



ONE TO ONE

Jo And Mareta

EVERY CLOUD HAS A SILVER LINING



"Sometimes we just lie on the grass and look at the clouds." says 12 year old Mareta, a year 8 student at Riccarton Primary School in Christchurch. Her mentor Jo, a 3rd year student at nearby Canterbury University has been a school based mentor for Mareta since the

beginning of 2012. Jo feels that in giving just a small amount of her time each week, they both reap benefits. "It's great to have the opportunity to encourage her to see her own potential for success", says Jo. "I always tell her that she can do anything she wants, that she can go to university or be a great sports person – or both!". Jo believes that she now has far greater appreciation of the potential in young people and has found mentoring a leveller. It has helped to put her own life into perspective and appreciate more the support she has always had.

Originally from Samoa, Mareta has recently excelled in athletics and netball, playing centre and wing attack for the school netball team and representing Riccarton Primary in the Zones Athletics competitions. She is a strong runner, both short and long distance and excels in high jump and long jump events. Since transitioning to Big Brothers Big Sisters School Plus programme (where volunteers are able to mentor in school and out in the community), Jo has been able to take Mareta to her own social netball games on Tuesday nights. 'My friends love her and she engages with them so well. She became our biggest supporter and even played in one or two games for us. She is a very good player", says Jo.

Mareta describes Jo as 'fun' and 'cool'. "She hangs out with me in her spare time and comes to watch my netball games and athletics. She taught me how to play netball better and how to play some tunes on the piano". She thinks it's good for kids to have a mentor. "Mentors help you to learn things and be better at things and hanging out with them makes you happy".

Jo intends to continue mentoring Mareta as she undertakes Masters study next year. She believes that even when mentoring finishes, she and Mareta will continue to be great friends. Far from having their heads in the clouds, these are two grounded young women with the silver lining of a potential lifelong friendship ahead of them.

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MENTORING MATCHES SERVED 2013: 182

ACCENTUATE THE POSITIVE...



Okay, the dog ate the hamster, the kids set the house on fire and the car is stuck in Park. Life, therefore, sucks. Much research has been done by a man called Martin Seligman working out of Penn State University in the US into happiness and resilience. According to Seligman and

others, the ability to recognise and express gratitude is one of the key components of happiness. Sort of wanting what you've got as opposed to getting what you want if you know what I mean. So, in the light of this, let's review the above: The hamster could have eaten the kids, the dog could be driving the car and the house insurance could have expired yesterday. How are things looking now? Everyone who lives in Christchurch has been through a tough time over the past three years but we still live in a beautiful, if slightly broken, city. Most of us (though not all) still eat three square meals



a day, sleep in our own beds and have people who care for us – Big Brothers and Big Sisters even. So let's try focusing on the positive (there's always a positive), look forward to summer and let me know when the memorial service for the hamster is.

Tim Webster
Chairman Big Brothers Big Sisters of Christchurch.

PARENTS ON MENTORS

"Amazingly stoked, loved the way you treated him, made a huge difference, made him look forward to school".

MENTORS ON KIDS

"Learning how to relate to her on her level, but opening her eyes and widening her options".

KIDS ON MENTORS

"He brightens my day, he listens to what I have to say".



MENTOR MUSINGS

"One hour, Once a Week" by Kirsty



"I first started mentoring because this caption caught my eye, and I began to think, "What is one hour out my week to help someone out?". So I began to look into it and WOW what a journey it has been! I got matched to a beautiful girl with whom, over a period of time, I have formed a

great friendship which I treasure. I do School Based mentoring which is great as I also get to meet other children around the school, which I love (I secretly come early sometimes during interval so I can sneak in on a game of handball). Now my first thoughts in starting mentoring were along the lines of trying to help out and maybe make a difference in a child's life. But as I have learned, that certainly goes both ways.

Giving up my hour a week has resulted in a great relationship in my life. It has taught me lifelong lessons, given me confidence, opened doors to many amazing opportunities and I have truly grown as a person. My beautiful mentee has made a difference in my life and I always walk into school with a smile on my face and leave with a huge grin!"

GIVING A LITTLE, GAINING A LOT



As reported in our Winter Newsletter, mentors and their young person have been encouraged to take part in our Resilience Project. They were asked to engage in an activity that involved extending generosity towards others.

So far we have had matches undertaking a range of different activities including gardening and painting in local schools, tree planting on Quail Island, delivering Meals on Wheels for the Red cross and sending Christmas care packages to children overseas.

In September, CPIT Social Work students generously arranged a fun event where BBBS mentors and children could bake cakes and biscuits which they were then encouraged to give away to others. Extending generosity towards others is a key factor of resilience in young people and indeed, mentors have been delighted at the huge sense of satisfaction and pride experienced by their mentee.



A few of our mentees enjoying giving back to their community.



BOWLING CLIMBING AND BAKING!

Each term, BBBS invites mentors and their young person to a fun event. We had an awesome night at ten pin bowling, baked yummy cookies and cakes at the CPIT baking event and climbed alongside fundraisers at Clip' N Climb. A special thanks to our funders and CPIT social work students who helped make these special experiences possible.



Fundraisers, mentors and kids enjoy The Big Climb.

OUR SUPPORTERS

We gratefully acknowledge grants and support recently received from the following funders and donors, without whom we could not operate.



- Blogg Charitable Trust
- EB Millton Charitable Trust
- BBBS Regular Givers
- Keith Laugeson Charitable Trust
- Maurice Carter Charitable Trust
- Shar Devine (Photographer)
- Steve Clancey (IT Support)
- CPIT Social Work Students
- Ristretto Cafe
- CopyPrint Riccarton
- BBBS Charity Shop
- St Andrews College

'THE BIG CLIMB' FUNDRAISER



"Climbing may be hard, but it's easier than growing up." An apt quote from American climber Ed Sklar that gives some insight as to why a group of keen non-climbers converged at The Roxx Climbing Centre in early November, determined to climb the virtual height of Mount Everest – that's almost 9 kilometres straight upwards!

'The Big Climb' was our first attempt at a Fundraising event, and we are very pleased to announce that just over \$10,000 was raised. Tim Webster, BBBS Christchurch's Board Chairman felt that an Everest themed challenge was incredibly appropriate. "There are so many children in Christchurch who find everyday life an uphill climb. Big Brothers Big Sisters' volunteer mentors are like Sherpas to these kids, guiding them through the rough terrain, showing them alternative pathways and encouraging them to achieve."

Special thanks must go to John Targett and Tim Wethey, the owners of Clip'N Climb at The Roxx, and their fantastic staff who made the event run so smoothly. Look out for our next FUNdraiser next year!



**COST PER DAY
TO RUN
BIG BROTHERS
BIG SISTERS
CHRISTCHURCH**

\$650

DINE OUT, SAVE AND SUPPORT!



Yes, it's hard to believe that 2013 is almost over, but you can still use this year's Entertainment Book until June next year. After the success of this year's sales, we will once again be offering BBBS supporters the opportunity to buy their 2014 copy through Big

Brothers Big Sisters. Every book sold brings \$13 to help support a child on our mentoring programme.



KIWI LABELS

We gratefully acknowledge the support of the team at Kiwilabels who donate the design and layout of this newsletter to Big Brothers Big Sisters. Thanks to Florin, Nic and Guy for their patience, creativity and valuable time!

**Do you have a business that could help BBBS Christchurch?
Contact Craig on craig.ogilvie@bigbrothersbigisters.org.nz**

CHALLENGING KEPLER FOR KIDS



Big Brothers Big Sisters Mentor Richard Leary loves to run and is about to tackle the biggest run of his life in December. Richard hopes to complete the Kepler Challenge, a 60 kilometre running race that begins in Te Anau and winds cross country through the depths of Fiordland.

To make it even more worthwhile, Richard is taking the opportunity to raise funds and awareness for Big Brothers Big Sisters. Introduced to mentoring by a client and matched up with Liam since February last year, he has found it both challenging and fun. "I really enjoy seeing Liam become more



Richard and Liam

confident in life, and gives me a lot of pride seeing improvements in him and makes me feel a bit proud as well".

If you would like to support Richard, please go to givealittle.co.nz and search for 'Richard runs for BBBS'.

I WANT TO HELP

- \$200 pays for our office rental for a month
- \$127 recruits a new volunteer
- \$90 pays for 6 children to attend one of our group events
- \$56 pays for resources in a school for a mentor
- \$26 pays for training a new mentor

Please fill in this form and return it in the enclosed reply paid envelope.

Cheques should be made payable to Big Brothers Big Sisters Christchurch

Or debit my Credit Card with

Visa Mastercard

Name on Card Signature

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Please send information on how I can support Big Brothers Big Sisters through regular giving.

Please send information on how I can help Big Brothers Big Sisters through volunteering.

Please send information on how I can help the Big Brothers Big Sisters through my will.

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