

COVID-19 Community Fund Outcomes

70 of the 155 organisations that received the COVID-19 Community Fund reported on the numbers of individual women, girls or whānau that directly benefited by their use of the grant. Organisations have reported that over 10,000 women and their families directly benefited from the funded projects, among thousands of women and whānau who have benefited from the continued provisions of core support services. The table below provides further details on the outcomes of the projects funded.

	Funding Purpose	Region	Amount Funded	Outcomes	People involved or attended
1. 408 Community Trust	Supporting girls to participate in sports	Northland	\$20,000.00	The organisation was able to continue their work with whānau by relieving financial pressure off parents and kaiako/coaches. After lockdown many parents were struggling holistically, which was having a flow on effect to the girls, meaning they were mostly not as prepared as they were pre-COVID. The grant enhanced whānau wellbeing as they were supported holistically with the whole group and not singled out as "at risk." The Trust were enabled to continue to provide sports, health, arts and educational programs 7 days a week. Included a 10 day wānanga for Waka Ama Nationals 2021 to bring whānau back together, and help them to replenish through whānaungatanga.	Over 100 girls and women.
2. African Scholarship Trust for Education and Leadership	Supporting African women and girls with budgeting, driving lessons, and violence prevention	Auckland	\$10,000.00	The COVID-19 lockdown had significant impact on the women and girls in this community, partly due to cultural structures of the community, and exposed a need to continue empowering women in the African migrant community. Some women and girls suffered financial hardships, experienced tension within families, had no proficiency in information technology, or were unable to access supportive networks. It affected the way the organisation was able to function.	-

				<p>The organisation empowered women of the community through learning skills such as driving, budgeting, using online resources or seeking employment opportunities, to make them independent and increase their participation in society. Volunteers ran discussion forums on relevant topics, such as COVID awareness, to discuss strategies to address the impact of the pandemic on their lives. Sessions on employment opportunities showed women how to seek and apply for jobs online and prepare for job interviews, while health and safety sessions looked at preventing accidents when using common home equipment.</p> <p>Technology skill training covered basic computing skills, and use of devices and apps to organise and attend meetings. Driving training was provided for learner and restricted driver tests, through which some participants successfully obtained their learner driver licences. Participants' feedback showed they found the sessions very helpful and eye opening, and that the grant enabled these activities to be carried out while strengthening the network within the community. The skills and awareness created during the training sessions empowered the women to face up to tasks that they struggle with on daily basis. The organisation was able to provide transport for those who attended the activities but had no means of travelling. The project increased the ability of these women to have independent lives.</p>	
3. Anamata	Supporting youth health care and social support; essential items	Waikato	\$5,000.00	The organisation held a programme to assist school students in the first two terms of the school year with food, stationery items, resources and an end of program adventure.	-
4. Arohena Hall	Supporting women in	Waikato	\$10,000.00	The grant enabled the organisation to hold free functions, which ensured everyone felt welcome and fostered the community spirit	-

	isolated communities to participate in community activities			of Arohena. Yoga sessions were very well attended. Consultation with young women of the district resulted in the choice of gym equipment, as a start of a new gym and drop in centre. It gave hesitant women confidence to attend other functions as well as sessions and playcentre. The grant also contributed to the school and was used to enable children from struggling families to attend school camp. Outcomes include better community spirit and renewed enthusiasm for the district; improved mental health for the women of our district; better physical health for all community members; ability to attend school camp; ongoing health, wellbeing and fitness availability.	
5. ASA Foundation	Supporting vulnerable Pacific women and girls with connectivity issues	Auckland	\$25,000.00	Not yet received.	-
6. Atawhai Trust (Katikati Māori Wardens Charitable Trust)	Supporting women prisoners reintegration services	Gisborne	\$20,000.00	A whare was developed as a stable home base, to create a safe space for kōhine and wāhine. The funding enabled renovation of the whare to be fast tracked, creating a safe space for whānau, particularly kōhine and wāhine. The grant progressed the renovations to a point that enabled activities to proceed, which increased community visibility of the Trust and its kaupapa. The whare was officially opened on 9 October 2020, and was celebrated by local and national community and agency representatives. Atawhai Charitable Trust held a day long wānanga for wāhine in partnership with WINZ, exploring ways WINZ Case Managers could engage with rangatahi, with further wānanga planned for 2021.	-

				<p>A wānanga was held with twelve Year 9 kōhine from Gisborne Girls' High School, who were struggling to remain engaged at school or had leadership potential. The wānanga implemented the Maia Poroaki programme focused on the dreams and goals of the kōhine. The wānanga then shaped the programme of weekly activities at the trust. A workshop was held for kuia to teach tikanga and whakapapa to kōhine, using karakia and waiata. With support from an art tutor the kōhine have designed and almost completed a wall mural for the Trust that reflects their Maia Poroaki identity. A further whānau hui was held with the Maia Poroaki kōhine and their whānau in early February to celebrate the progress and achievements of the kōhine.</p> <p>The whare is seen as a neutral yet welcoming space for individual wāhine returning home from Auckland Women's prison. Plans remain for a longer-term group support programme, as wāhine with similar incarceration experiences could lead and shape their own 'return home'. The organisation has visited the prison bi-monthly for day long wānanga with the wāhine, and have held an introductory day long wānanga with Corrections leadership and prison management.</p> <p>Wānanga in support of whānau gaining learner driving licences were enabled to proceed in the whare. An extension to provide support for the full range of driving licenses is being negotiated with Waka Kotahi. The whare was also selected as the community-based venue for a visit by the Assistant Police Commissioner to Tairāwhiti in September 2020, and the venue for presentations from Māori Wardens.</p>	
7. Auckland City Mission	Supporting women and girls with food	Auckland	\$13,000.00	Funding enabled the organisation to continue their core service under the greatly increased pressure of COVID-19 challenges, by funding their food, staffing and security costs on Tuesday nights	15-30 women each week for 26 weeks.

				<p>over 26 weeks. The core service includes understanding and responding to the voice of rough sleeping women. The funding helped the organisation provide a warm meal and safe space for these women.</p> <p>The programme enabled the women to build relationships of caring and support with other women by cooking, eating and cleaning all together, including the volunteers. It provided a safe space of solidarity, to initiate a healing journey for the women, build self-efficacy and re-build their lost connections with whānau and community. It also connected the women with health and housing services.</p> <p>The programme was designed with kaupapa Māori strategies, to support the 80 percent of women sleeping rough who are Māori or Pasifika. For many of these women it has started the journey to improve their mental and physical health and secure housing.</p>	
8. Auckland North Newcomers Network	Supporting migrant women to connect to their communities	Auckland	\$11,200.00	<p>The grant funded 10 workshops for women from diverse communities being held from February 2021 due to lockdown delays. The workshops aim to create deeper, more meaningful relationships between local ethnic communities and Awataha Marae in Northcote, where the last session of the workshops will be delivered. The organisation's long term end goal is to craft a more inclusive local community where all people, whether newcomers, migrants, tangata whenua or other locals, appreciate living together in a peaceful environment.</p>	9 women.
9. Auckland Women's Refuge Inc	Supporting	Auckland	\$35,000.00	<p>An in house counsellor has supported clients from family harm referrals and residential and community clients that seek safety alarms. It has included support with transport and babysitting. Family group and individual counselling has been complementary and supportive to clients alongside the organisation's family violence women's program.</p>	-

				The grant has also enabled the legal processing of immigration and protection orders for at-risk women.	
10. Āwhina hōiho	Supporting women and girls to access mental health services	Northland	\$5,000.00	Āwhina hōiho was able to continue mental health services to young women and girls experiencing increased stress and anxiety through their inability to escape difficult family situations due to the level 4 lockdown and associated restrictions.	-
11. Awhina House	Supporting homeless women	Bay of Plenty	\$40,000.00	The funding was used to support two women moving out of Awhina House transitional housing into independent housing in the community, with \$1000.00 funding each. The funding purchased household essentials and furniture to set up their new homes. This enabled the two women to become independent, set up a healthy home and have the essentials to be able to prepare nutritious meals, keep their home warm and healthy and move forward to achieve their goals. The grant also funded 12 weeks of community support by an Awhina House Social Worker for the two women, involving home visits, support with appointments and connection with services in the community. One woman now has a full-time job and has rebuilt whānau relationships. Remaining funds have been allocated for future residents who move into housing. The housing market in Tauranga is under extreme pressure, with supply falling well short of demand. It has been extremely difficult for Awhina House residents to find accommodation, hence the majority of the funding has not yet been spent at time of reporting.	2 women.
12. Benefit Education Service Trust	Supporting women to access their benefit entitlements	Wellington	\$11,500.00	Funding enabled the organisation to continue their core service, supporting women who are without accommodation, by employing a (normally volunteer) advocate. The grant covered ten hours at living wage per week for 52 weeks. This secured the advocate's considerable knowledge in regard to housing assistance	-

				<p>for low income families. Having an employee has assisted the volunteers as the work load can be shared and makes the service more accessible and efficient.</p> <p>The organisation has had to deal with crisis level housing issues, having to do whatever is possible to ensure women are housed, since often long term housing that is affordable is not readily accessible. The organisation is also a benefit advocacy service which advocates with Work and Income to ensure our clients are receiving their full and correct entitlement, and receiving accommodation assistance.</p> <p>The impact of COVID-19 has put already vulnerable women and their families more at risk without certainty of sustainable income and increased accommodation costs. Some clients lost rental accommodation after the lockdown, as soon as landlords were able to implement end of tenancy term, some due to the return of landlords' family members. The impact of COVID-19 internationally has put even more pressure on accommodation needs, meaning many more clients have presented for assistance. The funding of an additional advocate has enabled the organisation to respond and access all avenues available financially and referrals to housing providers. The organisation's services have been able to provide a safety net against women falling into despair.</p> <p>Women and their families that have been assisted are some of the most vulnerable. This includes refugee families, and women receiving sole parent benefit and supported living benefit in regard to health conditions, making it even more difficult for them to navigate the process for housing assistance.</p>	
13. Cambridge Community House Trust	Supporting women and girls	Waikato	\$25,000.00	The organisation was enabled to continue their core service, providing wrap around services for women and their children in need in the community. The grant covered the teams' wages. This	-

	with wrap around services			<p>funding has been instrumental in allowing the organisation to provide an individual, needs based service, and take extra time with each woman. They provided emergency housing, legal advice and advocacy through links with other organisations such as Work and Income. They also provided free counselling to women and young girls, who otherwise would not have been able to access counselling and improve their mental wellbeing, as well as further wrap around services, for as long as needed to get them back on their feet.</p> <p>COVID-19 caused more relationship breakdowns, creating extreme stress for women. There has been an increase in self harm and eating disorders among young girls and the organisation provided support to them and their mums quickly and for as long as needed, at a distressing time. Young girls in high school had increased anxiety due to the pressures of school exams and COVID-19. Counselling services have helped to empower young women to regain their mental wellness.</p> <p>The funding enabled the organisation to reach women sooner, to prevent more hardship and greater mental health issues. It also supported their participation in a very successful pilot service provided by The Period Place and supported by The Warehouse, as one of ten selected organisations nationally to take part in this trial. They received donated period products that have gone out to the women and young girls in need in the community, enabling them to get to school/work and to socialise during their periods, rather than being forced to stay at home. The trial has now become an ongoing project.</p>	
14. Camellia House Trust	Transitional housing	Northland	\$25,000.00	The organisation was able to offer accommodation to women and families, and to remain open during the Christmas/New Year period. Remaining funds used to purchase tablets, and	16 women and 11 children,

				entertainment for the children, which benefits the children they have and also relieves some of the stress from the mothers. Work on the kitchen was aimed to be completed by the end of January 2021.	including 7 women and 7 children during the Christmas period.
15. CAPS Northland Inc.	Counselling for women and girls for anxiety and other mental health challenges.	Northland	\$10,000.00	<p>The grant enabled the organisation to continue their core service by contributing towards wages. It funded an increase of 4 hours per week for an existing counsellor, the employment of a new part-time counsellor for 16 hours per week, and an increase of 4 hours per week for the Administrator and Manager.</p> <p>Since the start of the COVID-19 lockdown period in New Zealand, from March to December, three times as many referrals for counselling were received (150) than the same period last year (58). With additional referrals for social work there were almost 169 referrals in 178 working days, which has put increasing pressure on wait times and staff. These numbers do not include referrals for parenting programs or families that were engaged with.</p> <p>Most referrals were for children and families suffering from issues brought on by the enforced lockdown and were in excess of the limit funded by Oranga Tamariki, meaning that if not for the grant the organisation would have had to charge a fee, or put at-risk families at the bottom of the waiting list, regardless of urgency, with a wait of approximately 14-16 weeks for an appointment. The funding sped up the service for those on the waiting list. Some clients needed longer, more intense, interventions, due to pre-existing mental health or challenging domestic conditions, but other families only required a short engagement, to discuss issues that had surfaced for them and their children. This meant that of</p>	92 families were engaged with in total.

				the 150 new counselling referrals, 75 families were engaged with, and of those, 40 have successfully exited.	
16. Care for Families	Essential services for new mothers	Auckland	\$10,000.00	The organisation provided families with essential baby items and toiletries during the COVID-19 lockdown.	500 families.
17. ChangeMakers Resettlement Forum	For drivers licences	Wellington	\$18,000.00	The grant enabled driving lessons for migrant women to continue and increased their ability to provide greater safety for themselves and their children.	-
18. Children's Autism Foundation	Mothers and grandmothers caring for children with autism	Auckland	\$7,268.00	Children's Autism Foundation was able to launch a GEMS programme (Girls, Empowerment, Mentoring, Support) for parents and caregivers of girls on the Autism Spectrum. The funding ensured over 81 sessions of direct support to parents or caregivers of girls on the Autism Spectrum, and facilitated five online GEMS support groups for the parents and caregivers. They adapted and re-shaped their services to ensure that every family was supported, regardless of location or COVID levels. Autism in girls has often been overlooked or misdiagnosed. Being able to access support from caring professionals who understand the challenges faced by girls and women on the Autism Spectrum whilst focusing on their strengths, is a life changer for these women. Mothers and daughters report that after support sessions or online support group they felt better understood, listened to, empowered and equipped with life changing strategies and tools.	52 parents or caregivers of girls on the Autism Spectrum in support group.
19. Cholmondeley Children's Centre	Wrap around services	Canterbury	\$5,000.00	Cholmondeley Children's Centre in Governors Bay, Christchurch, continued to provide short term respite care for whānau with children aged 3 to 12 years. The service can be accessed in times of stress or trauma, or as part of regular planned stays. Common reasons for stays include family harm, bereavement, financial strain, illness of a family member, grandparents as second-time caregivers, ongoing stress or displacement due to traumatic events	-

				<p>in the wider community. The average stay is 3 or 5 days with many children returning for regular respite care every 6 weeks.</p> <p>Girls have the opportunity to build resilience in a safe environment through provision of a fun respite with 24 hour personalised one-on-one care and an education programme.</p> <p>The programme focuses on Activities Based Learning (ABL), aiming to provide new and challenging experiences, specifically encouraging the girls to take risks in a safe, supportive environment in order to build their resiliency. The ABL programme includes activities such as swimming, horse riding and tree climbing, which helped to develop their self-confidence, determination and dependability.</p> <p>The service provides essential support to many women caregivers experiencing personal crisis and social isolation. These women are facing issues such as poverty, chronic depression, a violent relationship, a cancer diagnosis. The organisation provided them with a break from their care routines, gifting them time to focus on their own health and wellbeing. It also provided in-home visits to these women as part of the family wellbeing service.</p> <p>The Awahi Project provided practical wraparound support to help address issues adding to a crisis situation and helped alleviate these where possible. It aimed to support and empower parents/caregivers to manage their challenging circumstances, to increase their capacity for positive parenting and to help connect them with further support in the community to meets their needs.</p>	
20. Christchurch Early Intervention Trust - The	Mothers and grandmothers caring for children with	Canterbury	\$20,000.00	<p>The organisation held external and internal counselling for staff members and families significantly impacted by COVID-19. Families learnt coping strategies to navigate issues arising, from travel restrictions of extended family, reduced workplace hours, job losses and financial stressors. These played out alongside</p>	-

Champion Centre	learning delays / disabilities			<p>ongoing concerns for their children’s health and wellbeing and placed additional worries on the family unit. Staff bear the weight of outcomes for families and children’s progress, but also had to deal with personal circumstances during lockdown. Some were overwhelmed and counselling support was needed to ensure their own wellbeing was optimal, in order to provide the level of education and care for families.</p> <p>The funding ensured team members were well placed to provide ‘best practice’ therapy and programmes to families and their children with complex developmental delays and disabilities. This enabled the organisation to plan and offer the resources to minimise the risk to our staff’s wellness which, in turn, reduces the potential for issues to escalate. It also enabled them to initiate psycho-social supports for families to prevent issues for children becoming larger and more protracted, negating the possible need for hospital admissions. Specialist wellbeing intervention averts potential family/relationship breakdowns due to severe emotional distress. The grant was also required for an ongoing need for interpreter services for a refugee family.</p>	
21. Christchurch Youth Council Incorporated	Coaching for isolated, new and/or young mothers to find personal strengths to overcome adversity	Canterbury	\$5,120.00	<p>[Interim Report] The organisation provided a group of young mothers with strengths training to encourage friendship, peer support, confidence in their skill and ability, upskilling for their personal and professional development and more active engagement in decision making.</p> <p>The coaching enabled the organisation to get these young parents engaged and active in their own citizenship, and to make the organisation more inclusive.</p>	-
22. Citizens Advice Bureau Napier Inc	To provide advice on a number of	Hawkes Bay	\$10,000.00	The organisation fielded a variety of in-depth inquiries to support women over a 4 month period. Facilitated a new migrant well women’s group based on the Well Women’s framework by the	559 women made inquiries. Over

	issues to women			Ministry of Women and MCA. Participants were encouraged to network and build their contacts within our community. Speakers from different professions gave information and guidance and we ensured that they built their resilience for any future events. Facilitation of the workshops by CAB enabled the women to have a safe place to talk about their concerns and worries about living and working in New Zealand.	8 women participated in migrant well women's group.
23. Citizens Advice Bureau Wairoa	To provide advice on a number of issues to women	Hawkes Bay	\$10,000.00	The organisation was enabled to continue their core service, providing advice and support to people in the community. The grant covered the wages of the administration officer who oversees the day-to-day running of the bureau. A high proportion of clients during the COVID-19 lockdown were women. The support provided empowered them to take the steps advised, whereby they could resolve their situation.	-
24. CNSST Foundation, Formerly Known As Chinese New Settlers Services Trust	Support for family violence issues	Auckland	\$15,000.00	The grant assisted the CNSST social work and counselling team to provide immediate support to women and families referred by the Policy family harm team. It ensured their immediate safety to prevent reoccurrence of family violence; improved their well-being by sharing parenting strategies to build better relationships; and improved mental well-being through increased connection, counselling services, and education in stress management techniques. The funding helped to build safe, healthy and resilient Asian communities through providing culturally and linguistically appropriate services.	30 women and families.
25. Come Sew With Me Charitable Trust	Community connections for vulnerable women and girls	Wellington	\$7,000.00	Local organisations such as Pathways (through Mental Health), IDEA services, Wairarapa College special needs unit and local schools continued to bring their clients/students to the cottage to form social connections and increase their social skills and confidence in a safe and welcoming environment. Attendance across all our communities increased. Average daily attendance	-

				increased by 36%, leading to an increase in self-confidence during the three months of funding, as their skills developed.	
26. Community Law Wellington and Hutt Valley	Vulnerable migrant women violence and migration status issues	Wellington	\$15,350.00	<p>Clients of the organisation are women from Asia, Europe, Latin America, the Middle East and the Pacific Islands who are migrants in NZ and experiencing family violence from NZ residents or citizens. The grant enabled the CLWHV to employ one fulltime worker to assist clients after an increase in client numbers, queries and referrals from social services following the COVID-19 lockdown.</p> <p>The organisation lodged Work Visa applications under the Family Violence category, supported a woman with a ‘Critical Purpose’ temporary visa and border exemption application, and prepared eight further applications. They supported several women through the visa application process, responding to Immigration NZ queries, providing further evidence, reconsideration requests, appeal submissions and further information act requests.</p> <p>11 of 13 women were granted Work Visa applications, with the outcome of six applications still to be decided. The organisation further assisted many clients with broader social support, critical for women’s well-being and recovery from abuse, such as assisting women to access WINZ benefits. Family Violence work visas have open work conditions allowing clients to look for and obtain employment. This ability to work opens new opportunities, helping women to recover from traumatic abuse and regain their confidence and financial independence.</p>	13 women.
27. Community Legal Advice Whanganui Trust	Violence prevention and support	Manawatū	\$13,780.00	The grant enabled collaboration with Iwi Trusts to assist clients who were finding it difficult to access support from Government agencies. The worker supported Māori clients to access what the government had allocated for lower socio-economic clients having	-

				difficulties in trying to survive during lockdown. The service continued after lockdown.	
28. Dayspring Trust	Parenting support and counselling for at risk women	Auckland	\$10,000.00	The organisation were enabled to continue their core service, providing counselling services to women in need. The grant covered the salary of the counsellor, which allowed the organisation to offer 246 hours of free counselling to women at risk of family violence. Demand for the service had increased due to COVID, when the lockdown meant these women were particularly isolated. It was especially important for the organisation to be able to offer its free service at that time, in a space where the women were able to open up and tell someone what was happening to them, so that the organisation could then provide help.	-
29. Diamonds in the Rough	Supporting Māori and Pasifika teenage parents	Auckland	\$20,000.00	<p>The organisation supported young mothers by delivering workshops and events planned and executed by a psychologist. Increasing engagement with and support for young mothers has improved their resiliency during the period of COVID-19's impact. It accessed services of a life coach to train and support volunteers with best practice strategies to support young parents, and provided workshop sessions with a psychologist on self-worth and self-esteem. Continuing to provide bi-weekly sessions to young mothers in 2021.</p> <p>It planned a retreat for young mothers at Snell's beach at the end of January 2021, focusing on holistic well-being and healing, and further provided young mothers who live in different parts of New Zealand with holistic support with an online coaching group called Ātaahua on a daily basis.</p> <p>The organisation encouraged young fathers to participate in some programmes by holding a 'Couples Workshop'. It equipped attendees with strategies and support on resolving conflict and</p>	-

				dealing with their own internal challenges so they can be supportive towards each other and raise their children well. Extended services and support in person to Hamilton, and planning to start this in Whangarei, Tauranga, Rotorua and other part of New Zealand in the near future.	
30. Disabled Persons Assembly New Zealand Inc (DPA)	Community outreach for disabled women and girls	Nationwide	\$10,000.00	A Kaititui was employed to spend 5 hours per week up until the end of 2021, developing a Women's membership stream. The long-term duration has allowed further development of the programme, the creation of partnerships with other organisations, and ensured better understanding of the issues for disabled women of all intersecting identities.	-
31. E Tipu E Rea Whānau Services	Supporting Māori teenage mothers with mentoring programme	Auckland	\$12,000.00	The E Tipu E Rea Whānau focus on building the resiliency of māmā taiohi, (teenage mothers), enhancing and upholding their mana, and exerting their rangatiratanga as leaders of their whānau and community. The Mana Wāhine/Mentorship programme connects, engages, embraces and uplifts māmā taiohi. Funding supported E Tipu E rea to continue building a network of support between māmā taiohi and youth mentors, to increase the confidence, cultural identity and a sense of self-belief for māmā taiohi during and after COVID-19 lockdown. Events acted as a vehicle to create a safe environment to talk about positive parenting and how it was important for them to break the cycles of abuse that they grew up with. Māmā taiohi related their personal experiences growing up in struggling households with abuse and neglect. They were able to let down their guards and truly build relationships, confiding in each other about the struggles they face with their partners. The peer-to-peer support they demonstrated helped to further build their resiliency and cement positive and supportive relationships.	20 participants at the first event and over 30 participants at an end of year event.

				Youth mentors who have lived experience of being māmā taiohi gained project and events management skills as part of their contributions to the organisation’s 12 week programme, as well as provided extra income for their whānau. The youth mentors attended training provided by Youth Horizons at no cost. This work experience helped the youth mentors build their Curriculum Vitae. Youth mentors got to know each of the māmā taiohi kanohi ki te kanohi (face to face), and they quickly became recognised as positive role-models.	
32. Fafine Ekalesia Malietasi	Supporting Pacific community connections	Auckland	\$8,000.00	The grant provided sewing machines to the organisation for the women of the community group to use. This allowed them to undertake sewing projects both for their own domestic needs as well as for the purposes of fundraising for the organisation. The women felt valued and appreciated upon presentation of the valuable sewing machines.	40 women.
33. Family Drug Support Aotearoa New Zealand	Supporting women struggling with addiction issues	Canterbury	\$5,000.00	The grant allowed the organisation to offer a Steps to Success programme free of charge, enabled many women to participate who would not otherwise have been able to because of cost. The ability to reimburse Accredited Practitioners enabled them to take on more clients, due to the demand. It also allowed the distribution of resources to Family Members. Research was commissioned, with the grant used to reimburse the researcher for travel, time and writing. Subsequent data revealed 36.2 percent study participants have a family member or close friend who is drinking, while 37.5 percent identified the same drug use.	22 Women in the Steps to Success Programme. 946 research participants interviewed from 7 universities.
34. Family Success Matters	Supporting single mothers	Auckland	\$10,000.00	The grant enabled employment of Children’s Services Co-ordinator, who met with and supported mothers of at-risk children, particularly by facilitating their relationships with social workers	-

				and agencies/providers. The grant was used to help meet the cost of CSC salary.	
35. Family Works Tairāwhiti - a service of Presbyterian Support East Coast	Wrap around services for vulnerable women and girls	Gisborne	\$20,000.00	Use of the funding had to be adapted from the original proposal, which was to support women using a wrap-around approach through social work and counselling. Unfortunately the ongoing meetings which were to start off the programme of planned therapeutic activities were unable to go ahead. Instead the organisation held a one-off health and well-being day to celebrate women caregivers, with input from women who had previously attended programmes with the organisation. The organisation plans to use the rest of the funding by repeating the event for these women and expanding to more participants. The event included an introductory breakfast, a guest speaker on surviving abuse and violence, and a trip to feed stingrays at the beach, followed by a reflective session. Each woman who participated was presented with an individualised gift. They were all very appreciative of the day, which introduced them to new experiences, and provided a greatly needed break from their normal caregiving responsibilities. They also met their fellow caregivers, with whom they were able to share their stories and similar experiences. The day focused on an empowering need for self-care for these wāhine, and maintaining the connections made during the day.	9 women.
36. Fight Fitness Moerewa - Community	Uniforms so girls can participate in sports	Northland	\$5,000.00	Not yet received.	-
37. Hamilton Christian	Supports homeless women	Waikato	\$16,000.00	The grant supported the employment of a social worker to provide 10 hours per week support to the women currently housed at our	24 women.

Nightshelter Trust				<p>emergency women’s shelter. Assisted at-risk women to find permanent accommodation.</p> <p>Collected data on the extent to which homeless women have been let down or slipped through the gaps of other social service entities, and assisted them to establish or regain contact with other support service that will support a sustainable outcome.</p> <p>Collaborated and established better connections with NZ Police, Women’s Refuge, Mental Health Services and other social service agencies, by developing better methods of working together.</p>	
38. Hands Up Community Services Trust	Māori mothers in crisis situations	Waikato	\$15,000.00	<p>The organisation assisted the community to be more loving by wrapping around and supporting families suffering abuse and trauma. They successfully developed an online platform to meet clients, run programmes and advise clients. The pilot programme began in the first week of December 2020. Participation and completion was self-paced with on-going coaching support.</p> <p>The organisation uses a ‘Hand Up not a Hand Out’ approach to advocacy for young women in Tokoroa. They model a service delivery that wraps support to individuals and/or families who are trying to break the cycle of abuse and trauma in their lives through trauma recovery. Their response covers families and individuals reaching out for help in the local community of the South Waikato and Bay of Plenty.</p>	13 women.
39. He Waka Taiora	Alcohol and drugs harm reduction	Auckland	\$5,000.00	<p>The organisation provides the best of cultural and clinical care through a Māori approach that utilises contemporary Māori role models with lived experience, now AOD free. The organisation connected to the prison community to provide safe, clean and sober transport and accommodation post COVID-19. During the second lockdown the organisation supported tangata whai ora with mental health and addiction issues coming out of prison. They received them immediately into safe accommodation, then</p>	<p>First cohort had 6 participants, with 3 graduating. The second cohort had 8 participants.</p>

				<p>supported them into AOD treatment or mental health respite to encourage well-being in recovery.</p> <p>It permanently set up an 8 week Anger Management programme via Zoom to understand what anger is, where it comes from and how to deal with anger as a second emotion. The programme was operated on a voluntary, ongoing basis, and delivered in a community organisation face to face in two locations – Papakura, Auckland and Kaikohe in the Far North.</p> <p>The organisation established a reliable connection to support via an online avenue with AOD Counselling and AOD peer support. It alleviated isolation and provided a non-judgemental space for mental health reprieve and support with empathy to issues of drugs and alcohol. Whānau participants were able to confidently navigate emotions and feelings and where they originate from when in triggering moments of anger.</p> <p>It provided and supported tangata whai ora with clean and sober accommodation, and transitioned them on to AOD residential treatment, community housing, mental health residential respite services and returning to whānau. The organisation advocated for 3 whai ora to have their tamariki returned to their care from Oranga Tamariki, and also provided a live-in peer support worker with employment for a small period of time, enabling quality leadership within the residence.</p>	<p>18 tangata whai ora were in the Anger Management programme.</p> <p>10 tangata whai ora were supported with accommodation.</p>
40. Heretaunga Women's Centre	Counselling service	Hawkes Bay	\$10,000.00	<p>During the period July – December 2020, the Centre provided 465 counselling sessions to women in the Hawke's Bay. Counselling resumed face to face where women were comfortable with this. The grant enabled the organisation to create a 12-month fixed term experienced Counsellor position at 30 hours per week, who took up the role from October 2020. The counsellor oversaw the wider counselling service and provided support to both clients and</p>	-

				<p>fellow volunteer counsellors. They ensured an Immediate response to women who regularly present at the Centre with acute and urgent counselling needs, by triaging the waitlist to ensure that women received timely and appropriate follow up and support. The counsellor also facilitated peer supervision with volunteer counsellors and delivered professional development for volunteer counsellors to ensure currency and excellent counselling practice.</p>	
41. Hiwa Navigation	Māori and Pacific specific counselling service	Otago	\$15,000.00	<p>The grant enabled the recruitment of four wāhine Māori counsellors, a LGBTQIA+ counsellor and one Wāhine Pasifika Social Worker. The new number of counsellors is 12, over 95 percent of whom are either female or LGBTQIA+, and all are new to sexual abuse counselling.</p> <p>The organisation developed training and professional development of new counsellors to ensure their safe and effective orientation into the specialty area, and ensure that they could harness new alternative therapies, as a kaupapa Māori sexual abuse service. This encompasses a role as cultural advisor, and rongoā practitioners have been adopted as part of the service.</p> <p>The organisation received consistent referrals from community services across Otago, representing sites with high Māori and Pacifica communities. The role of the navigator has been to triage whānau coming into Hiwa Navigation to identify alternative therapeutic strategies, which will have higher efficacy outcome, and ensures faster engagement and outcome. It aims to expose the counsellors to the impact of complex trauma over generations and the unique experience impacted by Māori whānau.</p> <p>The funding enabled the organisation to improve services to ensure it is a significant operational determinant of excellence. The grant allowed the coordination of community capacity, and the recruitment of new graduates who would otherwise not have had</p>	-

				the opportunity. The funding has allowed Hiwa Navigation to innovate from crisis.	
42. Homebuilders West Coast Trust	Wrap around rural service	West Coast	\$12,000.00	<p>Homebuilders West Coast Trust was able to complete an overnight therapeutic tramping experience for three mother-daughter pairs from the Kawatiri region. Feedback from the mothers showed that this experience meant they were able to spend quality mother-daughter time together. The mother-daughter pairs grew their bond and attachment, as well as pushing their comfort zones, learning new skills, and completing challenging tasks together. All participants were proud of their efforts.</p> <p>Outcomes were accomplished both through structured activities lead by social workers, and through unstructured bonding time. Mothers and daughters engaged in the opportunity to challenge unhelpful schemas and practice new ways of relating. The mother-daughter bond was strengthened through sharing positive, but challenging physical and emotional experiences, and through dedicated one-on-one time.</p> <p>It provided a positive relationship experience that can be transferred to future interactions and overcoming future struggles, together and individually. It also lead to empowerment through education around new life skills: cooking, using gas cookers, camp fires, tents, safe river crossing.</p>	-
43. House of Peace	Safe space for Muslim women and girls	Waikato	\$5,000.00	The organisation held a webinar to enable the ethnic wāhine of the community to connect through online platforms. The webinar included three panelists and a facilitator, all from diverse professions, and aimed to provide positive role models in leadership positions to inspire and empower these wāhine.	-
44. iQ Talanoa Trust	Support victims of sexual and domestic	Auckland	\$5,000.00	The grant allowed the organisation to reach out to women members via Radio or podcast, and hear their voices sharing collective stories of suffering, struggling and overcoming, living in	18 magnificent 'Queens' aged

	violence/story telling initiative			the moment, and self-care. These women now display much more hope, strength, resilience, and power when they speak, write, or share. The stories have been published in order to secure some financial support to keep the #iQonAIR programme going. The funding enabled publication of the sacred words of participants, which has helped with their healing, confidence-building, and relationship-nurturing, that this project has brought about for our members, their families, and wider communities.	from 13-68 years.
45. Katikati Māori Wardens Charitable Trust	Empowerment/ mentoring programme for Māori girls	Bay of Plenty	\$20,000.00	The grant enabled the organisation to support vulnerable Māori women and girls to attend courses and wānanga aimed at supporting whānau in reducing family and sexual violence and improving child wellbeing. Without the funding this would not have been possible. The programme created a safe and respectful environment for the wāhine, provided key support for women who were struggling emotionally and physically during COVID-19 lockdown, gave opportunities for growth and development of Mana Wāhine and a true identity. The organisation was able to provide a safe nurturing environment for all mana wāhine to be part of society and feel included. It also offered life skills to up and coming wāhine, with training and development to build and guide young wāhine to the future.	45 wāhine in total.
46. Kete Mātauranga Trust	Māori women and girls wellbeing initiative	Northland	\$10,000.00	The organisation held restorative taiao wānanga to promote and enhance the health and well-being of kōtiro and wāhine. The wānanga have enabled wāhine and kōtiro to be more attuned to their well-being through an association to their environment and have promoted greater awareness of self and personal development. Learning traditional tupuna mātauranga has empowered the whānau, kōtiro and wāhine to draw on models of knowledge that affirm their identities creating a greater sense of pride and instilling a greater resilience to deal with the challenges	-

				<p>that are presented through COVID-19. It enabled kōtiro and wāhine to develop coping strategies by drawing on the Taiao as a means to invigorate health and well-being.</p> <p>Kete Mātauranga Trust was able to observe the impact of the wānanga for whānau, kōtiro and wāhine, by enabling experiences that were authentic and refreshing, which in turn have strengthened their ability to manaaki and better cope with the challenges imposed within low socio-economic communities.</p>	
47. Kindred Family Services (previously Kia Tīmata Anō Trust)	Rural women's refuge	Auckland	\$25,000.00	<p>The grant assisted the employment of a dedicated Family Support Social Worker for 32 hours per week, by funding 20 percent of the salary. The social worker helped increasing numbers of families experiencing challenges related to housing, financial stress through job loss, parental separation, anxiety, and the need for support with parenting. The workload was greatly increased by the need for additional advocacy work with WINZ, landlords, lawyers and accessing food parcels.</p> <p>Normal funding levels support six counselling sessions for 65 clients per year. Half of the grant supported an increase in clients to 81 by October 2020. The increase created a wait time of about 2 weeks for a first counselling session. Clients presented with high and complex needs, including anxiety, depression and suicidal ideation, and addiction and gambling issues, as well as returning clients with past traumas being triggered due to COVID stress and increased relational stress, including family harm.</p> <p>The organisation contracted a second counsellor who specialises in interventions, mindfulness and stress management. A second counselling student started in November to further relieve the demand on counselling. Counselling clients unable to attend sessions due to anxiety, rural isolation or the lack of transport,</p>	81 clients, 4 whānau.

				<p>were able to have counselling via video call, ZOOM and phone sessions.</p> <p>The grant also helped plug a shortfall in annual rent for the Women’s Refuge Safe House. At 31 October four women and children were housed there. The housing shortage was a significant obstacle in moving Refuge clients out of the Safe House and into the community, which resulted in clients staying for longer periods, preventing spaces from opening up for new families. During that period a new Refuge Support Worker made huge inroads building positive relationships with clients.</p>	
48. Kite Rapu i te Ora Trust	Support volunteers/ prevention and intervention of family and sexual violence	Bay of Plenty	\$15,000.00	<p>The Trust is a kaupapa Māori provider of crisis prevention and intervention health services. It advocates for tikanga tuku iho as a basis for understanding their current framework of mahi, and for transforming current realities within whānau and sexual violence. It aims to facilitate healing within the family violence sector through counselling using a kaupapa Māori methodology. The organisation held two community wānanga for healers on prevention/ intervention called Te Hauora o Matāriki. The events provided expert advice around health, fitness and nutrition. They were an opportunity to bring the community together with tōhunga and support services due to the high level of depression, anxiety, high emotions and mental health concerns. Whānau well-being required a deep and spiritual response. It also provided an opportunity to establish wāhine and tāne support groups. The events had a high turnout of women and their daughters. Further community events are planned to follow.</p> <p>The organisation also facilitated whānau group sessions with young mothers affected by anxiety and depression as a result of family violence, and provided food and care packs off to whānau in</p>	-

				remote regions, particularly where elderly are raising their mokopuna alone, and in poor housing conditions.	
49. Life Linc Nelson Inc	Rural counselling service	Nelson	\$8,400.00	COVID-19 has caused an increase of people of all ages, genders and ethnicities seeking counselling for bereavement, isolation, loss of income, relationship difficulties, anxiety from schooling and fear. Many people faced increased levels of alcohol and drug use, insomnia, and anxiety. The organisation was able to increase our counselling team with an art therapist, a psychotherapist and four counselling students to help cover the increase in demand for our service. The team now consists of 14 counsellors/therapists. The grant has provided the team with individual supervision and specialised training such as Couples therapies, Mindfulness, Solution-focused brief therapy (SFBT) and Gender Diversity. It allowed for a volunteer contribution and funding their telephone/internet costs in acknowledgement of their work. Life Linc offered individuals and couples a safe and supportive place to come and look at the challenges they are facing in life, giving them tools to deal with difficult situations and an opportunity to develop their life skills. The ripple effect from being able to access mental support and well-being impacts the client's ability to develop better relationships with their whānau, colleagues and the wider community in general. Counselling helps build a more engaged and sustainable community by enabling people to help themselves.	106 referrals - 76 of whom were women, 14 living in isolated areas, and 8 of NZ Māori descent.
50. Living and Learning Family Centres	Rural counselling service	Auckland	\$5,000.00	The organisation provided recreational sessions and life mentoring workshops for groups of Young Mums, while contributing to provision of early childhood teachers to care for their children while attending. The programmes provided mums with opportunities to use creative skills to make vision boards and affirmation journals; to participate in talk therapy groups; to try	-

				<p>new activities sports, fitness and team games; to have fun and enjoy themselves, while knowing their babies were looked after safely; to learn ways to improve fitness, health and how to feel good about themselves.</p> <p>The sessions also provided a safe space for Young Mums to explore triggers, and regulators and online video call sessions for support, and offered individual pastoral care to Young Mums. These programmes resulted in improved knowledge and understanding of how to manage well-being and mental health. They empowered the Young Mums to prioritise their well-being and self-care; to use positive self-talk and improve regulation and management of triggers and coping strategies; to get to know peers within the group; to build connections and friendship to increase awahi for others; to have a safe space to share experiences with others and to increase mana, confidence and self-esteem.</p>	
51. Living Well Counselling Centre	Supporting teen mothers	Manawatū	\$5,280.00	The organisation was able to provide early intervention, client-centred and strength-based compassionate care to women through low-cost or free professional counselling. It helped them deal with mental health needs as a consequence of the COVID-19 lockdown.	12 women.
52. Lower Hutt Women's Centre	Counselling support for mothers and computer literacy	Wellington	\$20,000.00	The grant allowed the organisation to continue to provide computer tutoring. This has meant that they could continue to employ a computer tutor to provide information technology support to women who need assistance using digital devices. The tutor has assisted women to connect digitally, do banking and supermarket orders, upskill to apply for a new job, and keep themselves safe from scams and other online risks. Feeling safe and confident to use online services has empowered these women to take control without having to be reliant on family. The	-

				<p>organisation aims to provide information to women so that they can make decisions from a place of empowerment and strength. The grant has also provided additional capacity to meet the need that seems to have arisen as a result of COVID-19. It ensured not only that they did not have to turn women away from counselling services, but they were able to increase free counselling sessions to support women and girls who would not have had access to counselling because of financial restrictions. The regular funding is focused on maternal mental health, meaning they have previously had to turn away women who didn't fit the criteria. The organisation is still spending the grant, which will be used up when the counselling and computer tutor contracts end mid-year.</p>	
53. Maioha Midwives Limited	Essential items	Bay of Plenty	\$15,000.00	<p>The grant allowed the organisation to provide essential items to clients, that helped ease the financial pressure in the first days and weeks of their new babies' lives. There is a shortage of housing and income in Rotorua. The assistance the organisation provided ensured the clients were able to focus on bonding with their new baby.</p>	-
54. Maketu Health and Social Services	High needs women at risk	Bay of Plenty	\$13,676.00	<p>The organisation was enabled to continue a women's empowerment programme called Te Ara Māreikura on a weekly basis. It focuses on creating empowered and resilient wāhine by supporting them to constructively analyse their emotions and to create solutions for their everyday lives. The grant also meant the organisation could provide one-on-one support outside the programme. They found it extremely valuable to be able to continue the learnings for kaimahi on a one-on-one basis. The organisation also distributed 500 care packages to those in need around the region, as well as providing a free pickup and drop-off service for essential items like food and medication to vulnerable whānau.</p>	18 wāhine.

55. Manawatū Multicultural Council	Interpreting and mileage costs	Manawatū	\$5,000.00	A seminar was held for migrant women and girls on health, welfare and protection services available in the community, to help boost their confidence, health, safety and well-being. It included speakers from various services including neighbourhood support, family services and police. The grant enabled the seminar to include interpreters for second language speakers.	55 women.
56. Māori Women's Welfare League, Blenheim Branch	Life skills support for Māori women and their whānau	Marlborough	\$15,000.00	The organisation supported struggling whānau who are caring for their extended whānau by sharing our skills and knowledge. It held a series of "Kapu Ti Time" for wāhine in the community to provide an opportunity to reconnect with others in their community, and enabled them to take time to re-energise and focus on their wellness. It helped rangatahi in difficult circumstances because of job losses in the whānau through a Wāhine Toa initiative to continue to provide positive life experiences and opportunities for our Rangatahi, including activities such as swimming, and having a meal together on a regular basis. The Rangatahi have had the opportunity to connect with their peers and build good relationships with others in their age group, and have been involved in giving back to the community as a roopū.	-
57. Mid Canterbury Emergency Relief Charitable Trust	Support rural and migrant women to obtain driving instruction lessons and tests.	Canterbury	\$15,000.00	The grant funded driving tuition, consisting of practical in car lessons with professional driving instructors and volunteer driving mentors. It included covering vehicle expenses for the volunteers. Road Code theory classes were funded, along with driving licence test fees, and other costs such as the coordinator salary. This covered both learners and restricted/full licence tests along with access to road code practice tests prior to sitting the learners licence test. The programme has made a big difference to the lives of the women involved by giving them the opportunity to learn to drive. It has, however, been difficult for many of the migrant	32 participants.

				<p>women who have participated, as their families have been under a lot of stress which has made it hard for them to commit the time needed to complete all of the work.</p> <p>The organisation was enabled to run two learners licence courses from which 20 women have gained a learners licence. The participants reported that the classes provided regular social contact which has resulted in a decrease in loneliness and isolation. Friendships have been formed and are ongoing. There was a lift in confidence and self-esteem as the women gained new skills and improved their English language. The lessons have reduced isolation and increased independence, community integration and social networks for the clients.</p>	
58. Mothers Helpers	Maternal mental health	Auckland	\$15,000.00	<p>The grant allowed the organisation to hire four social workers for 2-3 hours per week in four locations - Auckland's North Shore, Central-West Auckland, Hamilton and Christchurch. These social workers facilitated a Perinatal Depression Recovery Course ("Out of the Fog"), to help women recover from Perinatal anxiety and depression. The funding has allowed the social workers' contracts to continue for another 9 months where they will be able to assist more than 70 women to become well through 2021. In 2020, Mothers Helpers experienced double the number of referrals as a result of COVID-19 and Alert Level 1 lockdown restrictions. The funding meant they were able to respond to this demand.</p>	30 women.
59. Mothers Milk NZ	Breast milk bank	Nationwide	\$10,000.00	<p>[Interim report] The grant enabled the organisation to purchase blood tests and replacement breast pump parts, as well as milk beads to gift to milk donors whose babies have died. They were able to provide honorariums and recuperate mileage costs for an educational development and governance programme held by Massey University to the volunteers. The grant also covered some advertising, accounting and operational costs.</p>	-

60. Motueka Women's Support Link	Vulnerable women affected by violence	Tasman	\$22,920.00	<p>The grant enabled the organisation to adjust the hours of support staff to match the increasing demand experienced during and after lockdown. The rise in demand meant they had to permanently increase the hours of all the staff. The support and advocacy service received 188 referrals for wāhine within Motueka, almost all affected by or experiencing family violence/harm. This was an increase of 46 more clients affected by family harm than over the same period in 2019. Police callouts increased post COVID-19 lockdown.</p> <p>The organisation was able to offer more counselling hours, employing a second counsellor. This has benefited the clientele and gave staff a more balanced workload. It also ensured they could continue providing support through a 24/7 crisis phone line. These services continued to provide a non-threatening and accepting gateway for women to engage with the organisation. The grant made it possible for the organisation to continue to be available to the vulnerable women/wāhine in the community who experienced family harm, depression, grief, anxiety, loneliness, financial stress, sexual violence, mental abuse, health matters, relationship problems and any other worries, especially during this extremely uncertain time. The current staff hours have proven to be effective and can handle the current demand.</p>	188 women.
61. Napier Family Centre	Group therapy for vulnerable community	Hawkes Bay	\$10,000.00	<p>The grant supported a two month Post Natal Adjustment Programme (PNAP). PNAP provides a therapeutic, educational and supportive course to women with post-natal depression (PND). The course allowed the women to connect with their babies in a safe environment and learn strategies and skills for managing their depression. Birth trauma was able to be shared in the group in a healing way. The women developed an understanding of PND and its isolating effects. They gained support from each other and the</p>	-

				<p>facilitators, with friendships developed in the group offering a great resource for support long term, helping women to feel less isolated.</p> <p>By the end of 8 weeks most participants displayed reduced symptoms. The Napier Floods interrupted the sessions for 2 weeks. A further PNAP was being held through February and March 2021. The organisation also held a PNAP Support Group, for Dads or for the partner in the relationship over four sessions. It is important for sessions to be held with the other person in the relationship so they can understand and navigate the complexity of Post Natal Depression, allowing them to better support the mother and child/children. Having the partners attend a separate group allows them to support the family and the partners in parenting as they are adjusting to their new situation.</p>	
62. Nelson Women's Centre (Nelson Women's Support)	Providing low cost counselling sessions for vulnerable women and girls	Tasman	\$10,000.00	The organisation employed a counselling coordinator to coordinate a team of qualified and volunteer counsellors. Continued providing while coping with an increased demand for low cost counselling sessions for vulnerable women and girls.	-
63. New Brighton Project	Essential items	Canterbury	\$14,784.00	The organisation was enabled to cover rent, and to purchase new bedding to fill a gap left through a lack of donations and increased demand. It was also able to employ a Blanket Bank Co-ordinator for 14 hours per week for three months. They were responsible for the day-to-day administration of the New Brighton Blanket Bank. They also conducted interviews with seven social service agencies and community groups who use the Blanket Bank, on the value of the Blanket Bank for their clients. The interviews were produced to gather evaluative data about what's working well, what might be improved, the impact of COVID-19 and the value of The Blanket	-

				<p>Bank. The Co-ordinator reviewed the interviews in order to write policies in relation to the Blanket Bank.</p> <p>All those interviewed identified warm bedding and blankets as being essential for the health and well-being of the families, whānau and individuals that they work with. A lack of access to adequate bedding and blankets was seen as a significant issue for a number of or many of their clients. All participants said that there has been increased need in the community because of COVID-19, including the need for household items such as bedding and blankets.</p>	
64. New Brighton Stitch-O-Mat	Support community connections for vulnerable women.	Canterbury	\$5,000.00	<p>The organisation was able to provide services to and make connections with vulnerable women. Delivered fortnightly workshops at the Christchurch Women’s Night Shelter by the Facility Manager, for homeless women, women with mental health issues and transgender women. During the workshops women learnt to mend and alter clothing and work on small personal projects, and additional workshops created a small social enterprise for the women. Provided drop in sessions for our hapori, attended by women who are social isolated or struggling financially. Provided services to local groups who focus on supporting vulnerable women, including CCS, a drug and alcohol treatment facility and a group working with single mothers.</p>	-
65. Ngā Rangatahi Toa	Wānanga for Māori and Pacifica girls in South Auckland	Auckland	\$5,000.00	<p>[Interim report] The organisation originally proposed to hold a wāhine wānanga in August, which was then cancelled due to the Level 3 lockdown in Auckland. A subsequent planned date also had to be cancelled. An updated plan provides for a 2-day, 1-night wānanga between March-August 2021. New venue, dates and other details are yet to be confirmed. The organisation works with the schools and leaders in the community to reduce and destigmatise issues and ensure our young people are reducing the</p>	-

				gap and re-entering the school system motivated, with piece of mind that the home life and financial needs are taken care of.	
66. Ngā Waihua o Paerangi Trust	Budgeting advice	Manawatū	\$15,000.00	The organisation was able to offer a 6-week Kai in a crockpot course, as the grant supported the purchase of crockpots, wooden spoon sets, knives, aprons, chopping boards, journals, pens and a container for participants to store their equipment in. Ingredients for the recipes were also purchased each week, as well as a photographer who came in to take photos of the first session and the graduation. It also included lunch to celebrate their graduation. They were enabled to provide this program to educate wāhine who then took that back to their whānau. Working in collaboration with a family harm prevention team provided an opportunity for education and awareness around the impact of family harm in the home, as well as on providing healthy kai on a budget for whānau. Wāhine gave positive feedback on the course. The organisation planned a second course in early 2021.	10 wāhine.
67. Ngā Puhī Hokianga ki te Raki Incorporated Society	Women's support group	Northland	\$15,000.00	The organisation held two community hui, a Breakout Night and Wāhine Ma Pamper Days. They ran an initial pamper day in December to see what kind of activities local women would be interested in. The first meeting offered facials, foot spas, massage, nail painting, readings and an art activity. Surveys were carried out face to face and on line. The collection of stories and survey information gathered has been used to identify key barriers for women and girls during the lockdown and supports the plans for community whānau and organisations into the future. The organisation was able to make phone contact to make sure people were ok. The organisation paid two people, one to coordinate activities for the day, and one who collated the women's survey responses and stories around COVID 19, as well as all the people who provided	Approximately 28 women attended Wāhine Ma over a 4 hour period.

				<p>the treatments. Most of the women in attendance had all the treatments offered. The women who participated all expressed their satisfaction with the pamper day and it gave them the opportunity to talk about their experiences during the lockdown with our scribe but also with each other. It was a good way to bring women together and build cohesion amongst the group. The pamper days were seen as giving something tangible to the women where they could feel of value and rewarded by the experience. Running a women's group has also strengthened their organisational profile within the community.</p>	
68. Parents of Vision Impaired NZ	Respite care	Nationwide	\$6,000.00	<p>The grant subsidised travel and accommodation costs so that mothers were able to attend the annual PVI conference and AGM. This meant the event could proceed and that mothers, who were particularly financially disadvantaged or impacted by the reduced support and additional strains associated with the COVID-19 lockdown, were able to attend. It ensured that PVI had a quorum for its AGM and the voices and perspectives of mothers were well represented.</p>	33 parents, including 19 mothers, 3 wāhine Māori, a domestic violence survivor, and 2 sole mothers.
69. Perinatal Anxiety and Depression Aotearoa	Mental health support	Nationwide	\$10,000.00	<p>The organisation are holding a series of five workshops called Hine Tu Hine Ora Project to support women and girls in their parenting journey. The grant allowed the organisation to hire an Educator to take the workshops.</p>	-
70. Perinatal Wellbeing Canterbury	Mental wellbeing	Canterbury	\$10,000.00	<p>The organisation actively peer supports referrals. An online Well-being Group was started during the COVID lockdown as well as a separate chat group for pregnant mothers. Mums were supported with techniques to keep anxiety and depression under control during a very stressful time. This group was fantastic at supporting mothers who have not felt confident to attend groups because of their concerns about COVID. They can also reach rural mothers</p>	90 (new) referrals. 145 members of online Wellbeing group.

				<p>who would not normally be able to attend these groups. The Playgroup and Support Group continued once restrictions lifted providing a safe space for mothers to come and with their children to meet others and to get support for their anxiety or depression. They have reported feeling supported and not alone. Likewise a Well-being Group in the Waimakariri District continued after restrictions were lifted which is being well attended.</p> <p>20 Chinese mothers belong to an Asian Wellbeing Group who have no other avenue for support. The Chinese community were affected a lot by the pandemic, even before the lockdown, as many still have family in China and they were very scared for their safety. The group has helped improve their mental well-being by giving them a space to talk and they have learnt skills that have made them feel like better mothers. They have also been able to confidently employ another operations coordinator to help, as well as start paying the first coordinator for 10 hours a week, for voluntarily running our groups, supporting the mothers and doing all the administration over the past 2 years.</p>	
71. Pillars-Ka Pou Whakahou Incorporated	Supporting mothers to rebuild their lives when leaving prison	Auckland	\$15,000.00	<p>The organisation was enabled to pay for three social workers in the South Auckland region to reach out to as many whānau as possible during 2020. They looked forward to the calls and contact from their Pillars social worker. A great number of women live a life of 'social distancing' and isolation and going without. COVID-19 increased the isolation and distancing for them as they were not able to have that face-to-face contact with support agencies at the level they would usually receive.</p> <p>The social work team increased their hours and gave more intense emotional and practical support than usual. This funding enabled them to tautoko whānau, helping them to achieve their goals such</p>	-

				as having a healthy routine, being financially stable, and having their tamariki back into their care.	
72. PIPS Pregnancy Infancy Parenting Support Trust	General parenting support	Canterbury	\$5,000.00	<p>The grant was spent on a subscription to Volunteering Canterbury to have a running advertisement recruiting volunteers to support their mission. The remainder of the funding was spent on the wages of the Volunteer Coordinator, who carried out volunteer recruitment and training to support women during pregnancy and early parenting. The volunteer coordinator organised and hosted a volunteer open day which was attended by 12 community members. Five new volunteers have since been fully trained and are regularly volunteering.</p> <p>COVID-19 brought huge challenges for PIPS, and staff needed to pivot and adapt to meet these challenges. The grant allowed them to maintain the work and outreach needed and fill the gap left by other funding sources that were unavailable. The staff worked tirelessly to meet the immediate needs of the community at every alert level, networking with other agencies, pulling on our internal resources, making a hugely positive impact and delivering exceptional community support during such uncertain times.</p>	-
73. Porirua Living Without Violence - Te Noho Riri Kore Incorporated	Male violence prevention programme, supporting men not to commit violence	Wellington	\$20,000.00	The organisation ran a 16-week Behaviour Change programme on non-violence for abusive men. Attendees learnt to address their abusive behaviour by learning about the change process - changing their behaviour by changing their way of thinking. They learnt to take responsibility for their actions by exploring the context and possible causes and effects of their own violence, and were taught healthy ways to manage their anger through strategies and participation in activities.	173 clients.
74. Praying Mantis Productions/ Home Ground	Art initiative to support women	Wellington	\$15,000.00	The organisation delivered a series of 12 Creative Resilience COVID-19 workshops in the Wellington community and both Women's Prisons, Arohata Upper (Rimutaka) and Arohata (Tawa)	Over 40 women.

	in the justice system			<p>between September and December 2020. As a result of the impact of COVID-19, the organisation saw an increase in anxiety and isolation. Financial pressure has increased for some families, and this in turn creates pressure in the home.</p> <p>Many families have been struggling right now, so the aim was to relieve financial pressure and instigate some self-care practice for women in the justice system. When women get space for themselves, they are better equipped to support others. With so many women being the backbone of a healthy family, they need to be cared for too. The women in the community are isolated on Home Detention, and often only have dependants at home. The organisation provided essential space for them while providing the opportunity to create artworks and gifts for whānau.</p> <p>The women inside the prison had no other opportunity to create cards or gifts to send home, so they provided an essential service to those women inside. The organisation also held arts workshops, including visual arts, pottery, story-telling and sound workshops, that were designed to provide a safe, nurturing space that encourages community well-being. Spending time in a positive affirming environment allowed them some much-needed space from a chaotic home life. They felt that this increased their resilience in the lead up to Christmas.</p> <p>Participants said they gained: time with other people; fun and time out from normal life; doing different things other than being a mum and cleaning the house; freedom; support; and the safety to explore while growing more comfortable in yourself.</p>	
75. Pregnancy Help Inc Auckland Branch	Supporting mothers with essential items (operational)	Auckland	\$10,000.00	The grant enabled the organisation to continue working without disruption. They provide their clients with counselling, information, guidance and donations of baby essentials at no cost. The grant was used primarily for moving costs to temporary premises and a	300 clients.

				<p>couple of months later, to permanent premises. The organisation also used the grant for core service costs including wages, rent, and to provide a koha for the temporary premises that it occupied during July, August and part of September 2020.</p> <p>The funds came at a time of great stress to the organisation. The end of Alert Level 3 meant that organisation faced a deluge of clients who had to be seen by appointment and following all COVID protocols while packing the office up at the same time, without even being sure of their destination. The grant gave them breathing space at a time when they were much needed, but were not sure about how they would continue to effectively provide their services to very anxious pregnant women. Throughout COVID, they were fully stocked with all the essentials babies and families needed but had no access to the stock so found other ways of providing the service remotely.</p> <p>Women continue to benefit from the funds received, as the organisation was able to keep their staff and fill another part time position. They measured these benefits directly from feedback received from clients and from the information and referrals they gave clients, as well as the number of women and their families helped at this time. There are gaps in the provision of services to pregnant women in New Zealand who do not have access to free maternity care. The organisation has given these women, whose voices are hardly ever heard, a hand up so they in turn can provide for their babies better. Resources spent on these babies who are New Zealanders now will ensure they have better outcomes, healthier lives.</p>	
76. Pregnancy Help Inc. Invercargill Branch	Maternity packs	Southland	\$10,000.00	The organisation gives care and support to pregnant women and caregivers of young whānau. The grant enabled the organisation to cover client welfare needs more generously. Due to safety	-

				concerns the organisation can only supply new items to clients, particularly expensive equipment such as prams, highchairs or cots. The organisation has supplied mainly pushchairs that make a great difference to parents (particularly sole parents) who may have no form of transport. A pushchair enables the caregiver to take walks with the children and get the benefits of fresh air and exercise, which then benefits mental health. Supplying cots provides babies with a safe sleeping place, which is vital in the prevention of Sudden Infant Death. Parents who cannot afford these items will otherwise 'make do'.	
77. Pregnancy Help Taupo	Operational costs	Waikato	\$15,000.00	The grant allowed continuation of core service by subsidising the wages of the organisation's Coordinator. They were able to work through level four lockdown as an essential service, providing support to the most vulnerable in our community. The funding also enabled the organisation to provide a staffed drop in centre 4 days a week for 18 weeks.	-
78. Prison Fellowship Aotearoa T/A He Korowai Whakapono	Support for women leaving prison or those with a partner in prison	Wellington	\$10,000.00	For the second half of 2020 the organisation met weekly, for up to 3 hours, with two women in a women's reintegration programme: Ngā Manu Rere (birds that fly). They now both have a deeper understanding of identity and a fresh respect of belonging to culture, having increased their confidence, freedom and self-awareness. They developed a career path, implemented a health and wellness plan, and established clearer boundaries concerning family and effective time management. They have a new awareness of internal triggers, negative self-talk, causes of stress and effective response methods. The organisation's goal-setting sessions were completed in line with Te Whare Tapa Whā (Hinengaro, Wairua, Whānau, Tinana).	2 adult women.

79. Project Esther Trust	Providing subsidised counselling for women facing adversity.	Canterbury	\$5,000.00	The grant allowed the organisation's core service to continue providing subsidised counselling for women facing adversity as the pandemic had seen their usual funding sources reduce.	-
80. Rachel's House Trust	Isolated young mothers	Canterbury	\$10,000.00	The funding ensured continuation of the organisation's core service by subsidising the wages of the organisation's Manager and Support Worker for 110 additional hours. This provided clients with more support, connection and advocacy services. This included provision of food, phones and fuel vouchers for many clients and their tamariki. It means they can communicate with and travel to connect with staff, mentors and other young parents. They also held 17 playgroups for 'mums and minis'. This provided a safe, supporting and respectful environment for young families to experience a sense of belonging, whilst being encouraged, educated and empowered. Further 'Character Values' and parenting workshops supported young mums and parents, with childcare provided to allow the parents to attend. The grant also supported the counselling costs of six clients for six sessions each. One on one counselling sessions were transformational for these clients, as they have enabled them to identify issues, discuss how to move forward, and set goals. By giving unlimited time the organisation has seen young lives transformed. Young parents have made positive permanent changes to their lives, meaning their families have become stronger and more independent.	6 clients. 5 mums with 11 tamariki at Connect Group. 14 young mums at counselling. Support workers engaged with 26 young whānau. 101 parents supplied with food parcels. 108 adults, and 169 tamariki at playgroups. 18 parents at workshops.
81. RaWiri Residents' Association	Period poverty	Auckland	\$20,000.00	Not yet received.	-

82. Rostrevor House Inc.	Supporting Māori single mothers (operational)	Waikato	\$5,000.00	The grant enabled continued provision of the organisation's core services, meeting very specific needs of clients. COVID-19 increased the demand for the organisation's service, as families struggled with job losses and additional stresses. Children dealt with increased anxiety, and many needed intense intervention and assistance. The organisation looks closely at the needs of both the client and the family to make the best plan or programme for them, meaning they were able to significantly reduce stress levels in families where violence is a very real threat. The organisation helped to remove extra pressure for families created by behavioural or mental health issues by coordinating services, removing feelings of isolation, providing parenting education, and giving support. These programmes enabled parents to increase their knowledge and effectively respond to challenging behaviours with coping strategies.	-
83. Rotorua Wacky Warm Ups	Essential items	Bay of Plenty	\$5,000.00	The grant supplied the organisation with quality materials to work with and produce beautiful items for the benefit of the community. The members have supported one another during the year, maintaining confidence in knowing that what they were doing was strengthening the community and resilience from the COVID experience. Their skills increased, and their creativity in solving tricky problems. In order to maximise their funds the organisation widened their use of wholesale suppliers, waited for sales and specials and obtained discounts through networking. The organisations they support have increased in number during 2020, particularly the pre-school sector in lower socioeconomic areas. Groups have asked for more warm items for babies and children, also slippers for all ages.	-
84. Rural Women New Zealand	Mental health services	Nationwide	\$10,000.00	[Interim Report] None of the grant money distributed to this organisation has yet been able to be spent. The circumstances	-

				<p>surrounding the pandemic has meant that they have been unable to run the psychological trauma course for which their funding application was approved. The trainer is based in Australia, so the course has had to be deferred until the border opens. As the course is internationally accredited, there is no mechanism to proceed until such time as the trainer can travel to New Zealand. The funds have not been expended and have been held over until such time as the course can be held.</p>	
85. Shakti Community Council	Counselling services for women who have experienced family violence	Nationwide	\$20,000.00	<p>The funding supported one-on-one counselling sessions, group therapy for their refuge clients as well as counselling sessions over the phone and technological platforms. The delivery of counselling sessions over video calls was effective as counsellors were able to better gauge clients' emotions and reactions when discussing sensitive topics. Some clients were unable to attend video call sessions, so regular contact was made through phone calls. Additional support to these clients included grocery deliveries and online learning resources for their children. Counselling provided an outlet for survivors to talk about their experience and how they were feeling during the COVID-19 pandemic, and provided strategies for clients to cope with and handle the situation, including the fears of some mothers that they would not be able to care for their children by themselves. Counselling also helped women regain confidence and self-respect, and feel empowered to live a life of self-reliance free from fear and violence. Many clients felt the counselling sessions were helpful in enhancing their emotional and mental wellbeing and that they were better equipped to handle the challenges resulting from the COVID-19 pandemic.</p>	-
86. Shama Hamilton Ethnic	Supporting ethnic women	Nationwide	\$20,000.00	<p>The grant ensured the delivery of prevention training in ethnic communities. The organisation commissioned a prevention expert</p>	40 participants

<p>Women's Centre</p>	<p>victims of sexual and family violence (operational)</p>		<p>to design and deliver three training sessions on prevention work, focused for use on ethnic communities. The expert developed a 6hour training package using examples of prevention around the world that had worked in diverse ethnic communities. The organisation is evaluating the programme, looking at how values, attitudes and behaviours shift for the people involved. The coordinator has taken over delivery of the programme. The organisation decided to concentrate the programme on preventing child sexual abuse. They created a Child Safety workshop for ethnic mothers attached to a parenting programme through Diversity Counselling and Waikato Red Cross. The first workshop was held in Hamilton in December 2020 and resulted in 16 group members increasing their understanding of how to prevent sexual violence in their communities. The second workshop in January 2021 focused on prevention through Active Bystander information and Healthy Relationships for international students. The workshop created a culturally appropriate video for use by New Zealand universities with international communities. Seven members have been able to put principles of preventing sexual violence into practice.</p> <p>A third workshop was to be held in Invercargill in February 2021, which was to replicate the culturally safe child safety prevention workshop. The post-workshop programme is being followed up by a worker employed 10 hours a week to facilitate the three groups towards completion of their projects. The organisation states that it was able to provide significant change which made a difference for communities, and that the funding will produce long-term benefits because it has effected behavioural change.</p>	<p>over 3 workshops.</p>
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87. Sisters United Trust	Mentoring for Māori and Pasifika girls	Auckland	\$15,000.00	The organisation held a 3 day Young Queens camp on the 11th-13th December 2020, to allow young wāhine or kōtiro Pasifika from 7 Auckland schools to participate in the workshops that were previously cancelled due to COVID-19.	72 young wāhine or kōtiro Pasifika participants.
88. SleepWell MoePai	Essential items	Waikato	\$6,700.00	The organisation distributed 1095 bedding packs, plus clothing and blankets to those in the community in need of bedding. Babies also received towels, toys and/or other resources.	1095 people.
89. Sport Bay of Plenty Charitable Trust	Supporting young solo mothers to participate in sports	Bay of Plenty	\$10,000.00	<p>The organisation was able to continue delivering its Wāhine Toa Sole Parent Programme, which provided support to the young mums of Tauranga Moana. The programme is designed for sole parent women aged 16 to 24 living in the Tauranga area, with children aged one and over. It aims to provide young mothers with a safe and encouraging space and support network uniquely tailored to their needs, and to give females positive physical activity experiences. It helps participants break negative cycles by supporting them to develop strong physical and mental skills and independence.</p> <p>Two Wāhine Toa Sole Parent programmes have been held since May 2020. 17 wāhine completed the course, of whom 11 went on to employment or study. The learning and development units in the Wāhine Toa programme helped clients develop personal and professional development skills. Participants also engaged in daily sport and recreation activities including fitness sessions, excursions to develop confidence and resilience such as kayaking, tramping or rock climbing, and volunteering at local and community sport events. The activities provide a context and place for the young women to practice the personal and professional skills they acquire during the learning and development units.</p>	22 referrals to the programme. 17 wāhine completed the course.
90. Starship Foundation	Essential items	Auckland	\$5,000.00	The project Te Puaruruhau addresses period poverty by providing hygiene packs. The grant supported their work with whānau	-

				<p>experiencing disadvantage by funding this project, to help improve local resilience and wellbeing during a difficult time. The programme provides forensic and medical examinations for children and adolescents who have experienced a sexual assault. The funding enabled each young person to be provided with a hygiene pack, including basic cleansing products, sanitary products, and period underwear. It is another way to improve the experience and to empower the young person. Hygiene packs were useful in the acute phase as well as instrumental in returning a sense dignity and ownership for young people. Young women were very excited to receive their period underwear, with feedback revealing that it was the sense that someone cares about them that has made a world of difference.</p>	
91. Stopping Violence Dunedin Inc.	Female group therapy sessions	Otago	\$21,500.00	<p>Facilitation of two additional group therapy programmes for women for 20 weeks.</p> <p>Extension of creative art programme for youth affected by whānau violence. Four programmes with three participating schools were run between August and December 2020. Programmes are facilitated at participating schools during dedicated class time or lunchtimes, dependent on the school.</p>	16 women and children and youth from 3 participating schools.
92. SuperGrans Dunedin Charitable Trust	Operational costs supporting vulnerable women and girls	Otago	\$20,000.00	<p>The organisation was able to continue its core services such as home-based support and group workshops that help whānau develop skills around household management.</p>	-
93. Supporting Families Marlborough	Counselling and empowerment programmes for women and girls with mental	Marlborough	\$12,240.00	<p>The grant allowed the organisation to provide Empowerment programmes for women, and counselling sessions for women and girls. Referrals needed to happen to counsellors in order to further the outcomes. The number of referrals grew noticeably after empowerment/counselling to ACC Sensitive claims, and soaring</p>	1700 clients

	health challenges			with the impact of COVID-19, with the counsellors currently over capacity with their work.	
94. Takiri Mai Te Ata Whānau Ora Collective/ Kōkiri Marae Keriana Olsen Trust	Period poverty/ homeless women	Wellington	\$5,000.00	The organisation was enabled to help rangatahi and whānau experiencing period poverty. The grant was used to make up female hygiene packs that were included in food parcels, or whānau who were in need of female sanitary products, through the purchase of sanitary pads, underwear and soap. The grant was also used to purchase reusable products such as menstruation cups, reusable pads and reusable period underwear to provide alternative options to wāhine other than the traditional options. The funding reduced period poverty in our community, provided reusable products to wāhine who experience period poverty, and educated and provided alternative options to wāhine other than traditional options when they have their ikura (period). The organisation was able to help many families with the sanitary packs while also now being able to offer a reusable option which many had mentioned they were interested in. Provision of the packs not only helped ease financial stress for our wāhine/taiohi but also helps protect Papatuanuku (environment) by less waste/plastic going into our landfill.	-
95. Tauranga Living Without Violence	Violence prevention and support (operational)	Bay of Plenty	\$30,000.00	The community fund enabled the organisation to create a social worker position, to assist clients to address their extensive needs, exacerbated by COVID, in order that clients may be supported to engage with services. The grant was allocated toward monthly wages of the new social worker, who was recruited in August 2020. The social worker performed a range of services for women, including: advocacy with the IRD; referrals to Strengthening Families agency; support to obtain emergency housing; transport to open home viewings; transport for medical appointments; and securing food parcels.	-

				<p>The social worker position has been instrumental in support in this space, as the role encompasses longer term support, in order to assist bringing about sustainable change for a client and increasing their resilience. Many of their clients have been incredibly isolated throughout the duration of an abusive relationship, meaning that many lack the knowledge or skills needed to navigate the spaces to bring about change for themselves and their children. The social worker attends many appointments as a support person, journeying with a client to the point that they are better able to express their needs and support they require in other spaces.</p>	
96. Tauranga Regional Multicultural Council	Supporting vulnerable new migrant women to connect to their community through classes, courses and other events	Bay of Plenty	\$10,000.00	<p>The organisation initiated a project to support migrant mums and their families in the Bay of Plenty in collaboration with Tauranga Plunket. The COVID-19 lockdown left many young migrant mums of Indian and Filipino backgrounds isolated and their partners unable to find work. The grant also enabled the organisation to support families from South Africa, Samoa and Spain. Many migrant women do not have access to financial support from the Social Services in New Zealand and are therefore reliant on help from organisations like Multicultural Tauranga. Some of these families have challenges finding appropriate work, housing, childcare, and English Language support. They also face challenges with social isolation, access to medical care, immigration support, general household expenses and transportation.</p> <p>The grant enabled the organisation to customise hampers for the young mothers with help from Plunket nurses. They personalise the support for each family through conversations and social visits to understand their needs. It helped the women to make social connections, and having adult conversation without the fear of</p>	24 families.

				<p>being judged made it easier for them to cope with an uncertain future.</p> <p>The grant enabled the organisation to organise a trip for the women in the community as they had been very isolated. The trip helped to alleviate their feelings of loneliness and depression. It has also assisted some women with driving lessons so they could join classes and attend workshops. Without a licence they were dependent on their husbands to drive them to places.</p>	
97. Te Aranui Youth Trust	Supporting vulnerable young women to access wāhine toa programme and uniforms and sports fees	Bay of Plenty	\$7,500.00	<p>The organisation was able to run two Wāhine Toa programmes on life skills at two schools. The organisation also ran two school holiday programmes and a breakfast club to support at risk youth. The organisation encourages and supports the involvement of rangatahi in community and cultural activities to maximise their potential. The course works on their resilience, confidence and individual skills. The programmes aim to surround the rangatahi with positive role models, ensuring they learn how to communicate respectfully, whether to peers or to their elders, and to reduce reoffending in the long-term. They were able to provide individual mentoring and educational support for those not at school. The organisation was able to cover almost all of the fees for the camp for the rangatahi.</p>	-
98. Te Kakakura Trust/Kakakura Health Services	Counselling programme aimed at supporting women who have suffered abuse	Canterbury	\$10,600.00	<p>The grant enabled the implementation of a Counselling and Peer Support programme called Ka Whakamahere Hauora for Māori women and girls who experience mental illness, addiction and/or trauma as a result of physical, psychological, emotional and/or sexual abuse. The programme includes three elements: cultural, alcohol and drug addiction counselling; cultural health resiliency counselling using cultural de-escalation tools; and a volunteer peer support programme.</p>	<p>10 wāhine in addiction counselling. 10 wāhine and 10 taitamāhine in peer support programme. 10 wāhine in</p>

				<p>The programme assisted wāhine to reconnect with their cultural foundations which helped in building their sense of identity, dignity and wellness; improved cultural connections which had a positive impact on their spiritual, mental, emotions and physical well-being; restored their sense of mana; improved their resiliency and confidence through the use of cultural techniques such as karakia, waiata and whakapapa; and used pūrākau (mythology) to re-build their self-identity with archetypal characters.</p> <p>The organisation also used kaupapa Māori mental health models and a wellness and well-being tool to address other mental health illnesses. Using these models participants reported a decrease in anxiety, panic attacks and trauma caused by the Covid-19 lockdown. The funding allowed the organisation to provide support to wāhine and taitamāhine with mental health diagnoses, whose symptoms were exacerbated by the pressures and isolation of COVID-19 lockdown.</p>	<p>resiliency counselling. 40 people in total.</p>
99. Te Puna Hauora Ki Tauranga Moana Trust	Providing sanitation and hygiene packages for vulnerable women.	Bay of Plenty	\$5,000.00	<p>The grant funded a group programme for female children and adolescents around anxieties and depression in the aftermath of COVID 19. The organisation held two 8-week programmes aimed at teaching coping and relaxation skills and incorporated art and craft activities, to help girls with issues of anxieties and depression, one for younger girls from 8 years to 12 years, and one for teenage girls. The programmes included cultural values of Whānaungatanga, Manaakitanga, Tikanga and Kawa, and Tino Rangatiratanga. Part of the programme included identity, self-care, caring for others, safety, boundaries, self-empowerment, leadership, support systems, identification of needs, wellbeing, coping skills and confidence-building. The funding was used to respond to an identified need. The remainder of the grant funded administration costs and weekly survey questionnaires.</p>	<p>Around 1,000 people attended the Mauri Ora Health and Wellbeing day.</p>

				<p>The majority of attendees in both groups found the workshops useful and of value. Parents commented that their children had learned improvement in communication, had become more sociable, not so shy, increased in confidence and able to be themselves. Parents also noticed improvements in their children's well-being, including: more confidence to give things a go; insight into well-being needs; and less panic.</p> <p>On the 20th January the organisation also held a free Mauri Ora Health and Wellbeing day for families and whānau with young families. The funding assisted us to provide this much-needed group-work service to girls and young women from 8 years of age to 17-year olds, supporting wellbeing and resilience.</p>	
100. Te Runanga o Te Whānau	Support groups for women in remote communities	Bay of Plenty	\$20,000.00	<p>The funding has allowed the organisation to run a Hapū Māmā Wānanga, an Autism Workshop, and Apanui Hikitia: Roopu Māmā/Wāhine. The Hapū Māmā Wānanga was inclusive of the whole whānau and involved a discussion of stages of pregnancy, with a heavy focus on SUDI Prevention, and the kaupapa Māori practices of making of wahakura (to address safe sleeping), ipu whenua (a clay vessel to bury afterbirth) and muka (a flax alternative to a plastic clamp). This focus was driven by demand for a service that addressed gaining sound knowledge of hapūtanga and kaupapa Māori methods. All items used were procured and prepared by descendants of Te Whānau-ā-Apanui. Success of the programme is shown by the requests by the community for further such wānanga in future.</p> <p>The Autism wānanga 'Way to Play' was a one-off 6 hour workshop planned for 3 February 2021, for individuals such as caregivers or teachers who have or work closely with children with autism. It aimed to assist the participants by offering some simple, easy to</p>	15 participants in the Autism workshop. 8 participants in the Apanui Hikitia wānanga.

				<p>use, practical strategies for playing with and helping the children in a fun and educational manner.</p> <p>Apanui Hikitia was a programme of wānanga focused on all wāhine of Te Whānau-ā-Apanui, whether they are mothers, or interested in sharing and creating goals and aspirations for themselves and their whānau. Eight wānanga were completed, with each group focusing on goals, aspirations, and presentations on areas of interest to all involved, including vision boards, business start-ups and Māori whenua issues. They have provided the wāhine with personal time to get away or meditate, and the opportunity to learn about building on whānau land and starting new businesses.</p>	
101. Te Whare Pounamu Dunedin Women's Refuge	Operational costs	Otago	\$25,000.00	<p>The grant has enabled the organisation to offer a faster, more efficient and a more focused service to an increased number of clients and their whānau. The increase in demand for their services meant a need to hire extra staff.</p> <p>The grant has enabled an increase of hours for one staff member of 10 hours per week, to last for 2 years. More clients have increased the administrative mahi, as well as the number of meetings with clients. The increase also created a waiting list to attend a re-vamped women's education programme during 2021. The grant enabled the organisation to hire a further staff member in 2021 specifically to deliver the programme.</p>	-
102. Te Whare Putea Charitable Trust	Food/housing/ advocacy/ budgeting for women	Marlborough	\$10,000.00	<p>The organisation has been able to provide 10 hours per week to focus solely on the needs of women in our community. They have achieved some great outcomes due to concentrating on taking selected female clients from difficult situations, through goal setting, and working side by side with them for as long as we were needed. Staff often see the female of the family shouldering more than her share of the responsibilities and are happy to provide support that makes things more tolerable.</p>	-

103. Te Whare Tiaki Wāhine Refuge Charitable Trust Porirua	Operational	Wellington	\$25,000.00	<p>The impact of COVID-19 on the community meant that the organisation had to take immediate action to support the community. The Trust kept its doors open during levels 4, 3 and 2, taking a risk and lethality approach with health and safety to inform the service delivery. During lockdown different clusters of groups came into the space because of relationships that could not withstand the confinement such as cabin fever, loss of employment, including financial abuse as a method to control the sale and distribution of illicit class A drugs and alcohol.</p> <p>The grant allowed the Trust to employ another Kaitiaki as an advocate, which the intensity of the impact of the lockdown made necessary. The funding has supported the pātaka and salary of the Kaitiaki. This advocate has been able to support, remove, transport and provide hotel accommodation for clients who are single or with children 24/7 day and or night.</p>	-
104. The Asian Network Inc. (TANI)	To provide counselling services to migrant women.	Auckland	\$14,000.00	<p>Funding ensured the organisation could continue their core service, providing wrap around services to support migrant women, as well as providing counselling services to vulnerable migrant women. The organisation was able to resume face to face small group workshops in Auckland. It was also able to continue running online workshops to support those women who could not take part in the face to face workshops, and ensure they were connected to providers. The organisation was able to ensure these women felt inclusive and empowered by sharing all the tools and community resources information to them in their respective Asian languages. The organisation achieved its best outcomes when their services were combined with counselling and mental wellbeing services.</p> <p>The organisation was able to provide social inclusion and companionship support for the most vulnerable elderly women of</p>	Varies from 8-16 and 15- 26 participants in twice-weekly webinars.

				<p>the migrant community, who had suffered the most as a result of COVID-19. It designed activities for the elderly women to keep them busy so that they did not feel lonely. The organisation also provided emotional support to the women of families that have been victims of hate crime at a regional network meeting, and at a series of webinars held in July and August 2020. Seminars and webinars were held on various health topics between June and November, including twice-weekly culturally appropriate crisis counselling and mindfulness webinars on an online platform, for men and women between 45 and 85.</p>	
105. The Backbone Collective	Operational/ violence and abuse	Nationwide	\$15,000.00	<p>The organisation was enabled to continue working on projects that will improve the outcomes for women and children who have experienced violence and abuse by giving these women (and potentially their children) a way to feed into the design of current initiatives that will impact on their safety long term. It was able to provide information and support to many women who contact the organisation online, who are often in dire high-risk situations and have not found helpful support from other services. The organisation linked women with legal services, connected them with relevant resources and information, and linked them with each other for ongoing support.</p> <p>The grant also funded a contract position for a specialist victim-survivor analyst, to work towards making sure that its projects result in safer outcomes for women and girls. Women want to be involved and engaged with improving the system but they need a safe and anonymous way to do that. The specialist victim-survivor analyst supported women to share their experiences and insights with Government agencies and with the public to improve understanding of the hardships and barriers to safety that victim-survivors often face and the changes they want to see happen.</p>	-

106. The Cannons Creek Youth Charitable Trust	Supporting girls to participate in sport and develop leadership	Wellington	\$13,000.00	The grant enabled the organisation to continue its services by contributing to staff wages, including the head female coach, the intern coach and the gym manager for 5 hours a week. The funding enabled the organisation to expand their operations by re-starting school classes, as well as employ the new coaches. The organisation provided a programme which focused on Billy Graham Youth Foundation values, and on keeping young people engaged, fit and healthy, and connected with other members.	-
107. The Good Fund	Period poverty	Nationwide	\$15,000.00	The grant provided the organisation with 4 months of product support with menstrual packs, including menstrual cups, for gifting to the community.	-
108. The Home and Family Society Christchurch Incorporated	Essential items and support programmes	Canterbury	\$10,000.00	The funding allowed the organisation to deliver support to both individuals and families experiencing family violence to ensure they were well supported and following their community plans. This support included both financial assistance with accommodation, food and power costs, and regular visits and contact by the organisation's social worker. The organisation offers a Parenting programme to its clients, which provides accommodation to the clients. The Parenting programme included support for visits by Dads to the accommodation. The grant also funded events held by the organisation to help the clients and their families to connect with each other. The organisation provided 153 free online therapy sessions over seven weeks in Level 3 and 4. Maintaining this connection and talking through strategies to reduce their stress and anxiety was essential for the tamariki during this period.	14 individuals, 153 whānau.
109. The Kindness Institute	Operational marginalised Māori girls	Auckland	\$10,000.00	The grant enabled youth development programme Atawhai to continue supporting rangatahi wāhine Māori by contributing to core staff wages. It supported the programme to build strong mental health, resilience and leadership skills for marginalised	8 rangatahi wāhine Māori.

				<p>rangatahi. Atawhai created a holistic well-being and greater level of cultural wellness, as well as a stronger sense of identity and cultural connection through an exploration of Te Ao Māori. It funded a week-long retreat at the Aio Wira centre in West Auckland in October. Mentors and staff worked with rangatahi to practice tools around acceptance, forgiveness, resilience and whanaungatanga through meditation, yoga and connection to Te Ao Māori through Te Whare Tapa Whā. It included talks on suicide ideation and how to support those struggling with suicide with a Youth Psychologist.</p> <p>The organisation facilitated a monthly kanohi ki te kanohi wānanga once lockdown was lifted. Over the year rangatahi wāhine Māori learnt how to improve their overall well-being by regulating their emotions, managing stress, maintaining healthy relationships, learning leadership skills and navigating conflict through mindfulness techniques. Rangatahi reported a reduction in stress, achieved their goals to improve confidence, communication and well-being, and taught yoga and mindfulness to others. They wanted to continue with the programme, which strengthened their sense of connection through the flow-on effect of rangatahi sharing mental well-being tools they have learnt with whānau and community. The organisation also ran a sexual health and consent wānanga with Te Kaha O Rangatahi as partners.</p>	
110. The Mums Clique Charitable Trust	Operational - supporting mothers	Auckland	\$10,000.00	<p>The funding assisted the organisation to support families with essentials during lockdown. It provided families with an 'essentials box', worth \$85 for each child in a family. The organisation therefore relies heavily on product donations to make up the box, as well as donations and grants. Without the boxes many families would have been in desperate need.</p>	611 families.

111. The Shift Foundation	Empowering young women who have faced a range of challenges	Wellington	\$10,000.00	<p>The funding enabled the organisation to deliver five programmes and events: the EmpowHER 2020 Conference, the Shift Wellbeing Camp, the Tough Gal Challenge, Shift your Mind workshops, and services delivered by Shift in Porirua, including employment of its Co-ordinator. The funding contributed to several outcomes from these programmes.</p> <p>The programmes gave wāhine more opportunities to actively participate in new ways in their communities and leadership development. They also gave young women increased access to constructive and creative activities and to quality physical activity experiences. They enabled priority groups of young women to engage in initiatives and establish positive social connections with peers and youth workers, as well as building confidence in young women to express their ideas and engage in positive experiences. Young women became more aware of well-being concepts and had an increased capacity for self-management.</p>	-
112. The UMMA Trust	Supporting women with language translation services	Auckland	\$10,000.00	The organisation was able to reimburse lessons and both Full and Restricted driving tests for Muslim refugee women in challenging situations. Learning to drive has immeasurably empowered and provided greater freedom and choices, transforming their lives.	68 learners enrolled, and 20 women have passed driving tests.
113. The Wai Art Initiative	Art initiative to support women who have suffered domestic violence and sexual abuse	Marlborough	\$7,000.00	The grant enabled the organisation to continue their core service of helping victims of domestic and or sexual violence through art programmes, after normal fundraising was prevented by the COVID-19 lockdown.	-
114. Tiaki Taonga Trust	Wrap around service for	Northland	\$15,000.00	COVID-19 had a devastating impact on the Hokianga region, on top of the social issues it had already been dealing with for many	-

	deprived community			years. The organisation provides wellness support and services to women and girls during COVID-19 lockdown within the hapū, whānau and community. Funding allowed the organisation to purchase food, medical supplies, community vehicle, venue hire support, administration support, accountancy and accountability of the funds. However more funding is desperately needed to address the issues that the organisation deals with in the region.	
115. TOA Pacific Incorporated	Operational Pacific older women	Auckland	\$15,000.00	The organisation were enabled to continue employing two social workers full time to work with cases of abused women and children from police referrals. The grant provided for over-delivery of cases which increased due to COVID-19, and improved outcomes for women and girls by ensuring their safety and well-being. TOA Pacific were able to achieve outcomes beneficial in the long term by helping the women obtain housing, resources, counselling, parenting courses, or legal aid.	-
116. Tokoroa Netball Centre	Providing equipment and training to make sport accessible for girls from deprived communities	Waikato	\$5,000.00	The grant brought the local rangatahi and community back to netball and expanded interest by running a Leap in2 Netball festival day. Any and all interested persons came to register their interest to play, umpire, coach or be on the committee. Modified netball games were run for the various age groups. Guests from the Waikato Bay of Plenty Zone attended. Existing teams had stands where they could promote their club and try and register players. Stalls from various groups sold kai. A shorter season due to COVID meant a Mixed Social Indoor Netball competition was run with 10 teams. It attracted new players to the sport, particularly with the involvement of fathers or partners, supporting their wāhine to participate in sport. Many teams indicated that this social competition will encourage them to potentially return to normal competition netball, albeit at the lower level grades.	Hundreds of women and their whānau.

117. Training and Budget services Inc.	Budgeting services for women	Auckland	\$20,000.00	The funding allowed the organisation's budget consultant to maintain their service and continue to support clients. They were able to continue processing the clients' weekly allowances and creditors' payments, balance and plan their future payments, and continue their savings goals. This helped to support the clients during uncertain times, and gave the clients a sense of security that they weren't alone and that their financial situations were being taken care of. Feedback from clients supports the benefits of the programme, as they state that they were able to develop their administrative abilities, receive a consistent income and acquire job tools surrounding the handling of money.	-
118. Triathlon Tauranga	Supporting women and girls to participate in sport	Bay of Plenty	\$9,074.00	The grant provided the opportunity for young women to spend more dedicated time on physical activity in a safe and fun environment, with a free programme to families who may not otherwise have been able to be involved due to financial limitations. Helping young women to stay active through adolescence is important to help them to be healthy and happy. All of the young women improved their fitness across 16 weeks. 84 percent improved their fitness across more than 4 of 6 exercises, and 37 of 49 participated in a 5k walk/run. Parents and siblings also joined the walk/run, demonstrating the wider impact triSASSY has on getting whānau involved. These young women now have more tools to set themselves goals, achieve them, make good decisions and feel good about themselves while navigating the world.	49 young women.
119. True Colours - Honouring the Mother	Mental health support	Bay of Plenty	\$5,340.00	This grant enabled support services for women to continue, including an ongoing wellness programme for women. The services provided connection, community with other women, safety for women to share their authentic experience and support, and advocacy support. Attendee numbers fluctuated with a peak in	-

				<p>August during the Auckland outbreak, followed by a drop in numbers in alert Level 1 in September. Many referrals came from Facebook posts. The organisation maintained an online support group, which saw success as a way for women to connect online when they needed to support their mental health. COVID-19 impacted many whānau, but feedback shows that the online service meet these women’s needs when they could technically meet physically but wouldn’t have been able to because of physical, financial, work, child sleep routines, travel time or mental reasons. The funding gave a ‘lifeline’ to many women.</p>	
120. True Colours Children's Health Trust	Operational, supporting mothers with sick children	Waikato	\$6,000.00	<p>Funding has supported the employment of contractors to work with women dealing with grief and loss, or who need further expert support with a psychologist. The organisation has supported women to build their resiliency, giving them the skills and strategies that will enable them to keep going when they may feel their world is falling apart. Expert support has enabled the organisation to empower women to find their own inner strength. Providing mothers with a safe place to be heard and get the on-going support they need, means they are in a better position to be there for their family. The grant has also funded fuel and phone costs for the organisation.</p>	-
121. Tui Trust	Care packages	Waikato	\$5,000.00	<p>The grant supported women in the community by providing care packages. Women who were isolated and in need of assistance from Hamilton, Ngāruawāhia, Huntly and rural Waikato were nominated by teams according to qualifying criteria. This included women with newborns or dependents with special needs, disabled or homeless women, women suffering from mental health issues or family violence, or those with a recent loss of income. The organisation collated and processed the nominations, purchased</p>	50 women.

				the goods to include in the packages, and distributed the packages to the 50 women recipients.	
122. Tuvalu Auckland Community Trust	Family violence, mental health, workshops	Auckland	\$15,000.00	<p>The organisation held four events for Tuvalu women in West Auckland to gather and talk about issues that were important to the community, establish wider community networks and build trust and confidence to encourage strong relationships between Tuvaluan women. The events focused on three themes – Mental Health, Family Violence and Women in Business. Each event saw positive outcomes. The inaugural event established genuine connections to move forward, as success stories were shared that were empowering and uplifting.</p> <p>A Panel discussion explored culturally sensitive elements of mental health and family violence, and encouraged further open discussion of the issues among youth. A Business Expo enabled networking with wider pacific networks, and particularly empowered women business owners. The final event was a women’s Social Gala, to encourage networking with prominent Tuvaluan leaders and spouses, and enable further support and recognition for women of the community.</p> <p>The events helped bring together Tuvalu women, to realise the importance of mental health in the community, and opened doors of opportunities for Tuvalu women to look at working together in supporting their families, young people and wider community.</p>	-
123. Tuwharetoa Health Charitable Trust	Period poverty	Waikato	\$5,000.00	<p>Tūwharetoa Health kaimahi distributed sanitary products to their clients as and when the need arose. The grant purchased sanitary products including sanitary pads, tampons and moon cups in various sizes for women primarily between 20 and 40 years with some older and younger exceptions. Many clients face hardship in their day to day lives, which has been exacerbated by the impact of</p>	-

				<p>Covid-19. The organisation supported Te Korowai Roopu Tautoko Inc to distribute products through the Pataka Kai.</p> <p>Most clients receiving products are of Ngati Tūwharetoa decent, but as their mission is to improve the health of all who live in the rohe of Ngati Tūwharetoa, the organisation has also assisted all women and girls. The organisation has a year's supply of products, with enough products to meet ongoing need. The support has been greatly appreciated by clients.</p>	
124. Upside Youth Mentoring Aotearoa	Girls mentoring programme (operational)	Auckland	\$10,000.00	<p>Funding allowed continuation of the organisation's core service, to improve the health and well-being of young, at-risk New Zealanders, by covering the salary of the mentoring co-ordinator. The co-ordinator interviewed, vetted, trained and supported women to be volunteer mentors for the organisation. The volunteers mentored young girls between 9-13 years in Auckland with a history of neglect, abuse, loss or poor mental health outcomes. Upside's mentoring programme ensures that young people are matched with a suitable volunteer who serves as a consistent source of support, friendship, and role modelling. Young people who receive this mentoring have been identified by an approved referral party, such as medical professionals or social workers, as needing additional support. The funding ensured that these girls had a mentor to meet with and listen to them every week. It helped 24 more girls develop core life skills necessary for improved educational attainment and improvements in their mental and physical health.</p> <p>All Upside mentors benefited personally from their mentoring relationship. Their mental well-being improved as they donated their time to make a difference in girls' lives. The Mental Health Foundation recommend; connect, give, take notice, keep learning</p>	58 girls and 58 women volunteers.

				and be physical. Upside mentors achieved all 5 ways to improve mental well-being during their mentoring relationships.	
125. VisionWest Community Trust	Counselling for victims of violence	Auckland	\$15,000.00	<p>The grant allowed the organisation to subsidise the salary of its trauma specialist for 3 months. The specialist (the only staff member) brought extensive experience in maintaining group programmes that lead to long term transformation for women, particularly for Māori. The position assisted whānau in West Auckland struggling with inter-generational abuse, trauma, and gang violence. The organisation takes a kaupapa Māori approach to supporting whānau. The funding was vital to ensuring the position survived, as all the organisation's other resources had to be put towards sourcing kai to enable emergency food supplies during the COVID-19 lockdown.</p> <p>The organisation was also able to maintain a Let's Talk Group to enable wāhine to explore and address intergenerational, historic and current trauma. The programme provides pathways out of trauma by focusing on shared stories, building trust through shared experiences, creating opportunities for self-expression, and building understanding around how to support a positive sense of self. The programme increased women's awareness and insight of abuse, lowered the prevalence of domestic violence, increased their ability to support one another as well as their well-being, resilience and capacity to build healthy relationships.</p>	-
126. WAI the Women's Art Initiative	Therapy for women who have experienced violence	Manawatū	\$16,600.00	<p>The organisation was enabled to keep their studio space regularly open as a space for women who have experienced violence to connect, support each other, and safely speak out about their experiences through art making. The grant has enabled the organisation to pay their facilitators full time, so they have been able to focus on re-establishing the kawa and kaupapa of the organisation post lockdown. It also meant that they could have</p>	-

				<p>regular, reliable hours, which is important to encourage women back to the community space after lockdown.</p> <p>The organisation has also had its guidebook re-written to update its new operating information since COVID-19. The community re-connected and worked through pandemic issues and concerns, and captured operational and procedural alterations required for the guidebook, during a three day camp. The camp instigated support for those struggling with the financial, emotional and practical impacts of COVID as well as sharing updates around COVID.</p>	
127. Waiheke Hope Centre	Emergency accommodation for women	Auckland	\$5,000.00	<p>The grant meant the organisation was able to employ a part time advocate support worker to assist women and children being cared for by the organisation, and also in our community. The support enabled us to provide accommodation, transport, food parcels and advocate support.</p>	-
128. Waihopai Runaka	Wrap around service for deprived community	Southland	\$20,000.00	<p>The grant enabled delivery of a women’s tīkanga programme that provided a safety net of trust, allowing women to open up and share their experiences. It provided an amazing opportunity for women to share their knowledge while also learning new things. Collectively the women that participated in this programme formed a special relationship that encouraged a “sisterhood” type of bond, where at the end of the hui, many of the women encouraged each other to stay in contact, and provide support for each other.</p> <p>A positive outcome from this hui was that collectively, the voices of the women had been found. Activities allowed for the women to be vulnerable. At the end these women had a new respect for each other, which encouraged them to gather collectively and re-enter the programme as one.</p> <p>Another positive impact was the transmission of knowledge during the wānanga between different age groups, while supporting one</p>	-

				another. The guest speakers and the facilitator also shared an abundance of knowledge, which invoked conversations that were carried on over the course of the four days, and ultimately led to the women opening up and sharing their experiences more freely. The programme was thus able to provide support to those women who need to access supports, and link women back in to the Marae by informing them of the organisation's services.	
129. Waikato Queer Youth	Emergency accommodation	Waikato	\$20,000.00	<p>The organisation was able to continue support for rainbow people from all ages, cultural or migrant backgrounds and of course gender and sexuality, but particularly those identifying as young women and who were at risk of severe harm when their identities conflicted with their cultural backgrounds and religious supports. Sometimes their only option for their safety was to be moved to spaces where their wellbeing was not at risk. There is currently no specific rainbow developed option for safe housing or emergency accommodation to support them. This became a priority for the organisation during COVID 19 lockdown.</p> <p>The organisation works to serve people of diverse gender and sexuality who may otherwise be isolated. The grant meant they were able to adapt and offer a space for people to celebrate who they are, through access to safe healthcare, identity affirming, and education to the wider community, to empower knowledge sharing and community building in person and online.</p> <p>The grant enabled capacity and direction to work on an online project, running focus groups to look into holistic support for young people with their supporting healthy and safe communities, reducing family and sexual violence and improving child well-being.</p>	-
130. Wairarapa Branch, Māori	Essential items and wrap around services	Wellington	\$5,000.00	The organisation provided wāhine Māori of Wairarapa with compost and other support to create both home and pataka gardens for the community. The gardens in turn provided	Many whānau, elderly and

Women's Welfare League				vegetables and food source for the elderly, solo parents and whānau during lockdown and winter. Immune compromised elderly and whānau tutored in computer literacy to ensure continued contact with whānau. Provided a study area for whānau children in home base learning during levels 3 and 2. Wāhine Māori were provided with judicial support during fortnightly police hearings.	solo parents. At least four whānau and three kaumatua.
131. Wairarapa Cricket Association (Inc.)	Supporting girls to participate in sport	Wellington	\$5,000.00	<p>The funding allowed the organisation to extend its service, particularly its involvement with Māori and Pasifika communities. From October 2020 it employed a range of female activators to deliver a project providing support in the female space called 'Female Centres of Influence', that offers quality physical activity opportunities. The activators also undertook delivery of physical activities providing fundamental movement awareness, to a cross-section of the Wairarapa schools community, focusing on primary and intermediate age girls. It included a story-telling approach from a positive role model, to encourage Māori and Pasifika girls to participate.</p> <p>The organisation saw several outcomes, including; heightening awareness of the benefit and enjoyment of physical activity; increased support of volunteers and their participants, that is such a vital cog within the sporting and wider community; employment of female role-models and story tellers; and engagement with lower socio-economic and ethnically diverse sectors of the community, particularly providing a positive impact for Māori and Pasifika communities.</p>	12 volunteers, 100 participants in the project, 250 participants in physical activity delivery.
132. Wairarapa Womens Centre	Operational - wrap around service	Wellington	\$5,400.00	The organisation used the funding to support elderly clients and to prevent loneliness by ensuring connections are preserved both online and on the phone. Lockdown made people more hesitant to go out but they still needed to be contacted. The funding added	-

				longevity to the Check and Chat, enabled them to react quickly and be responsive within minutes to the pandemic changes and demands, and use contact technology: when Face to face is not possible and when elderly are not comfortable to go out. The service benefited solo parents as well as elderly clients, as they needed someone to talk to, and found comfort in knowing someone was there for them.	
133. Wairarapa Youth Charitable Trust	Supporting girls to participate in sport	Wellington	\$5,000.00	The grant allowed the waiver of fees for women members for a year, ensuring they could continue to participate in programmes to empower these young women such as Outward Bound and sports championships.	25 women members.
134. Wairoa Financial Literacy	Providing financial capability services to women	Gisborne	\$5,000.00	The organisation provided community education relevant to the local community by including topics such as understanding of papakāinga and Kāinga Ora, and coping with limited financial means by making the most of local resources, such as growing and gathering kai.	56 women and students.
135. Well Women Franklin	Mental health services	Auckland	\$8,000.00	The grant employed a social worker to connect and engage with women and help provide in-depth support, supporting recovery and addressing additional social needs. It enabled transition back to delivery of core service of Peer Support Groups through normal face to face interaction after the end of lockdown. It contributed to employment of a Co-ordinator who keeps the organisation running by sorting venues, monitoring group sizes, sourcing funding and fundraising opportunities plus Governance of our charity.	5 women.
136. Wellbeing Charitable Trust	Supporting Asian women to deal with bullying	Auckland	\$5,000.00	Anti-bullying programmes were organised to help assist parents from Asian communities whose children are experiencing increased bullying as a result of the pandemic.	-

137. Wellington Breastfeeding and Parenting Support Trust	Operational (lactation consultant)	Wellington	\$5,000.00	<p>The grant allowed continuation of core services by covering the salary of a lactation consultant for their work supporting parents and babies with breastfeeding problems and stress, all of which increased as a result of the COVID-19 lockdown period and beyond. This enabled the organisation to open for extended hours to provide support to all of the parents who contacted us. The extra money funded longer hours and therefore more families were supported and the extra demand for the clinic was met. The organisation supported families experiencing difficulties with breastfeeding, or other issues relating to early weeks/months of parenting. Parents generally felt unsupported during the COVID restrictions, and the service was able to provide much needed support thanks to the funding.</p>	-
138. Wellington Tonga Leaders Council	Loss of income/ increased violence	Wellington	\$15,000.00	<p>The organisation delivered three bi-lingual workshops for Tongan families in Porirua, Hutt Valley and Central Wellington, within the cultural context appropriate for Tongan families. The workshops focused on communications and connecting with families, and involved professional speakers, including mental, social and health workers. The grant funded the venue, refreshment, cultural items, administration, project management and reporting to Governance for the workshops.</p> <p>The workshops were able to achieve successful outcomes for Tongan families in the Wellington region, helping vulnerable women, girls and families who have experienced family violence. The workshops explored issues in the Tongan language and cultural context for better understanding of the issue, with professionals who are prominent and have good standing in the community. They discussed different perspectives on how to address family violence, how and where to go to for help, and well-</p>	-

				being and mental health, and encouraged women in the community to seek help when needed.	
139. Wellington Women's Health Collective	Counselling	Wellington	\$15,000.00	This funding enabled the organisation to continue operating at maximum capacity during this difficult and unprecedented period by paying its counsellors. It mean could recruit an additional counsellor to help meet the increased demand for free counselling in the community. The funding also enabled them to retain a pool of experienced counsellors and a psychologist during this difficult and uncertain time. As a result of the funding, the organisation was able to provide women from diverse communities with up to 12 free sessions of counselling. The organisation offered both face-to-face and remote based counselling sessions. For many of these women counselling would otherwise have been out of reach. Feedback demonstrates the highly positive impact that counselling had for these women.	41 women.
140. Wera Aotearoa Charitable Trust	Essential items	Bay of Plenty	\$10,000.00	The funding provided Welcome Home Packs to wāhine and their whānau who have secured houses. The packs contained a huge variance in terms of kitchen equipment, cleaning equipment and consumables, bathroom and laundry amenities, bedroom necessities and vouchers for food. These packs have removed immense barriers especially financially for these women by not having to outlay large amounts of the minimal money they do have on these essential items required for a whare. The packs assisted these women and their whānau to be much better positioned, equipped and less vulnerable. The packs have had huge impact on their lives as well as their wider whānau, and were immensely appreciated by each wāhine.	22 women with their whānau, along with 20-30 further whānau.
141. West Auckland Youth Development Trust	Supporting girls to participate in sports	Auckland	\$7,500.00	The grant enabled the organisation to continue its core service by purchasing boxing expenses, including glove liners, hand wraps and trophies, and to the hire of a specialist female coach by	-

				contributing to their wages. The organisation follows the Billy Graham Youth Foundation programme, that concentrates on promoting values of respect, responsibility, and on keeping young people engaged, fit and healthy, and connected with other members.	
142. WestREAP	Operational/ parenting education and skills for isolated women	West Coast	\$5,000.00	The organisation provided a social and educational support group for new and expectant parents in South Westland. This ran weekly in various locations around Franz Josef Glacier from July 2020. It will continue to operate with remaining funds in 2021. Activities and outcomes included maternity classes, including a session on safe pre and post-natal exercise, and classes involving exercises or learning for young kids.	14 participants.
143. Whakaoranga Whānau Recovery Hub	Alcohol and drugs counselling for women and girls	Northland	\$20,000.00	This fund has allowed the Hub to provide weekly programs, and day to day staffing to meet the increasing demand COVID 19 placed on whānau. Whānau were presenting with multiple issues such as homelessness, displacement, unemployment, isolation, and financial stress, on top of their addiction issues. It has helped the trust to remain open at a very difficult time. The funding was used to pay qualified staff to deliver specific AOD programs, provide case management, have one on one sessions with clients, support counselling, and maintain connectedness via pro-social activities.	300 people.
144. Whanake Youth	Operational health and well-being service for young women and girls	Nelson	\$17,250.00	The organisation started a programme to partner with Nelson College to employ a Registered Nurse at the school. It aimed to provide clinics to increase access to health and well-being services, screen for mental health concerns and provide interventions and referrals to other organisations as required. It also used the funding to support some young people with access to their own doctor, prescription costs and other health and well-being related costs. The grant funded 215 nursing consultations, during which	93 students, 42 family contacts.

				<p>761 nursing interventions were made, including 42 family contacts and 45 General Practice referrals.</p> <p>The most common interventions were for mental health, dermatology, sexual health, ear, nose and throat issues and dental problems. It meant that a relationship with Kai rescue was formed in response to the nutritional needs recognised in students. The programme received positive feedback from both students and parents.</p>	
145. Whangamata Community Services Trust	Sanitary products	Waikato	\$5,000.00	The grant enabled the provision of hygiene packs to young wāhine during lockdown.	Hundreds of young women.
146. Whangarei Anglican Care Trust	Counselling services	Northland	\$5,000.00	The grant supported the provision of 100 counselling sessions between its women clients, as determined by client need. This meant that the organisation could offer counselling for free, so that clients did not have the added stress of finding payment for the service. The service was able to help the clients rebuild their lives and relationships with their whānau.	28 women.
147. Whare Timatatanga Hou Ora	Operational costs	Northland	\$40,000.00	[Interim report]. The grant was to contribute towards building costs. The planned outcome is to have a purpose-built building to run an 8-week support and education programme, and counselling sessions, as it is currently being run from the kitchen. The organisation takes a preventative approach to family violence, employing a programme named Ki te Ao o te Mārama - 'Towards the world of light'. Due to COVID-19 restrictions there have been problems accessing all the material required to complete the building. It is not yet complete, but is on target for completion by 30 March 2021.	10 women.
148. Women of Worth Charitable Company Ltd	Operational - disadvantaged	Wellington	\$10,000.00	The organisation produced a book as a resource both for women and young girls 10-15 years of age, in collaboration with a publisher. The aim of the book is to encourage girls to know and	-

	women support wānanga			grow their worth and build personal resilience. The funding was used to provide a manuscript for the organisation to use content and graphics to integrate into their programmes. It also covered the wages of the organisation's Programme Manager, in order to set up the project, and develop content for the book focusing on their goals and objectives. The Manager looked at how the programme can support parents with their girls to know their worth over a time that has been high anxiety. The funding provided them with a platform to build on and support women and girls.	
149. Women's Centre Incorporated	Operational - wrap around support	Canterbury	\$20,000.00	The grant enabled the organisation to continue their core service by contributing towards one month's rent and wages. The organisation is a unique environment that helps women who present with community problems, such as family violence, mental health, suicide, grief, or housing, primarily with free counselling or legal consultation.	-
150. Women's Centre Rodney Inc	Essential items and counselling	Auckland	\$24,255.00	The grant enabled the organisation to offer immediate crisis support to local families. The increased demand for the service given the impact of the COVID-19 lockdown put a great stretch on the service, but the funding meant the organisation could continue to offer women access to professional counselling for free. It also funded supervision costs for their counsellor, and allowed the organisation to provide families with resources such as pyjamas, hot water bottles and warm clothing during winter, with many families being impacted financially from the lockdown. Reduced isolation and connectedness made the situation worse for them. The organisation was able to reach a demographic which is usually underfunded – women without dependent children.	-
151. Women's Centre Waitakere	Counselling-family violence	Auckland	\$20,000.00	The organisation provides individual counselling and group programmes to victims of family violence and vulnerable mothers.	-

				Referrals far outstrip funding provided by Oranga Tamariki and the Ministry of Social Development to provide these services. The funding enabled the organisation to employ two additional counsellors, a PPT counsellor for 20 hours a week, and an extra contract counsellor for 4 hours a week. The funding enabled an increase in the hours worked by the Operations Managers, which allowed the position to provide more support to both the counsellors and the clients. It also allowed the purchase of an additional laptop for the counsellor, which became essential during later lockdowns to see clients online. The funding allowed the organisation to recruit the extra counsellors immediately, and respond much more quickly to women in need, particularly given the increased volume of referrals after the first COVID-19 lockdown.	
152. Women's Network Whanganui	Operational-wrap around services	Manawatū	\$12,000.00	The grant allowed continuation of core services: supporting women to secure employment; assisting women to cope with challenging situations, such as family harm, relationship distress or parenting; offering activities, mentoring and online support to build connectivity during lockdown; support for sexual, reproductive and maternity health needs; providing free clothing and household items; and information for newcomers to Whanganui. The grant prevented a cut to these services, contributing to processing increased referrals of women seeking support, as well as to wages of the Manager.	-
153. Woven Earth	Operational - support women with clothes and furniture	Auckland	\$10,000.00	The demand for Woven Earth's service increased 400 percent in the 6 month period May 2020 – October 2020 compared with the 6 month period prior to the first lockdown (September 2019 – March 2020) and this demand is continuing to grow. It has directly helped whānau across Auckland in the past 6 months. 85 percent	34 families including 59 children.

				<p>of these whānau are from Māori, Pasifika and migrant backgrounds.</p> <p>The grant was received for operational costs, clothes, and furniture to support women who have had to leave their home as a result of domestic violence. A large part of the grant was spent on transportation costs associated with the collection of donated household items, and then transporting these household items to furnish homes of women and children starting their lives from scratch after leaving domestic violence. Another large part of the grant was also used to pay for the cost of storing donated household goods. The remaining grant was used to pay for essential operating costs and household items needed to complete house set-ups. The grant gave us certainty we could meet our increased expenses and expand our service.</p>	
154. Young Women's Christian Association Christchurch Inc	Emergency shelter	Canterbury	\$9,778.00	<p>The funding enabled the organisation to fit heat pumps in the rooms of its shelter that did not previously have them. As the shelter is a Transitional and Emergency shelter it has meant that the organisation could ensure that the units were warm and comfortable, to keep the residents healthy.</p>	-
155. Zeal Education Trust	Rainbow mentoring groups	Canterbury	\$20,000.00	<p>The organisation intensified support for the young Rainbow Community who were disproportionately affected by COVID-19 by hiring a Rainbow youth worker to ensure these rangatahi were getting the highest levels of love and support. Organised a focused Rainbow weekly mentoring group for 20 weeks that helped rangatahi navigate difficult issues. Held a youth development camp for Rainbow rangatahi at no cost. Offered Rainbow specific youth work support at a drop in centre two days a week, as well as individual mentoring sessions with a Rainbow youth worker. Zeal were able to increase their capacity to reach young women of the rainbow community who desperately needed youth work</p>	<p>8 rainbow rangatahi attended youth development camp. 128 attendees of Rainbow weekly mentoring group.</p>

				<p>support but didn't know how to access it in a rainbow friendly environment. The establishment of Zeal's Rainbow group provided an open, safe space to whakawhānaungatanga to engage with peers and youth workers alike, enabling them to access support in a timely way. This allowed the rangatahi to form a positive sense of self-worth, gain more confidence and pride in their identity and feel a sense of connectedness to the wider rainbow community and general community.</p>	
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