

### A message from our CE

#### Ngā mihi o te tau hou,

After three years of recession, many Kiwis are suffering. Jobs are few and far between, and our Rangatahi are bearing the brunt. According to recent data from Stats NZ, the unemployment rate has reached 23% for those gaed 15-19 and 8.0% for those aged 20-24. This cost-of-living crisis is compounded by the closure of food banks, leading to an increase in food insecurity, unaffordable rents, and rising personal debt. As a result, more people are turning to community organisations like Lifewise for support.

At Lifewise, we are urging corporates, businesses, and those who are able, to step up. We need not only financial support but also opportunities for work and programmes to help whanau become self-sufficient and independent. To highlight the plight of the less fortunate, we are bringing back the Big Sleepout (BSO) after a five-year hiatus. We will reach out to our supporters soon to share our vision for BSO 2025.

On a brighter note, in February, we celebrated the reopening of Myers Park Cottage, welcoming neighbours, residents, and local businesses to join us. The cottage is now open for community

events and activities, with details available further on in this issue.



I am sure you will appreciate the stories of success in this latest issue of Lifewise Connect, made possible through the generosity of our supporters and donors like you, ngā mihi nui.

Noho ora mai,

Haehaetu Barrett Chief Executive, Lifewise

#### Inside this issue...



**Growing together** 



Page 6

The Big Sleepout is back: Get ready for BSO 2025



Myers Park Cottage now open for bookings

Page 9

# Growing together

Over the past few weeks, we have witnessed an incredible display of enthusiasm and teamwork in each of our preschool gardens!

The excitement is contagious as everyone eagerly awaits their turn to use the hose, ensuring our newly planted garden thrives. It has been truly heartwarming to see the kotahitanga (unity) among our Tamariki as they share, take turns, and nurture the plants with care.

Through watering, we have meaningful conversations about the importance of nourishing the roots hidden beneath the soil and how sunlight helps plants grow strong. These moments deepen our understanding of kaitiakitanga—our role as guardians of the environment—and showcase the children's ability to share, collaborate, and support one another.

This hands-on experience is an inspiring example of responsibility in action. As the children engage in this project, they develop key skills in problem-solving, social interaction, and environmental stewardship. It also opens the door to further learning—exploring plant life cycles, growing vegetables, and understanding the connections between nature, health, and sustainability.

The intention of this programme is to give back to our whānau and encourage Tamariki and whānau to continue this at home—to look after the environment, to grow and share as a community.

Moving forward, we will continue fostering this love for gardening by introducing new projects that expand literacy and numeracy skills—counting plants, learning new words, and exploring sustainable practices together.

For more information on Lifewise Early Childhood Education Centres, visit **lifewise.org.nz**  As the children engage in this project, they develop key skills in problemsolving, social interaction, and environmental stewardship.





#### **Learning Links:**

This experience aligns with Te Whāriki, NELP, and Te Whatu Pōkeka, reinforcing exploration, contribution, and Māori perspectives. Through Mana Aotūroa (Exploration) and Mana Tangata (Contribution), our Tamariki are building a deeper connection to the environment and developing lifelong skills.

## Reviving hope

Just after we saw the New Year in, the Lifewise Peer Support Team received a poignant email from the Auckland Council about a man named Steven.

Unhoused and confined to a wheelchair, he was enduring the harsh conditions of sleeping on a bench in Auckland's CBD after being evicted when rent was raised beyond his means.

The very next day, we found Steven on Customs Street. His situation was heartwrenching—he was paying \$750 a week to sleep in a garage, barely surviving on his benefit, and hadn't bathed in a month. The team brought him to Merge Café, offered him a change of clothes, and started working with Auckland Council to find him suitable accommodation.

We successfully moved Steven to Mt Albert Lodge that evening. There, he took a shower, and we provided him with food, bedding, and spare clothes. Grateful for our efforts, the following day, Steven revealed his struggles with suicidal thoughts and shared a goodbye letter he had written. Feeling utterly hopeless, he was on the brink of giving up.

We sat with him, shared words of encouragement, and reassured him of his worthiness for housing and a better future

Determined to help Steven, the Lifewise team accompanied him to Work and Income to arrange his bond for the new accommodation. We also took him to The Warehouse to get a new phone. Slowly, hope began to flicker in Steven's eyes.

Since then, Steven has returned to the café multiple times, radiating newfound positivity. He appears freshly washed, well-kept, and even arrives in a suit and glasses. The transformation is remarkable. Steven now enjoys his new accommodation and an improved quality of life.



We are coming across more and more stories like this and we are grateful to be in a position to support whānau like Steven, providing them with the hope and the support they deserve.

## Homeless at just 17

At just 17 years old, Angel faced the daunting challenge of homelessness after her mother moved to Australia. Despite the uncertainty, she showed immense resilience, couch-surfing with extended family and friends and sometimes sleeping in her car.

Determined to find stability, Angel connected with **Lifewise Youth Housing** through the charity Blue Light. Laifaiga, our dedicated Youth Development worker, quickly stepped in to support her. Within days, he found Angel a home in South Auckland and introduced her to various support services that Lifewise offers.

Initially, Angel was reserved and cautious, but with time, she began to trust the Lifewise team. Her commitment to becoming independent led her to join the Lifewise Youth Development Course. This transformative four-week programme equips young people with essential life skills, addressing topics like stress, relationships, and substance abuse,

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## Celebrating inclusion

At 43 years old, Kate\* has always faced the world with resilience and grace. Despite being blind, she ensures that nothing stands in the way of experiencing life's precious moments, especially those involving her beloved 4-year-old daughter, Lizzie\*.

## Homeless at just 17 continued...

helping them build the confidence needed to face life's challenges.

As Angel's confidence grew, she decided it was time to find a job. Despite the high youth unemployment rate of 23%\* for 15-19-year-olds, she remained undeterred. Laifaiga introduced her to Project Nikau, a SkyCity initiative that provides young people with employment pathways and career development opportunities.

Angel applied for the highly competitive programme with determination. With Laifaiga's support, she prepared meticulously, visiting Dress for Success to ensure she looked professional for her interview and conducting thorough research on SkyCity. Laifaiga accompanied her to the interview, offering encouragement and motivation.

We are thrilled for Angel as we eagerly await the results of her application. Project Nikau offers invaluable mentoring and pastoral care for the first two years of employment, setting young people like Angel on a path to a brighter future.

Angel's journey from homelessness to hope is a testament to her strength and the power of community support. Her story inspires us all to believe in the possibility of a better tomorrow.

\* Source: NZ Statistics, last quarter 2024

Recently, Kate and her husband (also blind) were overjoyed to attend a dance show where Lizzie was performing. Thanks to the support provided by the IF Funding through the **Lifewise Health & Disability** service, this event became a truly unforgettable experience for the entire family.

With the help of an audio describer, Kate and her husband could 'see' the performance unfold before them. The describer's vivid narrations painted a clear picture of Lizzie's every move on stage. They learned about Lizzie's adorable giraffe costume and how her little friends were dressed as tigers and monkeys. They heard about the children's spirited march, and Lizzie's momentary pause to admire her costume. Most heartwarming of all was the describer's account of Lizzie helping a fellow child who had frozen up—a pure moment of kindness that might have otherwise been misinterpreted as a distraction.

Reflecting on this, Kate shared, "If my parents had told me about Lizzie helping another child on stage, they might have said, 'She's being naughty now, getting distracted by a child beside her, and she shouldn't be doing that.' As parents, we both think it's awesome that she wanted to help out while she was on stage, and we could just talk to her about all this after the show."

Thanks to the IF Funding, Kate and her husband could genuinely connect with their daughter's performance and celebrate her compassionate spirit. After the show, when Lizzie eagerly asked, "Did you see me, Mummy?" Kate could confidently respond with a heartfelt "Yes, darling, we saw it all."

This beautiful service, complete with professional audio description, equipment, headsets, microphones, and travel costs, made it all possible. It exemplifies how the right support can bridge gaps and foster inclusivity, allowing every parent to share in their child's moments of joy and achievement.



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Without the support of the IF Funding, experiences like this would not be possible. Here's to celebrating inclusion, love, and the magic of seeing through another's eyes.

For more information on audio description go to Youtube to watch this video - 'What is audio description?'

\*Name have been changed for privacy.

Visit **lifewise.org.nz** for more info on our Health & Disability services.

## Meet Kelvin: Merge Café's new chef with a heart for service

Merge Café is thrilled to introduce Kelvin, our new chef who brings over 35 years of global culinary experience to our kitchen. Kelvin's journey in the hospitality industry has taken him across the world, with extensive experience in New Zealand. His career highlights include serving as a national support chef with the NZ Defence Force, where he travelled the country, as well as working in various corporate and restaurant environments.

Kelvin's transition to Merge Café marks a significant shift in his career. He now works in a social enterprise, a role he finds incredibly rewarding. "Every day when I leave work, I leave with a sense of purpose," Kelvin shares. "Knowing that the food is going to the right people and feeding the hungry gives me immense satisfaction."

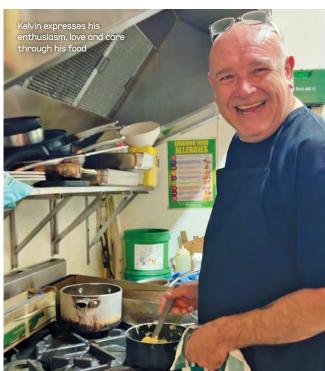
At Merge Café, Kelvin is passionate about cooking food with a conscience. He finds unparalleled job satisfaction in seeing the gratitude of the café's guests, who leave with smiles and full bellies. "The job satisfaction here is the best I've ever had in my entire career," he says.

Looking ahead, Kelvin is excited about the upcoming months at Merge Café.

The team is collaborating closely with the Lifewise marketing team to plan some big events and fundraising activities. "Keep an eye on our socials for some exciting fundraising events," Kelvin advises.

In fact, this March we are one of the lucky charities featured on the One Good Kiwi donations platform. Visit **onegoodkiwi.one.nz** and please give your digital tokens to Merge Café.

Kelvin's dedication to his craft and his commitment to serving the community make him a valuable addition to the Merge Café team. We look forward to the exciting developments ahead under his culinary leadership.



# Hosting a small team hui or an office gathering?

Support our mission and the Merge Café and use our catering services for office events and gatherings.

The talented team at Merge is happy to collaborate with you to create bespoke menus tailored to your occasion, ensuring that your event is both memorable and delicious. From snacks and sandwiches to more elaborate meals, the café can cater to your specific requirements, making your office gathering a success!

The money raised from catering goes directly back into the business, supporting its mission to feed homeless whanau and vulnerable Kiwis — helping them turn their lives around.

For more information on the menu, pricing, or venue availability, please contact Merge Café at **merge@lifewise.org.nz** or call our chef on **09 379 1969** to discuss your needs.

## The Big Sleepout is back: Get ready for BSO 2025!

After a hiatus of five years initially due to COVID-19, we are thrilled to announce that the *Big Sleepout* is back. Launched by Lifewise in 2010, the event has been a powerful force for raising awareness and funds to tackle homelessness in New Zealand.



The timing could not be more critical, with increasing numbers of whānau finding themselves sleeping rough. As we bring the event back, our mission is clear: to shine a spotlight on this urgent issue and reignite the collective will of Kiwis to tackle homelessness head-on.

### Homelessness in New Zealand: A Growing Crisis

Homelessness is a crisis that is growing in New Zealand. In a nation known for its spirit of community and care for others, it is disheartening to know that around 112,000+ Kiwis are severely housing deprived with 20,000+ homeless and exposed to unsafe conditions. The pandemic and rising living costs have worsened the situation, but despite the severity of the issue, many New Zealanders remain disconnected from its harsh realities.

Homelessness is often seen as a distant problem, a statistic that is easy to overlook. Even in a country renowned for its collective spirit, there exists a clear gap between the perception of homelessness and the lived experience of it. Many Kiwis struggle to understand what it is truly like to face homelessness, and the scale of the issue often feels abstract, distant. But behind these numbers are real people—our friends, our neighbours, our whānau—struggling with



circumstances beyond their control.

The financial cost of homelessness to the country is staggering, with taxpayers bearing a burden of \$65,000 annually per person<sup>2</sup>. Yet, for many of us, homelessness remains an invisible problem, often hidden from view or reduced to a headline in the news. This disconnection makes it even harder to address the issue and create meaningful change.

### The Big Sleepout: Bridging the Gap

This is where the Big Sleepout (BSO) comes in. The aim of the Big Sleepout is simple: to bring the issue

of homelessness and those suffering into the hearts and minds of the wider public by having—individuals who Kiwis recognise as "people like me"—experience a night sleeping rough. This immersive experience not only humanises the issue but also helps to inspire the donations and engagement needed to make real change happen.

If you're looking to learn more, get involved, or support the Big Sleepout 2025 (BSO 2025), please don't hesitate to contact us at marketing@lifewise. org.nz. Stay tuned for updates on our website and social media channels, where we'll be sharing more information on this year's event #BSO2025 and how you can contribute to this essential cause.

<sup>&</sup>lt;sup>1</sup> Source: 2023 Census.

<sup>&</sup>lt;sup>2</sup> Source: Otago University researcher Dr Nevil Pierce.

## Pay it forward: How a \$25 donation can feed people in need

As a Social Enterprise, Merge Café is always looking for ways to sustain its operations. One such initiative is the "Pay it Forward" project.

#### **How it Works**

The concept is simple: By purchasing a \$25 card, you're helping Merge Café provide subsidised meals to those who need them most. If someone comes into the café in need of a meal but doesn't have the funds, these 'Pay it Forward' cards are given to them, ensuring they receive a healthy meal. Each card provides five meals at the café.

We offer subsidised meals costing between \$5 and \$7 to ensure that people who are homeless or living on the margins can eat well every day. The hearty lunches we serve cost us \$12 per meal to produce.

Ready Steady Quit, a New Zealand-based programme supporting individuals on their journey to quit smoking, recently purchased

150 'Pay it Forward' cards to the value of \$3,750. These cards were awarded as an incentive to those who graduated from their quit smoking programme. As a result, we were able to provide a total of 750 meals to these graduates.

These acts of generosity make a direct impact on the lives of individuals working to turn their lives around. If you or your organisation would like to purchase a "Pay it Forward" card, simply scan the QR code, visit our website

lifewise.org.nz/ product/wc-donationmerge-cafe or pop in to Merge Cafe at 453 Karangahape Road and ask our friendly staff.





## Lifewise Works: Empowering Whānau Through Meaningful Employment

Established in 2017, Lifewise Works operates under the Merge Community, providing cleaning and moving services for social housing providers and new builds, ensuring vacant homes are clean and ready for new tenants.

Beyond delivering these essential services, Lifewise Works serves as a pathway to employment for individuals with lived experience of homelessness, addiction, and hardship. We offer a safe and supportive work environment, enabling our staff to rebuild their confidence, develop essential skills, and transition from casual employment to long-term, sustainable work opportunities.

#### A Whānau-Centred Approach

The paid work offered through Lifewise Works is casual, allowing workers to engage on their own terms without obligation. Currently, the Lifewise Works crew are able to work 7 hours per week without affecting their benefit, with advocacy efforts in place to increase this to 15 hours. The programme is whanau-led, flexible, and offers ongoing pastoral care to navigate life challenges.

#### Real Impact in the Community

Lifewise Works has provided over 21,500 hours of casual

employment and completed more than 800 social housing jobs to date. We deliver essential services for social housing providers such as Housing First, Airedale Property Trust, Kainga Ora, and Auckland City Mission, including:

- End of tenancy cleans
- Tenancy clear-outs and dumping
- Low-Level P contamination cleans
- Moving assistance
- Cleaning for those who need help
- Companion house cleaning with whānau (this is a sustaining tenancy strategy)

#### **Advocacy for System Change**

Despite our progress, systemic barriers remain. We continue to advocate for work readiness costs to be funded on a non-recoverable basis (e.g. ID, HOP Cards, driver's licenses), peer support facilitators to help navigate employment, and investment in long-term recovery pathways. Additionally, employment schemes that reduce debt and align with the 2019 Welfare Expert Advisory Group (WEAG) recommendations remain a critical focus for Lifewise.

#### **Looking Ahead**

Lifewise Works is committed to expanding opportunities, strengthening peer networks, and increasing financial resilience for our workers. By prioritising flexibility, support, and advocacy, we are helping to reshape employment pathways for vulnerable whanau.

### The gift of aroha: Christmas at Lifewise

The Jackson Five's song "Why don't you give love on Christmas Day?" rings true at Lifewise. This past Christmas, thanks to our dedicated donors and supporters, we brought warmth, joy, and sense of belonging to our most vulnerable whānau amidst the ongoing cost of living crisis.

One notable act of aroha came from Baker Tilly Staples Rodway, who gifted toys and educational materials for tamariki supported by our Family Services team, bringing joy to many children. The Rotary Club of Remuera, led by President lain Valentine, provided books, colouring materials, plushies, and board games, ensuring no tamariki felt left out this Christmas.

The Catalytic Foundation, led by Teresa Moore, outdid itself with their annual Christmas Shoebox project, filling boxes with gifts, toiletries, and personal items for our Housing First and Merge Community whānau. Two carloads of gifts arrived, each a small act of kindness that created an ocean of hope.

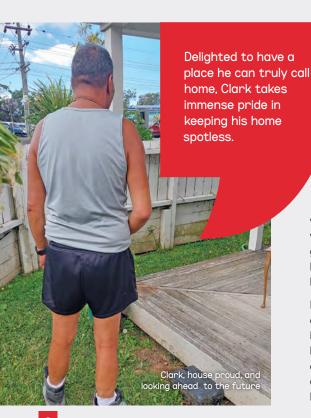
Beyond these incredible partners, it is the contributions to our Christmas Appeal 2024 from our dedicated donors that allowed us to continue our mahi, providing essential support to those in need. Your kindness has been a potent reminder that even in difficult times, the spirit of giving prevails.

From all of us at Lifewise, thank you for spreading the Christmas aroha.



## A fresh start

In his late 50s, Clark\* embarked on a remarkable journey of transformation and renewal. Recently released from prison, Clark grew up in Henderson and found himself at a crossroads.



Initially boarding at Epsom
Lodge, he quickly realised
that the environment around
him was not conducive to his
aspirations for a better life.
Despite his history of drug
and alcohol abuse, Clark was
determined to stay on the
straight and narrow.

It was through his connections with Odyssey that Clark was referred to Lifewise. Within just two to three weeks, Lifewise located a property out west, in the very place where Clark had grown up. This fortuitous move allowed him to reconnect with his whānau and build a renewed sense of belonging.

Delighted to have a place he can truly call home, Clark takes immense pride in keeping his home spotless. He does his own laundry, mows his own lawn, and maintains a clean and orderly environment. One of the highlights of his newfound stability was hosting his

sister, who visited from up north. It was a moment of joy and dignity, reflecting the positive changes in his life.

Still under community probation, Clark is now preparing to find work, with a promising outlook for a brighter future. His journey from prison to a stable home and supportive community is a testament to his resilience and determination. Clark's story is an inspiring example of how, with the right support and a strong will, one can overcome adversity and achieve great results.

We celebrate Clark's journey and look forward to seeing him continue to thrive and contribute to his community. His success story is a beacon of hope for many who face similar challenges, proving that a fresh start is always possible.

\*Name has been changed for privacy.

## Myers Park Cottage now open for bookings!

The 19th of February was a historic moment as we welcomed the local community to the re-opening of the iconic Myers Park Cottage. This event marked the beginning of an exciting new chapter, as Lifewise took over the lease from Auckland Council and began activating the community use of this cherished space. The re-opening was well-attended by representatives from various community groups and associations, as well as residents from nearby apartment buildings.

The day was beautiful, and the weather was perfect for the occasion. The event commenced with a himene and karakia led by our Pou Manukura, Rev. Te Hira Paenga, followed by a warm welcome from Rev. Otene Reweti of Ngāti Whātua. The opening remarks by Lifewise CE, Haehaetu Barrett, took the audience on a nostalgic journey through the history of Myers Park Cottage, formerly known as Myers Park Caretaker's Cottage, paying tribute to its storied past. The vision is to transform it into a vibrant community hub — a venue where local communities can come together, connect, kōrero, and flourish.

Nestled in the heart of Auckland's picturesque Myers Park, the cottage provides a charming backdrop for

community events or intimate gatherings. Built in the 1850s by early French settler Charles de Thierry, this historic kauri building has withstood the test of time. After a meticulous refurbishment, it now stands as a proud testament to Auckland's rich heritage.

Under the stewardship of Lifewise Trust until 30 June 2028, Myers Park Cottage is available for hire by the wider community, local businesses, and residents. Lifewise operates the cottage on a cost-neutral basis, with any revenue generated going towards covering operational expenses. This ensures that the venue remains accessible to all, regardless of means.

To book Myers Park Cottage and create unforgettable memories in a setting steeped in history and surrounded by natural beauty, please email MyersParkCottage@Lifewise.org.nz

Myers Park Cottage Address: 72 Greys Avenue, Auckland Central, Auckland 1010

Myers Park Cottage is near the KiNZ Myers Park Early Learning Centre.





## Tackling hoarding disorder

Hoarding disorder can make sustaining a tenancy challenging, particularly for those affected by this condition.

Defined as a persistent difficulty in discarding or parting with possessions due to a perceived need to save them, hoarding can range from mild to severe and can seriously affect an individual's daily life. In its most severe cases, hoarding creates unsafe and unhealthy living conditions.

According to a recent Age Concern survey conducted in New Zealand and Australia, up to 2,000 homes in New Zealand could be affected by severe domestic squalor. Recognising the gravity of this issue, the Lifewise Sustaining Tenancy team steps in to provide vital support.

The team accepts referrals from other community organisations and proactively reaches out to the community, striving

to support those overwhelmed by their hoarding tendencies. Often, these individuals are aged between 60 and 80 and have become increasingly isolated from the outside world. For those renting, the risk of losing their home without intervention is significant.

Building rapport without judgement, affirming self-worth, and providing practical assistance are all integral parts of the service. The Sustaining Tenancy team actively engages in decluttering and cleaning the homes of those living in despair and squalid conditions. In some cases, relocation becomes the only viable option.

Lifewise is committed to making a difference, one home at a time, ensuring that individuals receive the support they need to maintain safe and healthy living environments.

If you, or someone you know needs support with hoarding or to sustain a tenancy please call Lifewise on 021 917 460 or email

sustainingtenancies@lifewise.org.nz





### Auckland Council hosts successful hui at Merge Café

Merge Café had the honour of hosting a special hui organised by Auckland Council, bringing together a diverse group of representatives from across Auckland City. The event included attendees from Chloe Swarbrick's office, Käinga Ora, Auckland hospitality, the Ministry of Social Development (MSD), and other community organisations. Merge Café closed its doors for 1.5 hours to welcome the attendees, making it an inviting space for collaboration and discussion.

### A platform for community collaboration

During the hui, the team at Merge Café had the opportunity to showcase the vital work they do in the local community, as well as the innovative initiatives

behind the café itself. Head chef of Merge Café, Kelvin Andrews, who recently joined the team, made an impressive debut by preparing a stunning spread for the attendees. The meal was so well received that several guests expressed interest in future catering contracts, marking the event as not just a gathering of minds but also a promising business opportunity for Merge Café.

#### Merge Café's Mission: Strengthening the community

The Merge team was also given a dedicated half-hour slot to speak about the café's mission and the significant role it plays in the community. They highlighted the café's contributions to local social programmes, including Lifeworks, Merge Community,

among others. The discussion underscored Merge Café's commitment to creating a positive impact in the local community, playing an important role in understanding the pulse of our street whānau and supporting them in turning their lives around for good.

### Looking ahead: Building on success

In the coming year, Merge Café looks forward to building on the relationships formed during this successful hui and exploring new opportunities for growth and collaboration. With such positive feedback and a growing network of supporters, we are hopeful for the year to come.

## A brighter future

After a challenging period marked by the end of a relationship and past substance abuse, Claire\* found herself homeless with her six-year-old autistic son, Sam\*. They struggled for a year in Tauranga without a permanent home before moving to Auckland to be closer to her father. Here, Claire was referred to the Housing First Lifewise team, who carefully assessed their needs.

Claire's perseverance paid off when they moved into a brand new two-bedroom home with a backyard in Panmure. The area boasts three schools within walking distance, offering convenience and opportunities for her son.

Unfamiliar with Auckland, Claire received invaluable support from her Lifewise Key Worker, Kelly. Kelly helped explore study/school options for Sam, including Somerville, a school catering to special needs. A primary school's teacher aide, Cathy\*, not only bonded wonderfully with Sam, but also supported Claire during their move.

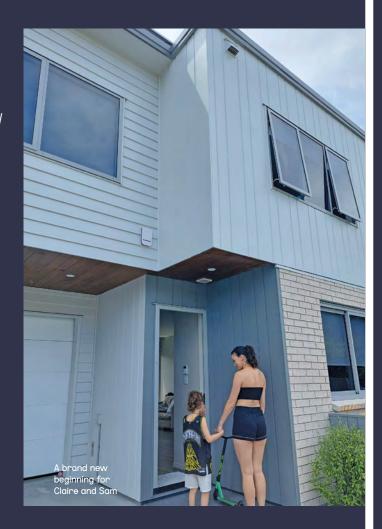
For the first time, Claire and Sam were enrolled in a local GP practice, granting them access to medical care that she previously couldn't afford.

Determined to provide a better life for Sam and remain clean, Claire set goals with Kelly's support. She requested random drug tests to ensure her commitment to sobriety and is working with a community organisation to learn to drive and obtain her driver's license. Additionally, she's learning to manage her finances effectively and looking at getting into employment when Sam is settled in school.

Since moving to Panmure, Claire has formed a lovely relationship with a neighbour who has a ten-month-old baby. This mutual support has blossomed into a wonderful friendship. She's also reconnected with her father, who visits regularly and offers strong support.

Claire's greatest joy has been seeing her son bring friends home for playdates, a sign of the stability and happiness they've found in their new home.

\*Names have been changed for privacy.



## Claim your 33.33% tax credit

Don't forget, you can file a donation tax credit claim of 33.33% for cash donations over \$5 made in the tax year 1 April 2024-31 March 2025. Your generous support can make a significant difference in the lives of those we assist. Please consider making a donation today and remember to claim your tax credit.

### What do you think of this newsletter?

We are seeking your feedback on our recent newsletters. We want to know if you are enjoying the content and what you are interested in hearing about going forward. Scan the QR code, and complete the 2-minute survey online.



# Yes! I want to help Lifewise support New Zealand's most vulnerable people

**Scan the QR Code** to donate now or complete the form, scan and email thankyou@lifewise.org.nz or return by freepost no.: 251632



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