

Our Vision:

Strong connected, confident and caring families, whanau and communities in Selwyn.

Our Mission:

To strengthen whanau through empowering parents and caregivers to learn, play, connect and thrive with their tamariki.

Our Purpose:

To maintain a Selwyn District Parenting Network which promotes and encourages development and empowerment of parents and caregivers in an educative and supportive environment.



ANNUAL REPORT

July 2018 – June 2019

CHAIR'S REPORT

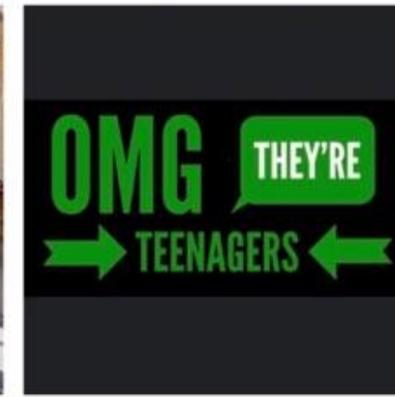
This year has been another busy one. Success breeds success. With each successful event, family focused initiative and social media campaign the reputation of the Selwyn Parenting Network as an organisation that can be relied upon to deliver quality and relevant opportunities for Selwyn's families and whanau grows. With this comes increased demand. I (on behalf of myself and Co-Chair Karla Gunby) would like to take this opportunity to thank all those involved in supporting SPN for rising to this challenge. Thank you to our committee who not only attend regular meetings but are the first to volunteer when tasks need to be completed or helpers are needed at events. It is a pleasure to be part of such a dedicated and reliable team.

We rely on community volunteers and our partners from other organisations that collaborate with us. Thank you to each of you for your willingness to get involved and your continued trust in us.

We could do very little without our funders and sponsors. It is testament to the success of SPN that our financial supporters continue to contribute to our work. We do not take your support for granted. We value the relationships and partnerships we have with so many organisations, funders, sponsors and individuals.

Finally I would like to offer up a huge thank you to our coordinator Kate Webb. Her ability to turn the Committee's dreams into reality is sometimes nothing short of miraculous. Her energy and dedication has played no small part in the success and growth of SPN this year. With Kate in the role of Coordinator, our fantastic committee and phenomenal community support I am excited for the year ahead. SPN's Strategic Plan is in place and some new creative initiatives are planned as well as our flag-ship events which have now become an important part of the fabric of family life in Selwyn.

Chris Martin
SPN Co-Chair



EVENTS AT A GLANCE

- **SELWYN KIDS COOK MONDAYS JULY 2018:** A month-long new campaign aimed at empowering parents and encouraging children into the kitchen.
- **SPN PLAY & CONNECT 2018/19:** Fortnightly Play & Connect sessions each school term.
- **FATHERS DAY SEPT 2018 DIGITAL CAMPAIGN:** Celebrating Selwyn Superheroes.
- **SPN FAMILY FUN DAY OCT 2018:** First of Two Flagship Events proudly delivered by SPN.
- **SPN CHILDRENS DAY MARCH 2019:** Second of our Flagship Events proudly delivered by SPN.
- **FATHER & SON CAMP MAY 2019:** A weekend for Fathers and Sons to come together.
- **MOTHERS DAY MAY 2019 DIGITAL CAMPAIGN:** Celebrating imagination and creativity.
- **MALVERN MATARIKI JUNE 2019** Attendance at Two River Community Trust Event with activities and a Nutritional Hub.
- **GUEST SPEAKER – SUE BAGSHAW JUNE 2019** An evening with Sue Bagshaw: OMG They're Teenagers.

As a grassroots driven community organisation SPN aims to meet the parenting needs of both parents and caregivers in many ways, including ways that are educational and fun.

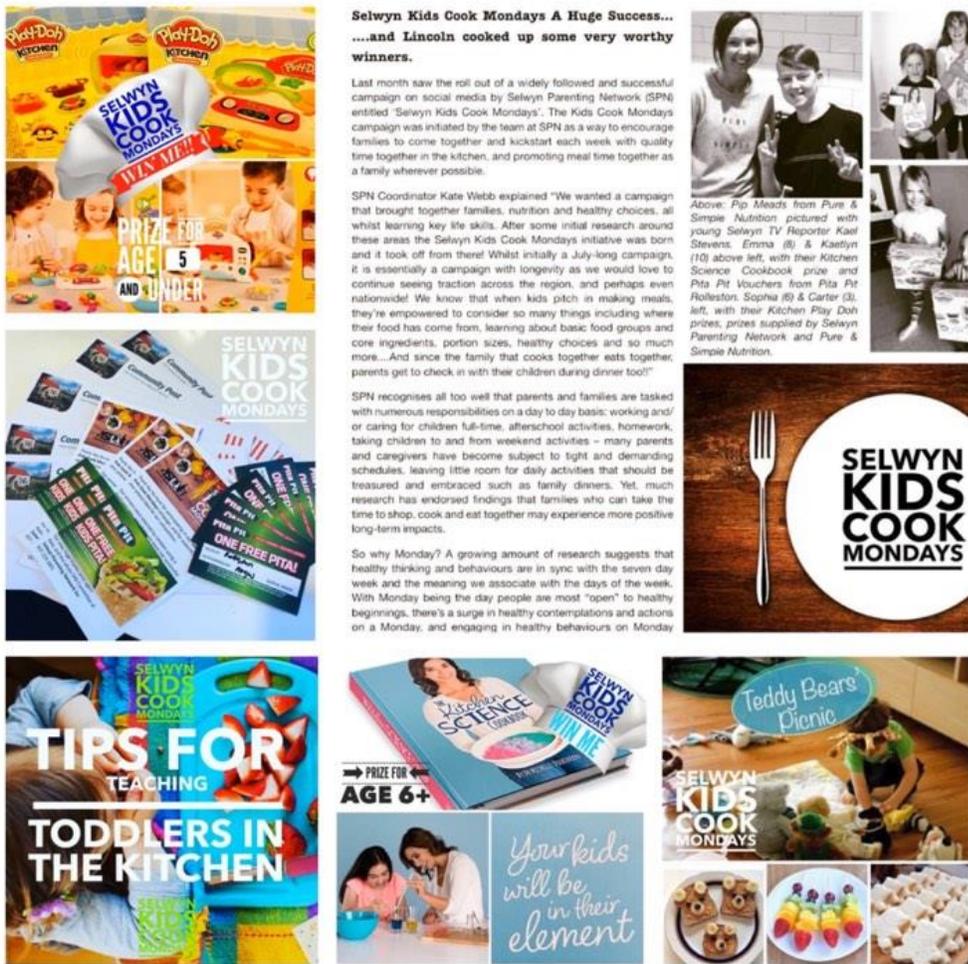
As a result SPN has held regular events and campaigns for Selwyn communities since its inception, all of which deliver accessible, low-cost, educative and fun activities and programmes for parents and caregivers.

Between July 2018 and June 2019 SPN has continued to strengthen its support from the community for a number of events, and this has been demonstrated by the consistent increase in the numbers attending. We have also been very fortunate to attract and retain sponsorship and participation by local service providers, businesses and other organisations.

SELWYN KIDS COOK MONDAY'S

In July 2018 we hosted our very first month-long campaign entitled Selwyn Kids Cook Mondays, which aimed to empower parents and encourage children of all ages to come together and learn skills in the kitchen that would equip them for life, whilst also promoting family connectedness, sharing of ideas and togetherness around the dinner table at the start of each week.

We partnered with a local Qualified Nutritionist, Pip Meads from Pure & Simple Nutrition and also tapped into local Youth Volunteers such as Kael Stevens - An 11 year old with a desire to be a TV Presenter and Reporter. Through collaborating with someone so young, it bridged the generational gap between our target audience of children, and adults - thus mirroring what we had hoped to achieve with the campaign itself: Getting adults and kids to work in partnership.



**Selwyn Kids Cook Mondays A Huge Success...
....and Lincoln cooked up some very worthy winners.**

Last month saw the roll out of a widely followed and successful campaign on social media by Selwyn Parenting Network (SPN) entitled 'Selwyn Kids Cook Mondays'. The Kids Cook Mondays campaign was initiated by the team at SPN as a way to encourage families to come together and kickstart each week with quality time together in the kitchen, and promoting meal time together as a family wherever possible.

SPN Coordinator Kate Webb explained "We wanted a campaign that brought together families, nutrition and healthy choices, all whilst learning key life skills. After some initial research around these areas the Selwyn Kids Cook Mondays initiative was born and it took off from there! Whilst initially a July-long campaign, it is essentially a campaign with longevity as we would love to continue seeing traction across the region, and perhaps even nationwide! We know that when kids pitch in making meals, they're empowered to consider so many things including where their food has come from, learning about basic food groups and core ingredients, portion sizes, healthy choices and so much more... And since the family that cooks together eats together, parents get to check in with their children during driver too!"

SPN recognises all too well that parents and families are tasked with numerous responsibilities on a day to day basis; working and/or caring for children full-time, afterschool activities, homework, taking children to and from weekend activities - many parents and caregivers have become subject to tight and demanding schedules, leaving little room for daily activities that should be treasured and embraced such as family dinners. Yet, much research has endorsed findings that families who can take the time to shop, cook and eat together may experience more positive long-term impacts.

So why Monday? A growing amount of research suggests that healthy thinking and behaviours are in sync with the seven day week and the meaning we associate with the days of the week. With Monday being the day people are most "open" to healthy beginnings, there's a surge in healthy contemplations and actions on a Monday, and engaging in healthy behaviours on Monday

Above: Pip Meads from Pure & Simple Nutrition pictured with young Selwyn TV Reporter Kael Stevens, Emma (8) & Kaetlyn (10) above left, with their Kitchen Science Cookbook prize and Pita Pit Vouchers from Pita Pit Rolleston, Sophia (8) & Carter (3), left, with their Kitchen Play Doh prizes, prizes supplied by Selwyn Parenting Network and Pure & Simple Nutrition.

Family Fun Day | Lincoln Events Centre Thursday 11th October 2018



Proud Sponsors of SPN Family Fun Day 2018

Proudly in attendance at SPN Family Fun Day 2018



FAMILY FUN DAY 2018

In October 2018 we hosted our most successful Family Fun Day to date at Lincoln Events Centre. The event was heavily themed around having interactive hubs where children could turn their hand to an activity, whilst parents could also gain informative resources and advice directly from service providers.

We used a new system of stamping the back of hands upon entry which allowed us to fundraise in a more streamlined and ultimately successful way, charging just \$2 per person upon entry which included free ongoing access to all entertainment and activities at no further cost, making it a truly affordable day out for all.

Another success for us was our interactive hubs; individually manned by expert service providers each responsible for bringing their own volunteers where possible. These hubs included collaborating with other community organisations such as Selwyn Sports Trust for the Sports Hub, Selwyn Creative for the creative hub, Pure & Simple Nutrition for a Nutritional Hub, student volunteers from Lincoln High School for a hair and braiding hub, and Talk Together for a Social Skills Hub. In addition to this we had our usual entertainment and activities with Police, Fire & Ambulance Services, Police Dogs, Bouncy Castles, Stage Performances and a new star attraction of a Double Decker Bus which took short bus tours around Lincoln.

Children's Day | Foster Park, Rolleston Sunday 3rd March 2019

Our Children's Day 2019 in March was another huge success, and we were delighted to once again be able to offer a totally free event to the community thanks to our funders and sponsors.

As a day that is celebrated nationwide, we are always incredibly proud to host Children's Day in and as in previous years we partnered with many local organisations and ensured that the set up of the day mirrored our core values to be recognised as a signpost to service providers.

The day was balanced with a mix of activities and entertainment for all, combined with informational resources that parents could maximise on. Collaborating with so many community partners was once again a highlight with community spirit running through every aspect of what we did.

CHILDRENS DAY 2019



FATHER & SON CAMP - TEEN EDITION



In May 2019 we held our first **Father & Son Camp: Teen Edition** - A weekend for Fathers and Sons (in years 9 - 13 at high School) to come together for two nights away to reconnect and enjoy a fun filled action packed weekend together...precious time that would build lifelong memories.

We were proud to partner with the Youth Alive Trust to run this empowering weekend where the programme included indoor and outdoor activities, and opportunities to learn new skills to build relationships between Fathers and Sons.

In June 2019 we once again participated in the annual **Two Rivers Community Events Matariki** evening out in Darfield, and borrowed the Smoothie Bikes so that we could adapt a 'food spin' on the fun activity that we offered - It also acted as the perfect lead in to our July Kids Cook Mondays Campaign, and we were delighted to bring along Pip Meads – Qualified Nutritionist from Pure & Simple Nutrition - to be on hand to answer questions from parents and collaborate on this event



MATARIKI CELEBRATIONS WITH TWO RIVERS TRUST

OMG THEY'RE TEENS - DR SUE BAGSHAW



The same month we also brought Dr Sue Bagshaw to the region as a Guest Speaker delivering an evening presentation in West Melton entitled: **OMG They're Teenagers**. We attracted families from far and wide to this popular event and were particularly fortunate that Dr Sue Bagshaw had received very timely exposure on a national basis through being given a Damehood. The event had a great vibe and provided an opportunity for parents to connect with one another and share experiences, with Sue creating a really interactive environment for all.

Over 2100 Engaged Followers on our Social Media Platforms



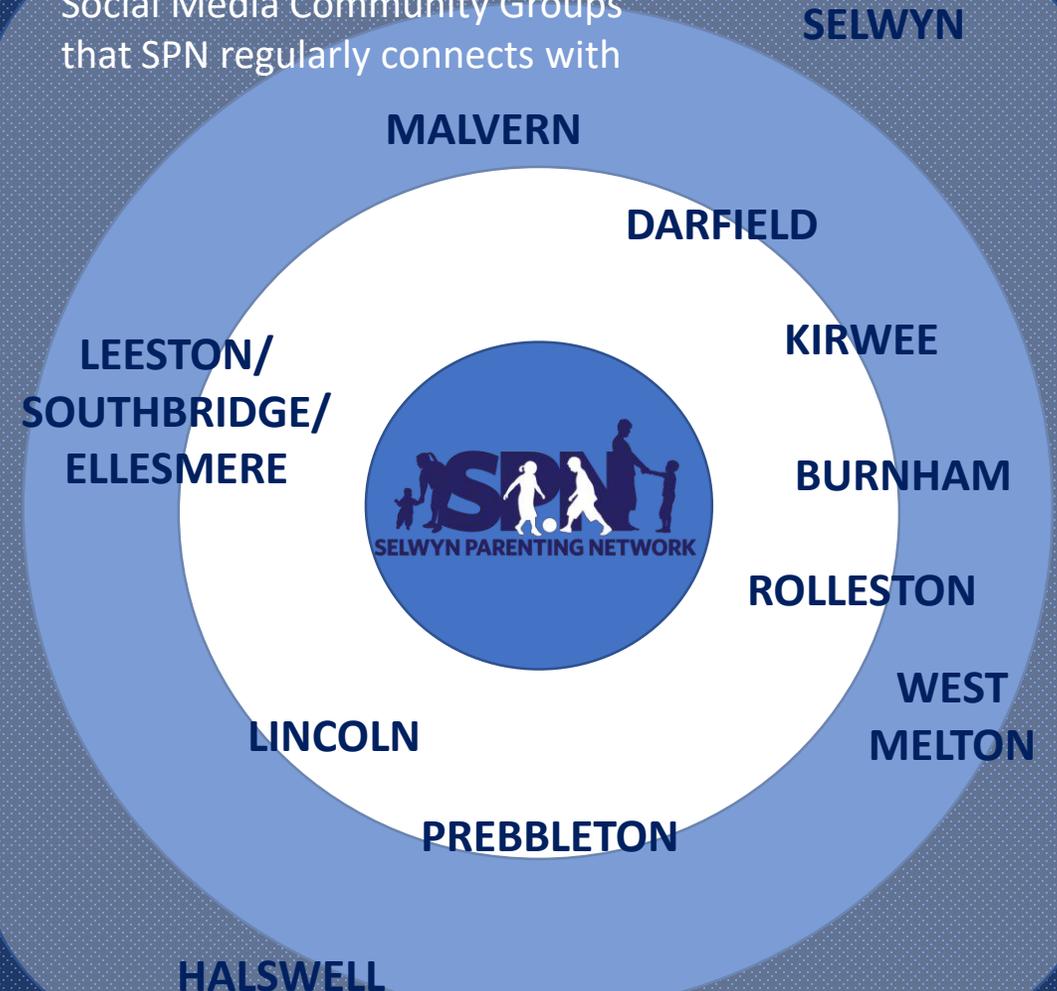
Our presence on social media continues to be our most widely used marketing tool to connect with parents and caregivers across Selwyn.

Utilised on a daily basis, SPN continues to work hard to maximise on the growing power and influence of social media to share our events, local community news, informative resources and empowering content with our followers.

We have continued to build recognition through sharing with various community groups:

SOCIAL MEDIA

Social Media Community Groups that SPN regularly connects with



COMMITTEE & STAFF

Thank you Daniela

Thank you Carla

Thank you Ariana



Thank You Chris



Thank You Karla



THANK YOU DAWN



Coffee, Cake, Chat (& kids!)

Play & Connect is a welcoming and relaxed space to get local mums and dads connected with each other.

Bring the kids and enjoy a cuppa and cake while they play toys and activities provided - a great opportunity to meet local parents, talk about your parenting journey and keep up to date with things to do and family services in Selwyn.

When: 2nd and 4th Tuesday of the month during term time
Time: 10.30am to 12 pm
Dates: 8 May, 22 May 2018
12 June, 26 June 2018

THANK YOU LEA



October 2018 saw one of our SPN Founding Members Kimberlee Woods step down from the SPN Committee to focus on her busy family and growing career commitments. With her undeniable passion for the community, Kimberlee continues to remain a part of the SPN extended family, helping out with events and contributing whenever she can, and we thank her for her considerable input and commitment.

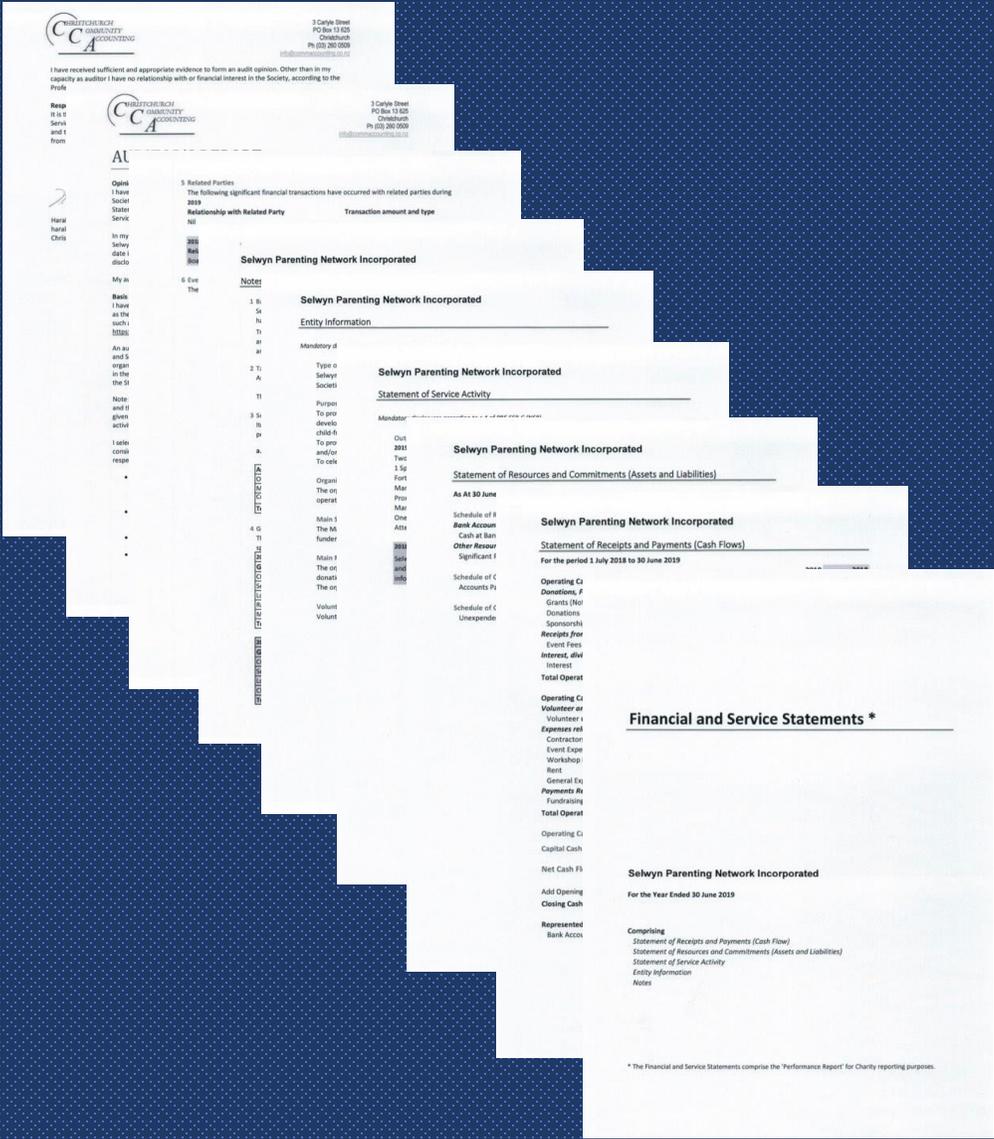
Selwyn Parenting Network is incredibly proud to have a diverse and passionate governing committee driving the direction of our charitable organisation. This year has seen a number of our voluntary committee members take on increased responsibilities and new opportunities within their day to day to lives, all whilst providing SPN with the same level of commitment and support which is so hugely appreciated.

We truly recognise the importance of having a wide reaching committee that truly understands the needs of all parents, caregivers and families, including those who are more isolated and/or rural, and as we forge forward we certainly endeavour to make this a growth area for our organisation.

We continue to want our staff and volunteers to feel valued which in turn will assist them to remain effective in their roles - providing support, information and resources to all those who need it.

VOLUNTEERS: Throughout the past year SPN has forged some great new collaborations with new partnering organisations and has started to see more volunteers getting involved with our community initiatives. We would like to thank all those who have contributed to our events and campaigns, including many of our own extended family members, partners, parents, children and friends.

FINANCIAL REPORT



The Committee would like to thank Carla Plato for her role as Treasurer. The report from the Auditor was that we had 'fantastic documentation', which means that we are in good hands.

We have had some unexpected increases in grants and donations this year. This is due to the relationships that our Coordinator creates to make the sponsor and funder feel they are getting value for money with SPN. It means that from a loss and no reserves two years ago, we have created ourselves a buffer that will hold the organisation in good stead for the next few years, while we ramp up our work in Selwyn.

This financial year we spent more on volunteer expenses, recognising the benefit that acknowledgement of our volunteers has on the organisation. We also increased our event budget, and will continue to do so, with a more varied programme that reflects what our community is wanting.