



Kiwi Family Trust

"Tia Kina Tika Te Whanau O Aotearoa"
"Helping People to Help Themselves"

January 2009

THE KIWI FOCUS

A WORD FROM THE TRUSTEES

Welcome to the January edition of Nelson's Column, the purpose of which is to provide information about our activities and to answer any questions that the kind and generous people of New Zealand who have donated to our Trust may have.

With the economy in decline, I believe this year will pose many challenges. It is vital that we do all we can to support our communities in New Zealand. We need to move forward with even **more** determination to succeed.

NELSON'S COLUMN



As a trust we must seek out different and innovative ways to obtain the funding that we need to deliver the all-important services that we provide. It is thanks to our current donors, who have played a vital role in the growth of our organisation over the last 6 years, that we have established a firm footing in the community.

I do not accept in total what the media is saying about the economic times and how bad it is going to be. There is no doubt that things will be more difficult over the next year, but we have a choice as to whether we buy into it or not. These changes have occurred in the past, and as in the past, we resilient Kiwis have worked through it. We will do the same again. So — no doom and gloom from us as an organisation, but a confidence in the future of our communities, and in our ability to adapt to the current climate, and we will continue to deliver our programmes with enthusiasm, commitment and confidence. I look forward to this year and the challenge that lies ahead.

"The best place to succeed is where you are with what you have."

Nelson Soper
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Bella's Blurb

Happy new year one and all! Welcome to 2009! Woohoo, where does the time fly to? Gee, it just seems like yesterday we were all seeing in the new millennium, and now it's 2009! Time flies, or so they say.

Well this year is looking to be busy busy busy; we had a huge response last year and as a result we have many leads to follow up on this year. I am personally very excited to embark on this year with the Trust as I believe it is going to be HUGE!

Our focus is to empower people on a very humanistic level. How simple, you might say? Indubitably! But we all know that 'change' and personal growth can be frustrating difficult and long-winded; in short, life is difficult, but we all encounter and endure change and growth on a daily level; what is important is the way in which we choose to deal with it. This year I wish to adopt a very catchy mindset called PMA: Positive Mental Attitude! To explain — when we live life with a PMA we are able to cope with change in a more positive and stress-free way. We must make a choice every single day to adopt our chosen mental attitude; If we choose to use NMA (negative mental attitude) to go

about our daily routine, then we run the risk of creating more stress in our lives through limiting our potential with a negative mind set. As we all know, when we are making decisions and dealing with stressful situations with a negative mind set, we can often make the wrong decisions and create more stress in our everyday lives. But if we decide that we will adopt PMA, we can tackle our challenges and create solutions to problems with ease and still be left with good positive energy at the end of day for ourselves and our loved ones, which is important I do believe. Life is relatively brief, and we are all reminded at times of just how brief life can be, I wish to convey to you all that we do have a choice how we think, feel and act, and that we can change our outcomes simply by choosing a different mental attitude.. Happy days!

Courses Updates

Courses for 2009

Visit our website for information on courses available in your area, or contact Natasha on

FREE PHONE
0508 lifeskills
0508 543375

We will be happy to discuss with you the possibility of us running a programme in your community.

Christchurch: *4 Day Self-Awareness course*
3rd, 4th, 10th, 11th February

Hamner Springs: *“Kool Kidz” Camp*
20th April

Rotorua: *4 Day Self-Awareness course*
March

Christchurch: *“Kool Kidz” Anti-bullying course*
May

Balclutha: *“Kool Kidz” Anti-bullying course*
April

Website upgrade

◆ Website upgrade

Volunteers page

This will enable our volunteers and donors to access the difference services that we need assistance with for our courses, eg pick up from airports, accommodation, help with venue and course setup.

This service has come about due to the interest shown by our donors.

◆ Bequest book

We have prepared a bequest book that will be available for download and to the public through various organisations.

◆ Goods-for-sale page

One of many new strategies for gaining funding is through setting up a goods-for-sale page. This will be for arts and craft, and anyone who has something to sell that can't necessarily afford to create their own website.

◆ “Kool Kidz” Club

With the “Kool Kidz” camps in full swing we want to create a club that the kids can belong to and have monthly get-togethers, fostering good relationships and support for each other.