red





Cross or Red Crescent Society volunteers or staff. They are trained to work as a team and bring assistance to National Societies in neighbouring countries. They are made up of a core group of people with cross-sectoral expertise, such as health, logistics, water and sanitation, as well as generalist humanitarian workers.

Lemau says this training is an important part of building Pacific response capacity.

“The idea was to host this training in the Pacific and build more expertise in the Pacific, so that they can respond when there is a disaster happening and when help is needed,” Lemau says.

These RDRT members will be ready to deploy within 24 to 48 hours to support neighbouring National Societies responding to a disaster in the Pacific.

The training, funded by the Ministry of Foreign Affairs and Trade and supported by IFRC, is part of New Zealand Red Cross’ ongoing work to support and build capacity within Pacific National Societies.

This training is timely, with cyclone season just around the corner. Having trained RDRT

members in the Pacific means that help can reach people affected by cyclones and other disasters as soon as possible.

Climate concerns

Part of cyclone season preparation includes supporting National Societies in the Pacific, which is where Olivia Warrick and her colleague Tricia Wilden come in. They are New Zealand Red Cross international delegates seconded to IFRC’s Climate Centre. Their role is to ensure that climate isn’t an afterthought.

“With everything we do with climate, we don’t like to approach it as a separate thing like disaster risk management or health,” explains Olivia.

“Climate is something that cuts across all those areas, so we try to integrate activities across all of that.”

A key way that climate considerations are integrated into other aspects of Red Cross work is through early warning and early action. This is, as Olivia describes, about asking “what actions we should take and how we should resource those before the event actually happens, rather than just waiting to respond.”

Tricia, who is based in Suva, works closely with Pacific National Societies to help them incorporate these actions into their planning.

By pre-empting, preparing and pre-positioning relief items, local communities affected by a cyclone can respond and recover more effectively. Early warning and action measures are not just a good idea, they can save lives.

Goodwill in the landfill

The goodwill of Kiwis who want to help people affected by a disaster can end up in the landfill. That’s why we say that cash is best.

Collecting, storing and shipping donated goods takes time and can clog up ports or logistic chains, meaning that relief items take longer to reach people in need. We also know that an effective way to aid recovery is by restoring livelihoods and local economic activity, which is why cash grants can be extremely useful. Cash promotes independence and recognises the capacity of affected communities to make decisions.

You can donate to our Pacific Disaster Fund here:
 [redcross.org.nz/donate](https://www.redcross.org.nz/donate)

SNIPPETS

FROM THE REGIONS

New Zealand Red Cross people are doing amazing work all over Aotearoa. Check out what's been happening in the regions.



Auckland/Northland

Our Whangarei Disaster Welfare and Support Team (DWST) members and Humanitarian Development staff were involved in two Good and Ready events in October. An event organised by community group Finding the New Generation displayed Red Cross' emergency response equipment. The next day a similar event took place at Whangarei Youth Space where local students discussed how to connect, care and prepare.

In November staff and



volunteers attended a noho marae, strengthening existing networks at Paratene Te Manu-Ngunguru Marae during the weekend of activities.

In late September, Auckland's Pathways to Settlement team co-hosted a dinner in Otara. Young people from local schools, youth leaders and Red Cross staff attended the event. The theme was 'Creating a Community where everyone feels that they belong.'

Waikato/Bay of Plenty

The rollout of the Good and Ready project in Bay of Plenty was officially announced by National President Kerry Nickels in Tauranga at an end of year event, marking the beginning of an exciting journey for members eager to be involved in community resilience and disaster preparedness. The event included hearing from Tauranga DWST and Katikati's Community Relief Team (CRT) to help members get a better understanding of the role these teams play in emergency response.

The Hamilton Service Centre thanked volunteers for their amazing work at an event in November. **"The volunteer event was a great success! We had volunteers from a number of programmes in attendance,"** says Jenna Wetere, Humanitarian Development Engagement Manager. Delicious catering was provided by families who had been supported by Red Cross in the past and there were prizes donated by local companies who wanted to recognise the amazing work of volunteers.





Taranaki/Manawatu

Coastal Taranaki School in Okato have presented a Buddy Bench to Rahotu Primary School, with the support of their local New Zealand Red Cross Service Centre and the Taranaki Branch. The Buddy Bench is an outdoor seat that promotes social inclusion within the school community. The Taranaki Branch funded the building materials and are excited to support this youth initiative.

In Palmerston North, staff held an end of year event to thank volunteers. Nearly 150 people attended, including staff and members from Migration, Retail and the Palmerston North Book Sale. Shaun Greaves, General Manager Humanitarian Development, Angela Calkin-Goeres, General Manager Fundraising, Marketing, Communications (Acting) and Jamuna Rotstein, Disaster Readiness and Resilience Manager spoke at the event. There were also presentations from the DWST and local Migration team. Everyone enjoyed making connections and discussing their work with Red Cross.

East Coast/Wairarapa

The Curtain Bank in Hawke's Bay held a morning tea in November to acknowledge Janice Zachan as she steps down as coordinator after 11 years. Area Councillor Bonnie Plested will take up the role and Janice will continue to volunteer at the Curtain Bank. The event also marked the launch of a book outlining the Curtain Bank's history. Since its inception in 2008, the Hawke's Bay Curtain Bank has provided over 14,500 curtains to over 1,460 homes. All this work is achieved by a team of 17 volunteers.

Hastings Service Centre also hosted a fabulous Mistletoe Market in November. Red Cross members showed their support

by selling knitwear, pet-themed door stoppers, dog collars, pet beds and artwork.

The Wairarapa Branch is ready to support the community of Masterton, alongside Connected Communities Wairarapa, when Masterton becomes a new settlement location in 2020. Wairarapa Service Centre and the Branch already work with Connecting Communities on the WeConnect programme, welcoming and assisting people new to the region. Members and staff also organised a stall at the recent Clareville A&P show to encourage new members to get involved and provide information around what it means to be a settlement location.



Wellington

Wellington Service Centre, in partnership with the Wellington Area Council, held an International Volunteer Day event in November. The afternoon tea event was to thank volunteers from across the Wellington region, including members, event volunteers, DWST volunteers, refugee support volunteers and shop volunteers. It provided a fun way to thank our volunteers for all their hard work, while celebrating International Volunteer Day.

Nelson/Marlborough

In early November, Jesse Bisch, Humanitarian Development Engagement Manager, worked with children attending Clued Up Kids, a multi-agency programme that teaches children confidence and life skills. Activities included practising what to do during an earthquake. The children also learned water safety, interacting with dogs and road safety.

Dedicated Red Cross volunteers recently gave their time to transfer household donations for former refugees into a smaller storage unit. A team of special-purpose volunteers regularly assist with the preparation of donated household goods throughout the year.



Canterbury/West Coast

Our team set up a 'safety village' at the Ashburton A&P Show in early November. This was supported by staff from across New Zealand Red Cross as well as DWST members helping at the event. The space also provided an opportunity to connect with other agencies in the community.

Our team in Timaru joined Aoraki Migrant Centre to host a shared meal at the Timaru Service Centre. The aim of the event was to connect people within the local community, including recent arrivals and



people from all backgrounds.

In Christchurch, several local staff and members met the Prince of Wales and Duchess of Cornwall as they paid their respects to community members who responded to the March 15 attack. After speaking officially, Prince Charles took time to meet with individuals affected, expressing his sadness at events. In Kaikoura, the Duchess and Prince also met with the first responders of the November 2016 earthquake, including our own staff, DWST and members.



Otago/Southland

In Dunedin, graduates of the Open Road driver training programme celebrated their success at an event organised by the Service Centre. Twenty-seven clients graduated, with 17 achieving their full licence. Thirteen mentors worked with the graduates, some taking on two learners at one time.

The Dunedin Service Centre is also conducting a gardening tools drive to equip former refugee families to grow their own vegetables.

Winifred Harrex, a member of Mosgiel Branch and Meals on Wheels volunteer coordinator,

has been recognised for 16 years of service. Congratulations, Winifred!

New Zealand Red Cross' Young Humanitarians programme took place in Invercargill in September. Designed for young people aged 9-13, activities included an introduction to Red Cross, a presentation to help youth understand the refugee journey, learning basic first aid and disaster preparedness, a Meals on Wheels delivery and a visit to Peacehaven Rest Home. A barbecue was held to celebrate what everyone had learned together.

WHERE IN THE WORLD are our INTERNATIONAL DELEGATES?



and all our
humanitarians
helping at home!



MEMBER SPOTLIGHT

Thousands of dedicated Kiwis make up our New Zealand Red Cross whānau. DWST member **Lynne Drake** of Wairarapa is one of them. She talks about her work with Red Cross.

What does being a DWST member involve?

Being a DWST member involves a few hours a fortnight to train with a dedicated team of friends. We also attend fantastic training weekends annually somewhere in the North Island with other DWSTs. We can be deployed to local or national disasters at any time, so you need to be ready to go.

What inspired you to begin volunteering?

In 2002 a friend suggested that

I come along to a training session where the team rescued and carried her down the stairs in a stretcher. A month after that I travelled to Hawke's Bay for an amazing weekend learning ground-based rescue techniques. I was hooked!

What do you know now that you didn't when you started volunteering?

I have learnt so much, where do I even start? Everything from ground-based rescue, psychosocial support, first aid, radio communications, outreach and helping people get through a disaster. Learning to be a trainer has been fantastic, it keeps me focused on why I am

here. Training has changed a lot over the years. New learning opportunities are happening every year.

What is your favourite part about being a Red Cross member?

My favourite part is knowing that we have made a difference in people's lives. Receiving hugs from people you have assisted is a tremendous high point.

Being a volunteer for Red Cross is incredibly rewarding. I suppose we are making memories for ourselves and those we assist.

RED CROSS SHOPS

DONATE YOUR PRELOVED GOODS



Give your unwanted goods a new home

Recently undertaken a late bout of spring cleaning? Desperate to make room for new furniture? Keen to find a new home for those less-than-perfect Christmas gifts? Head to your local Red Cross Shop!

Our amazing staff and volunteers bring pre-loved items back to life, help to restore furniture, sort donations, mend clothing and make our shops look incredible. They're always looking for good quality clothing, homeware, electric items and furniture, plus you can often organise free pick-ups.

You never know, there might be someone out there who really needs your unloved items. Better still, once your donations are sold, the funds go towards helping vulnerable people here in Aotearoa and around the world.

Head to [redcross.org.nz/red-cross-shops](https://www.redcross.org.nz/red-cross-shops) to find your nearest store.

Who are we?

New Zealand Red Cross is part of the largest humanitarian network in the world – the International Red Cross Red Crescent Movement. We've been helping in New Zealand since 1915.


Every day, we work to help Kiwis – whether that's providing a hot meal, offering a safe ride to hospital or helping former refugees rebuild their lives. We also help communities affected by disaster and conflict right across the world. As we often say, disasters don't discriminate and neither do we.

Our Fundamental Principles

- Humanity
- Impartiality
- Neutrality
- Independence
- Voluntary Service
- Unity
- Universality

Read more about them at [redcross.org.nz/about-us/what-we-stand-for](https://www.redcross.org.nz/about-us/what-we-stand-for)

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