

# The difference YOU help make

SUPPORTER NEWSLETTER – DECEMBER 2022



NEW ZEALAND  
**RED CROSS**  
RIPEKA WHERO AOTEAROA



Whether here in Aotearoa New Zealand, across the Pacific, or on the other side of the world, the support given by people like you goes a long way to helping those in need.

## **Meals on Wheels - Delivering a hot meal and moments of connection for thousands each week.**

Across the country, hot meals were delivered to elderly and ill people in our communities who cannot cook for themselves. The delivery of a nutritious meal and friendly 'hello' from a familiar face is a lifeline for many people living alone, supporting them to stay healthy and independent in their home.

## **Pathways to Settlement – Welcoming and empowering former refugees as they rebuild their lives as Kiwis.**

After being forced to leave their home countries to escape conflict, violence

or persecution, people from refugee backgrounds arriving in Aotearoa New Zealand had access to the support they needed to rebuild their lives. Former refugees in our communities received help to find work through our Pathways to Employment programme. For those needing extra support for their healing and wellbeing, our Refugee Trauma Recovery programme provided psychosocial support, counselling, and family and group activities.

## **Disaster and Emergency Support – helping communities prepare for, respond to and recover from disasters.**

Our Disaster Welfare and Support Team (DWST) members responded to emergencies across the country, providing much-needed practical support to the people affected. From fires and flooding to severe weather and landslides, help was there when people's lives and homes were

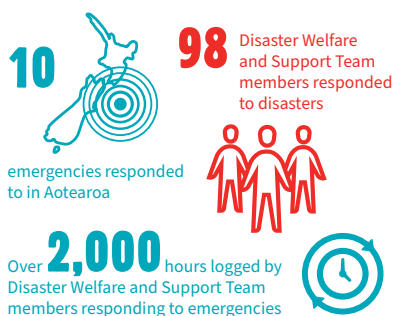
impacted. Our 300+ DWST members logged over 2,000 hours responding to disasters and spent nearly 12,000 hours preparing for them. Support from people like you means that our teams can continue to respond to emergencies, whenever and wherever they happen next.

## **International Delegates – providing humanitarian relief around the world**

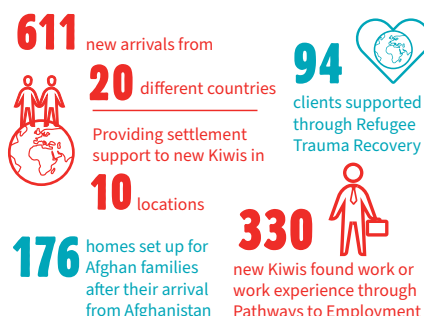
From conflict to disasters, New Zealand Red Cross International Delegates help people in need around the world with their specialist skills and knowledge. Our International Delegates worked on 21 assignments to assist 44 countries worldwide. Despite the added challenges of COVID-19, a number of our International Delegates were still able to deploy to help communities in the Pacific Islands and beyond, while other delegates provided necessary remote support from Aotearoa New Zealand.

## **HERE GOOD JULY 2021 – JUNE 2022**

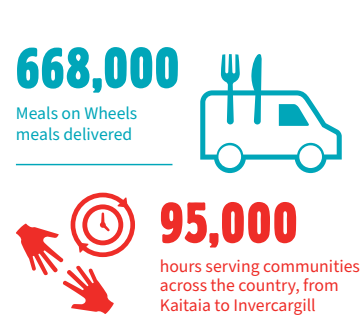
### DISASTER RESPONSE



### MIGRATION



### COMMUNITY PROGRAMMES



## How small acts of kindness are having a great impact on thousands in our communities

Meals on Wheels offers a lot more than just the delivery of a meal. This service can improve the quality of life for many who live alone and have difficulty preparing meals for themselves.

Cecilia, 88, has been receiving Meals on Wheels for the past year and is grateful for the change it has brought to her day-to-day life.

Raising a family with three children and being dedicated to caring for her husband when he became seriously ill, Cecilia has done a lot of cooking throughout her lifetime.

Living alone since her husband passed away, it became difficult for her to prepare her own meals and to keep eating a healthy, balanced diet. **“I was sick of throwing food away,”** she says.



But now she receives a daily meal from a friendly face like Peter, who has been a New Zealand Red Cross Meals on Wheels driver for over 12 years and sees first-hand how important this service is for his community. **“There is a huge need for this service,”** he emphasises.

Meals on Wheels representatives don't only deliver a daily meal; they provide a friendly chat and a moment of human connection, which can be important for those who might not have regular visitors. Many recipients of this service

are vulnerable, so this can reassure family members who are not able to provide this support that their loved ones are getting not only a nutritious meal but someone checking in on them.

Over 12,000 nutritious meals are delivered weekly to some of the most vulnerable people in our communities through Meals on Wheels. Support from people like you can help us reach them with the care they need, supporting them to extend their independence and wellbeing.



## New Kiwis find a home in Masterton

In January, Masterton welcomed two new families from Pakistan, some of the first newly arrived former refugees to settle in the town. A further 40 people arriving to a new home in Masterton after fleeing from violence in Pakistan have received the help and support they needed.

These families, like hundreds of others who have escaped violence, conflict or persecution, received the warm welcome and practical support they need when settling into their new homes and communities in Aotearoa New Zealand.

Ali Shaukat and Asfa Mubarik fled from Pakistan in 2017 and spent five years in

Sri Lanka as refugees. Ali, Asfa and their two daughters, four-year-old Maria and two-year-old Abrish, arrived in Aotearoa New Zealand in March this year.

**“When will we get to our new home?” was the endless question [our daughters] kept asking us,”** recalls Ali. Ali and Asfa were happy but also nervous at first. **“We kept thinking, how are we going to cope in a different culture with a different language?”** Ali says.

But as new Kiwis, the family were welcomed into their new community and supported as they set up their home in Masterton. **“I couldn't believe the house was completely set up with all essential items, from furniture to a bowl full of fruit, thanks to New Zealand Red Cross and everyone who supported us. It made us feel like we are back among family,”** says Ali.

Your generosity helps New Zealand Red Cross support and empower former refugees as they begin their new lives here.



Sadly, emergencies can happen anywhere, anytime and affect anyone – and as we have seen over the past few years, they don't stop happening.

The past year has been particularly challenging for the small community of 4,600 people in Westport. In February 2022, not even seven months since heavy rainfall last caused extensive flooding, extreme weather struck the community again. The earlier event in July 2021 meant over 2,000 residents were evacuated, and approximately 460 homes were severely damaged, many of which were deemed completely uninhabitable. When the second disaster happened, causing more

evacuations and further damage, many Westport residents were still recovering from the first flood, and the town was trying to return to normality.

Along with support from our local Red Cross people, Disaster Welfare and Support Teams (DWST) from Greymouth, Christchurch, Nelson, Timaru and Dunedin were once again deployed to Westport to assist. Together, the teams helped set up three evacuation centres and provided psychosocial support to the distressed Westport residents who had to leave their homes. This was critically important to support the community through what they were once again experiencing.

“People were just glad they had somewhere to go where they felt safe,” says DWST volunteer Brandy Alger, who was there to help the people of Westport.

I'm sure you can imagine how frightening it must have been for the community of Westport to be facing a second disaster only seven months after suffering major damage from another. Your support helped to provide essential relief items in evacuation centres, such as camp beds, blankets and pillows, and ensured that evacuated residents received the help and support they needed. Through both emergencies, our friends and family in Westport were not alone.



## Responding to emergency in the South Island

In mid-August, severe weather caused flooding and major slips in the Nelson-Tasman and Marlborough regions forcing hundreds of people out of their homes.

While the emergency was unfolding, DWST members deployed from around the country and arrived in Nelson and Blenheim, supporting the response from local Red Cross people, to provide practical and emotional support to affected residents as part of a coordinated emergency response effort.

Over 660 people received psychosocial support, a critical part of supporting people affected by a disaster, helping them deal with the distress of experiencing their homes, land and livelihoods being under threat, as well as working with people to determine the next steps towards recovery.

“A lot of people were really upset, so we did a lot of psychosocial support. Just talking to people, listening, and making sure they felt heard.” Susan, one of our DWST members who was deployed to the emergency, says. For those impacted by an emergency, knowing someone they trust is there and can help can make all the difference. Your support ensures that we can help the next community affected by an emergency.

Support from people like you enables us to prepare specialists, like John and Natalie, to be deployed to help where **the need is greatest.**



## Kiwis making a *difference* around the world

We've all seen the horror of the violence in Ukraine that escalated in February, causing a humanitarian crisis that is affecting millions of people. The ongoing conflict is causing overwhelming loss, fear, and devastation.

People have lost their homes, belongings and livelihoods. They fear for the safety of their families and communities, and many people are faced with the devastating loss of their loved ones. As people sought refuge from the fighting, millions were left without water, food or electricity. Essential infrastructure in Ukraine has sustained immense damage, limiting people's access to vital services and causing even more suffering for those still in the country. It is estimated that thirteen million people have fled to neighbouring countries in search of safety, while seven million more are displaced within Ukraine – that's almost half of Ukraine's entire population.

Two Kiwi specialists, New Zealand Red Cross International Delegates John Dyer and Natalie Gyles, went to Ukraine and neighbouring countries to assist with the initial response to the crisis and provide humanitarian aid. John, a security expert, was deployed into Ukraine, where he supported the development of

a security framework to enable Red Cross teams to operate as safely as possible as they deliver emergency supplies and negotiate humanitarian relief. Natalie spent three months in countries bordering Ukraine where she supported the set up of a system to facilitate emergency cash assistance for people affected by the crisis. The system determines the needs of individuals or families through a series of questions, which enables quick responses and ensures those who are in urgent need get access to the help they require.

With the ongoing conflict in Ukraine and the hardship of winter looming, people and families are still facing huge challenges. Support from people like you all over the world means that the global Red Cross and Red Crescent Movement continues to support affected communities for as long as they need.



We also saw millions of people displaced in Pakistan, after record-breaking rainfall left a third of the country's land ravaged by sea-like floods.

This disaster severely affected infrastructure – 1 million houses, more than 3,000km of road, and 149 bridges have all been badly damaged. Authorities on the ground in Pakistan rescued over 51,000 people, while more than 600,000 individuals are living in relief camps across the country. Heartbreakingly, over 1,500 people, including 575 children, tragically lost their lives. The International Federation of Red Cross and Red Crescent has been working closely with Pakistan Red Crescent to provide support to those in desperate need of emergency relief, including shelter, safe drinking water, food, mobile health clinics, hygiene kits and livelihood income support.

A New Zealand Red Cross international delegate has been deployed to Pakistan for two months, where they will support the Pakistan Red Crescent National Society as an Operations Manager responsible for the planning and implementation of activities that will help those affected by the floods.

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