



Connecting Mid Canterbury

ANNUAL REPORT 2022 - 2023



Warm for Winter Team

Connecting Mid Canterbury Charitable Trust

Community House, 44 Cass St. Ashburton

<https://connectingmc.wixsite.com/home>

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Chairperson Donna Favel board@connectingmc.org

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ABOUT THE TRUST



Connecting Mid Canterbury is a registered Charitable Trust (CC55035), formed in July 2017.

VISION

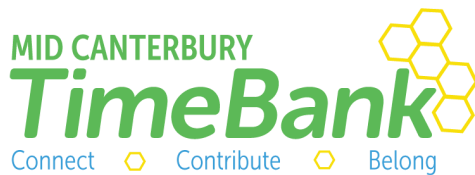
Mid Canterbury is a connected, regenerative, resilient community that cares.

MISSION

To support the growth of a regenerative, resilient and caring community by connecting people, services and resources in Mid Canterbury.

INITIATIVES

In order to fulfil its mission the Trust launched two initiatives on October 1st 2017; *Mid Canterbury TimeBank* and the *Learning Exchange*, now known as *Keep Learning Mid Canterbury*.



TRUSTEES

As at June 30, 2023

- Donna Favel (Chair)
- Robin Burton (Secretary)
- Coby Snowden (Treasurer)
- Shirin Khosraviani
- Maria Jimenez
- Janet Glassey
- Frances Beeston



Trustees at the 2022 AGM

STRATEGIC PLAN

To see our vision fulfilled, we need an **effective organisation** that **collaborates** to **enhance lives**.

These are our 3 Strategic Goal Areas.

1. Effective Organisation / Rōpū tōnui

- Sustainable funds
- Robust systems
- Inclusive & welcoming culture
- Operational excellence

2. Collaboration / Mahi Tahī

- Partnership with wide range of community stakeholders
- Support provided for existing services
- Responsiveness to changing community needs & aspirations
- Research and experience inform our work

3. Enhanced Lives/ Hāpai Oranga

- The *5 Ways to Wellbeing* are enjoyed by all Mid Canterbury residents
- Social inclusion: everyone is valued
- Connection: no-one is isolated
- Lifelong learning is embraced

OUR SUPPORTERS



CHAIRPERSON'S REPORT

This month, Connecting Mid Canterbury marked our sixth anniversary of operation. While the past year has been somewhat quiet for the TimeBank, due to background work on software and websites, limited staff resourcing and restructuring – Keep Learning Mid Canterbury has gone from strength to strength, continuing to deliver an increasing number of events and engagements. In its first full year of operation, we are thrilled so many community groups and organisations are listing their events on the Keep Learning website, making it such a useful resource for our community.

I'd like to acknowledge the commitment and dedication of our talented and tireless coordinator Kate White. Thanks to Margaret Thorpe for running most of the café catchups, the many Keep Learning facilitators who led a wide range of events during the year and everyone who has helped with various social gatherings. Last but not least, thank you to each and every Timebank member who has connected, contributed and helped to create a sense of belonging.

At last year's AGM, we welcomed Trustees Shirin Khosraviani, Frances Beeston, Laura Banks and Janet Glassey to the Board. I would like to thank each and every Trustee for the time they've spent over the past year, ensuring governance runs smoothly. We farewell Laura Banks during the year and it is with regret and immense appreciation, we today farewell Trustees Janet Glassey, Robin Burton, our organised and efficient Secretary and finally Coby Snowden, our dedicated, reliable, hardworking Treasurer.

We are very grateful to our funders for their ongoing support with our initiatives in Mid Canterbury. In this financial year we received funding from Ashburton District Council, Braided Rivers Community Trust, NZ Lotteries and COGS for operating costs. The Community Trust of Mid and South Canterbury and Advance Ashburton contributed to the Keep Learning initiative, and the Lion Foundation contributed to specific resources that we needed to keep the charity running.

We are always seeking opportunity to exemplar CONNECTING (MID CANTERBURY) by proudly collaborating with many people, groups and organisations across the District. We are thankful for each and every opportunity to work with others and one example of that was the inaugural *Amazing Race* in May 2023. We partnered with 8 organisations, utilising 8 venues, 52 volunteers, hosting 25 teams which included 123 participants. Another first was the partnership with EA Networks to deliver the energy wellbeing initiative *Warm for Winter*. I'd like to thank our seven wonderful assessors who delivered energy efficiency advice and products to 200 homes across the District, and EA Networks for the opportunity to collaborate on this project.

We are delighted to announce, that Gordon Manley has recently joined our team as Financial Administrator. Gordon brings with him, not just a wealth of financial experience, but also an enthusiasm for strengthening community.

Donna Favel
Chairperson





Aims:

- fill the gap in the district for non-vocational community education opportunities
- enable people to find events so they can 'Keep Learning', one of the 5 *Ways to Wellbeing*
- help organisations promote their services & the learning opportunities they provide

How do we achieve this?

1. **Events:** We organise about 40 talks and workshops each year on a wide variety of topics. Keep Learning events are open to anyone - most are free, some have a small fee.

2. **Website:** www.keeplearningmc.nz shows our events as well as learning events run by anyone else in the district. It is a great resource for our community - a central platform to find out what's on.



KEEP LEARNING MID CANTERBURY

1 July 2022 - 30 June 2023

47 Keep Learning Events

499 Keep Learning Attendees



KEEP LEARNING EVENTS

International Cooking Classes

Collaboration with Mid Canterbury Newcomers Network

- A Taste of Japan
- A Taste of Samoa
- A Taste of Mexico
- A Taste of Afghanistan
- A Taste of Ireland
- A Taste of Kiwi Baking - *with Rural Women*
- A Taste of Vietnam
- A Taste of Ethiopia
- A Taste of India
- A Taste of the Netherlands



Flax weaving & Stone Carving Wānanga

Thanks to funding from the ADC Mayor's Fund, we could offer the following wānanga with carver Peter Green and weaver Vicky King.

- Oamaru Stone Carving, 2-day course
- Harakeke Wānanga - Pākē (raincape)
- Harakeke Wānanga - Putiputi (flowers)
- Harakeke Wānanga - Wall Hangings
- Harakeke Wānanga - Pop-up Kete x 2

KEEP LEARNING EVENTS

Events run in Staveley

- Preserving Fruit
- Forest Tour
- Nature Mandalas
- Yoga



Te Reo Māori

- Kōrero Māori immersion class
- Te Reo pronunciation x 2
- Using Te Reo Māori x 2
- Te Reo Sentence Structures x 2



Other Events

- Tree Pruning
- Take Notice
- Easy Summer Slices
- Learn to knit

- Preserving Fruit - *Neighbours Day with Newcomers Network, Volunteering MSC, Neighbourhood Support*
- Death & Dying - *with Hospice Mid Canterbury, Memory Funerals, Ashburton Hospital Palliative Care*
- Get Savvy with Saving - *with Carolyn Prebble, ASB*
- Borrow Smart & Pay Off Debt - *with Carolyn Prebble, ASB*
- Local Lives - *aka Human Library - with Ashburton Public Library*
- Evolve & Revolution classes - *with EA Networks Gym*
- Solar Power - *with EA Networks CEO Roger Sutton*
- Draught Stoppers - *with Eco Educate*
- Caring for the Carer - *with Hospice Mid Canterbury*
- Scams - *with Neighbourhood Support*
- Digital Safety for Parents x 4: Methven, Rakaia, Hinds & Ashburton - *with Digital Waitaha*
- Printmaking Cards for Prisoners - *with Ashburton Society of Arts Printmaking Group*



FEEDBACK

99 % of attendees at Keep Learning Events reported feeling **Better Off** for having attended.



'Great to know what help is available and knowing there are others going through the same.'



'Very safe space. Any questions I had there was always an answer to it and I feel like I can budget with tools I've been shown and provided with.'



'So great to meet new people from different countries and cultures and learn new cooking tips.'



'I have been struggling with wellbeing lately, learning with Whaea Vicky has re-energised me. Kua piki toku wairua. (My spirit has lifted)



'I feel refreshed and happy from being in the forest. Gen has lots of knowledge. Brilliant walk!'



'Great opportunity to reflect on where I was at & what areas of my life I'd like to see change. Was inspired to work out my mission in life. Brilliant 1 hour...'



'Was feeling withdrawn beforehand so it was nice to be in nature with others creating together. Thank you!'

KEEP LEARNING WEBSITE

254

Events Listed

July 1 2022- 30 June 2023

43

Different groups listed events



129

New Sign-ups

To receive automated email
notifications from the site

- Advance Ashburton
- ASB
- Ashburton Art Gallery & Museum
- Ashburton Astronomy Club
- Ashburton Bowling Club
- Ashburton Bridge Club
- Ashburton Public Library
- Ashburton Society of Arts
- Ashburton Strollers
- Blueprint for Learning
- Carol Gunn
- CCS Disability Action
- Community Governance NZ
- Connection Coaching
- Dementia Canterbury
- Digital Waitaha
- Family Dispute Support Service
- Golf NZ
- Hakatere Marae
- Hakatere Multicultural Council
- He Waka Tapu
- Hospice Mid Canterbury
- Keep Learning Mid Canterbury
- Mid Canterbury TimeBank
- Mental Health Education and Resource Centre
- Mid Canterbury Newcomers Network
- Mid Canterbury Rural Support Trust
- MSD
- Ōpuke Gathering
- Pegasus Health
- People First New Zealand
- Presbyterian Support
- Rural Support Trust
- Rural Women
- Rushton Marketing
- Safer Mid Canterbury
- Seniornet
- Sidekick Chartered Accountants - Ashburton
- Te Huka Tai Trust
- U3A
- Waitaha Primary Health
- Wellbeing Ōpuke
- Whānau Āwhina Plunket



www.keeplearningmc.nz

MID CANTERBURY

TimeBank



Connect



Contribute



Belong

Aims:

- Make it easy for people put into practice the 5 Ways to Wellbeing; *Connect, Give, Take Notice, Be Active & Keep Learning*
- Help people connect, across generations, cultures and backgrounds
- Enable people to contribute their time & skills, to meet the needs of others
- Support organisations to find and reward volunteers

How do we achieve this?

1. **Social Events:** We organise community social events each month along with smaller café catch ups twice a month to promote connection. All our events are open to anyone.

2. **Exchanges:** Timebanking software enables TimeBank members (including local community groups) to post offers and requests, and respond to others' requests and offers, and record time exchanges. Everyone's time and skills are valued equally; one hour of help = one hour time transfer.

On average 19 TimeBank members completed & recorded exchanges each month

NUMBER OF EXCHANGES

1 July 2022 - 30 June 2023

256

Since Launch
1 Oct 2017 - 30 June 2023

4,722

HOURS EXCHANGED

1 July 2022 - 30 June 2023

909

Since Launch
1 Oct 2017 - 30 June 2023

13,595

SOCIAL EVENTS

In the year to June 30 2023, we organised 11 larger social events for the community, 2 TimeBank software launch events, 1 working bee and 27 cafe catch ups to help people connect with others and develop a sense of belonging to the community.

All our events are open to and promoted to the general public, as we love helping everyone connect, not just current TimeBank members. Events are also an opportunity to promote the TimeBank & Keep Learning Mid Canterbury.

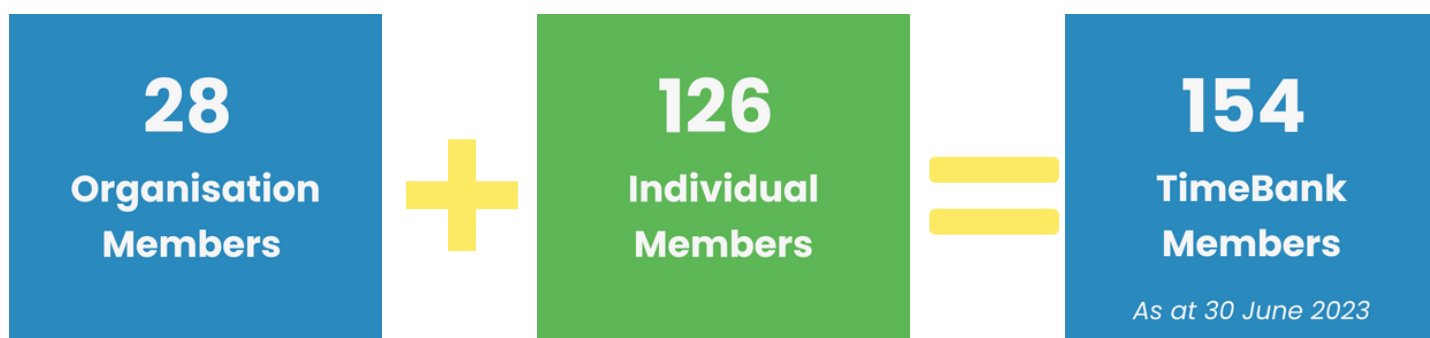


Events This Year

- Mid Winter Christmas
- Games Night x 3
- Multicultural Fun Day at Marae
- 5th Birthday Party - Salsa!
- Tinwald Pool Party
- Farm Fun Day
- Staveley Camp
- Easter Family Fun Day
- Amazing Race



TIMEBANK MEMBERSHIP



In May 2023 the TimeBank switched to a new TimeBank Software system as the old one was no longer going to be available. We had 21 new members join during the year but the overall number of members has dropped. This is because 52 members were deactivated in May when they didn't respond to requests to consent to move their data to the new system. A further 22 opted at this time not to continue being members because they no longer lived in Mid Canterbury, were too busy or had other priorities.

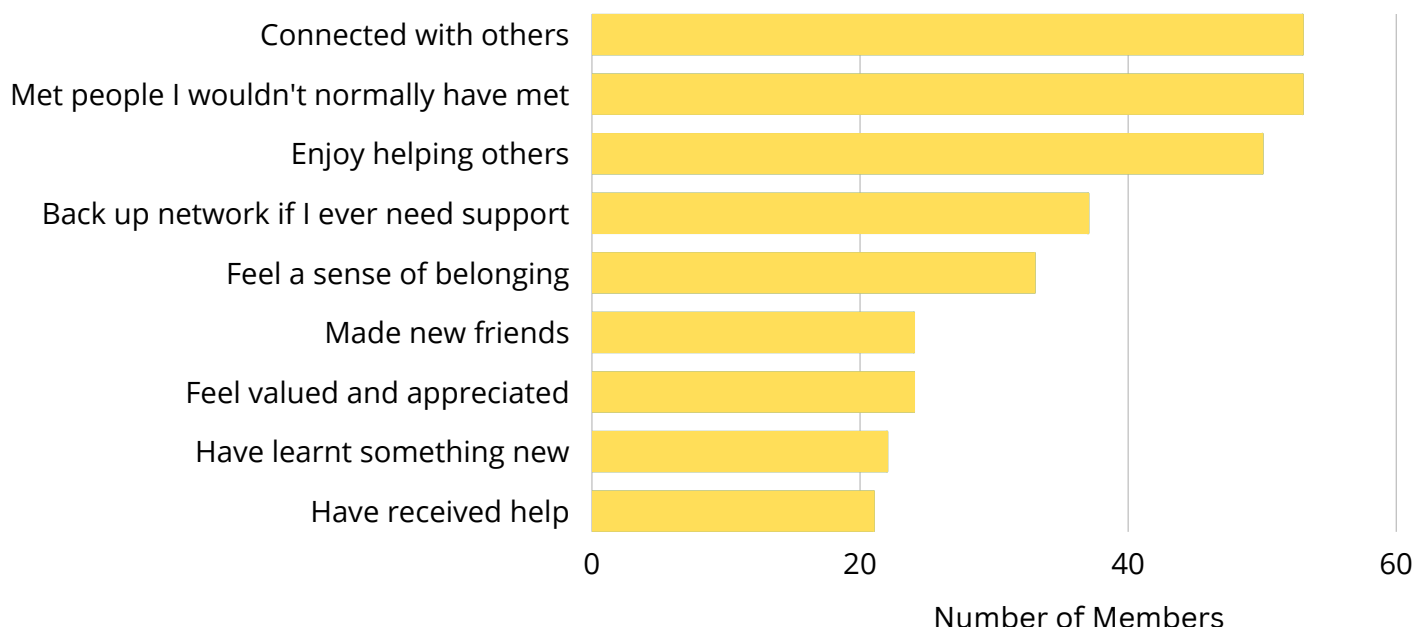
DEMOGRAPHICS

- 21% members live rurally
- 29% were born outside of NZ
- 18% have lived in the district for less than 5 years
- 83% members are women
- AGE: 14% are 18-39 52% are 40-59 34% are 60+

SURVEY (July 2023)

- 69% individual members completed the annual survey
- **92% of all respondents said they felt better off because of the TimeBank**
- 54% of respondents said they had been active in the TimeBank in the past year
- **100% of active members said they felt better off because of the TimeBank**

What contributed to members feeling better off?



5 WAYS TO WELLBEING

Promoted by the Mental Health Foundation of New Zealand

TimeBank members identified which of the 5 Ways to Wellbeing they've put into practice through their involvement in the TimeBank & Keep Learning initiatives.

% OF MEMBERS	CONNECT	GIVE	KEEP LEARNING	KEEP ACTIVE	TAKE NOTICE
	76%	61%	52%	29%	31%

Wellbeing statistics

- 20% of members have physical health issues or a disability
- 13% have mental health issues
- 30% of members say the TimeBank has helped them feel less isolated
- 67% say the TimeBank has contributed positively to their wellbeing



What does the TimeBank mean to you?

Survey answers:

- *I enjoy meeting and getting to know others in the community*
- *It's how communities are meant to function: people helping each other without the expectation of payment or having to repay the favour to the same person.*
- *Coming from overseas and not having family here, timebank is kind of my family and support.*
- *Our wellbeing as a family has increased through doing things at TimeBank. TimeBank activities mean the kids and I can do quality activities together. I love that my children can come to most of the events with me. This is not always true of other events and childcare can be expensive.*
- *Timebank helps create a safe place to meet like minded people.*
- *Love my support people always there if I need them*

FEEDBACK FROM MEMBERS



What does the TimeBank mean to you? (contd)

Survey answers:

- *It's great being able to help people and get help with odd jobs*
- *The activities are very creative and I get to connect with lots of people that otherwise I wouldn't connect with. It has also helped to open my mind and change my perspective about what friends and what (my Ashburton) Family may look like and how I don't necessarily have to be friends just with people my age. I have learned a lot!*
- *Finding places that need help, and I can help while doing my hobby*
- *TimeBank is a great way to teach my children about the concept of community. We are able to attend events with people we don't know personally but feel welcome and like we belong there. TimeBank is also a great way to access the knowledge and experience of others.*
- *Good support and activities*
- *Have made many friends, am able to get help when needed, allows me to help others*
- *It's about being connected with our community, and being kind*
- *TimeBank is a great way to meet new people and be a part of a community that cares and looks out for one another. It's been great to make connections, attend events, and learn from others.*
- *Community*
- *I get pleasure from being appreciated regarding the weekly dog walking I currently do. I've got to know the owners quite well and we often take time to chat about our lives and cover many subjects.*
- *Great to be able to meet and help fellow members*
- *Being valued, meeting interesting people*
- *You can learn new skills with the Time Bank*
- *It's a great organisation to help meet others in the community and provides an opportunity to give support and knowledge to the community*
- *TimeBank is a team first. As a team every member has different knowledge that can help other members of the team*
- *Grateful for support and connection. Hope to have health to give back in future*
- *I enjoy being in Timebank because I get to enjoy experiences that I would never otherwise have.*

WARM FOR WINTER - WITH EA NETWORKS

March - August 2023

200

Completed In-Home
Energy Assessments

\$507

Average savings per
year, per household

Connecting Mid Canterbury was approached by EA Networks to partner with them on some work around **Energy Wellbeing**. The aim was to reach those in the community who most needed energy-saving advice and support, and also help connect them to other relevant community services & supports.

EA Networks saw our organisation as a great fit for the **Warm for Winter** project for a few reasons;

1. Part of our mission is to connect people and resources
2. The TimeBank has a good pool of community-minded people who could be trained as assessors
3. We have well established connections with other community services.



In March 2023 four TimeBank members and two others associated with TimeBank were trained to complete in-home Energy Assessments. Another assessor was trained in July. **Ecobulb** ran the training in the programme they developed which has been used in over 6000 households around NZ.

We provided extra training to assessors on other local services so they were able to point people in the right direction for other needs that came up during the visit e.g. problems with landlords > *Citizens Advice*, new to town > *Newcomers Network*, needing curtains > *Community Energy Action* etc.



Along with advice for how to save energy, people received the following free things to help keep their home warmer and lower their power bills:

- up to 15 LED lightbulbs
- a low flow showerhead
- a Scoopy for condensation
- a draught stopper
- V-seal for draughty gaps
- a temperature gauge

Also in the goody bags were 'Need Help' books and fliers about the CAB, Keep Learning and the TimeBank.

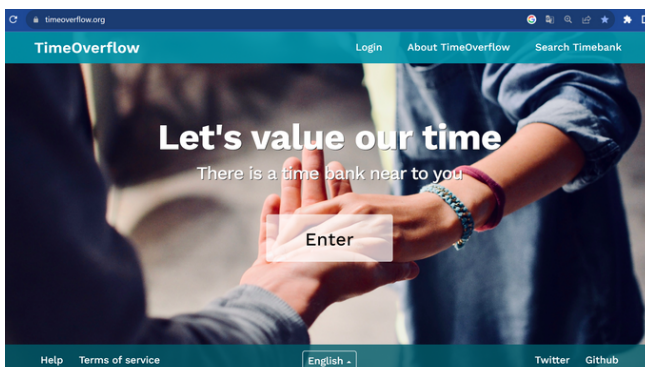


Our assessors did a fantastic job completing 200 assessments all over the district. Many donated some or all of their assessor payments to Connecting Mid Canterbury. EA Networks also gave us a donation as a thank you for coordinating supplies and assessors, promoting the initiative in the community, managing referrals and tracking assessments. **We are very grateful to EA Networks for the opportunity to be involved in this incredible initiative that has made such a difference in peoples lives.**

COORDINATOR'S REPORT

It has once again been a busy and successful year for Connecting Mid Canterbury, as the previous pages can attest to! Read on to find out what's been happening behind the scenes.

In terms of the **TimeBank** the big focus of the year was researching options for timebanking software. The software we had been using since our launch in 2017 was provided by TimeBanks.org but it was going offline and the alternative they wanted to move us to was cost prohibitive. Almost all TimeBanks in NZ were using this software so faced the same challenge.



After analysis of varying options and many zoom calls with the other NZ TimeBank coordinators, along with IT people and software developers around the globe, we settled on **TimeOverflow**. It is the software used by Spanish speaking timebanks around the world. TimeOverflow is simpler to use (which is great for our members!) but doesn't have as many features as the previous Community Weaver 3 software (e.g. no skills database).

TimeOverflow has some great reporting features, but due to the nature of the software it is not always possible to see what types of exchanges people do anymore. We switched platforms in May and had a couple of launch events to introduce members to how it works. Our annual survey in July showed that 44% of members had not got round to trying it yet. Change can be challenging!



Through the software research process, it became apparent that a national body for timebanking in Aotearoa was necessary. I was involved in the groundwork for this, including developing the constitution. The incorporated society is a work in process.

The other big project this year in regards to TimeBank has been to update our public facing **TimeBank website** with the help of Otago Polytech interns. The current TimeBank site has looked the same for the last 6 years! We need it to show upcoming events, news and have more of a community feel to it. This will hopefully be live soon.



With the software change happening and less funding for TimeBank work, we were not able to push for new members or offer as much support and follow up for existing members, as we would have liked this year.

It's great to see exchanges still happening between members for all sorts of things, but the numbers being recorded were lower than in previous years. Hopefully once the new website is live and members get familiar with the new timebanking software, we can enter a growth stage again.

A key part of our work in helping people connect with others are our **social events**. Numbers of TimeBank members attending events really dropped off during the covid years and haven't really picked back up. So at the end of 2022 we did a survey to see if TimeBank members still wanted us to run events and what these should look like. The majority wanted us to keep on doing what we were doing. The survey also went to the broader public, asking what free or low-cost events they would like to see in the district. Family-friendly events was the response! It is great to be able to meet a need for connection opportunities, family fun etc. for those in our community and we see people from all walks of life at our events.



From the survey feedback I got the idea to run Ashburton's first **Amazing Race**. This was by far the biggest event of the year, with 123 participants and 52 volunteers across 8 locations. It was incredible to have such support to make the event happen - huge thanks to all the organisations and volunteers involved. We hope it will become an annual event.

To meet the need for **family-friendly events**, we partnered with the Newcomers Network to run a Multicultural Fun Day at the Marae, an Easter Fun Day and a Farm Fun Day. These were very popular events! Seeing people connect with each other and find out more about our organisations, seeing families having fun and newcomers to the district enjoying themselves & meeting new people, all make these events so worthwhile.



For **Keep Learning Mid Canterbury** the highlight this year has been the success of the website. We are getting amazing support with more and more groups posting their events on it. The dream for **www.keeplearningmc.nz** to be a platform that showcases all learning related events in the district is starting to become a reality. More work is needed on promotion and marketing of the site to the general public and this will be a focus for the coming year.

We continue to organise a wide variety of Keep Learning events - somehow delivering **47 learning events** instead of our usual 40 this year! It is great to work alongside other community organisations and volunteers who are happy to share their skills, knowledge and passions with others.

It was a real privilege to work with Jessica Harris at EA Networks on the **Warm for Winter** project and we thank EA Networks for that opportunity. We look forward to continued collaboration in the future.

To our volunteers and funders - THANK YOU! We are grateful that you enable our small charity to do many meaningful things in Mid Canterbury. Thanks to you, we can support other wonderful groups in the district. Thanks to you, we can enable individuals to keep learning, connect with others, share their time and skills to help others, and experience an increased sense of belonging to this wonderful community. Ngā mihi maioha!



Kate White - Connecting Mid Canterbury Coordinator

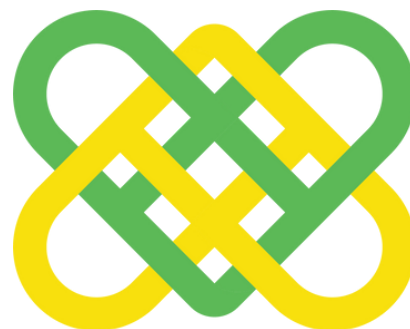
TREASURER'S REPORT

I am pleased to present the Treasurer Report for the year ended 30 June 2023. We are reporting a surplus of \$4,088 for the year, a pleasing result as the Trust needs to build up reserves while at the same time fulfilling funders' expectations to fully spend their grants.

REVENUE

The total grants last year included a one-off \$20,000 grant for the Connecting Rural Communities project which is why this year was less than the 2022. Ignoring this one-off grant, the Trust received \$11,200 more from our regular funders than last year, a fantastic result and we are grateful for the following grants received during the year:

- NZ Lotteries Grant Board \$17,000
- Community Organisations Grants Scheme (COGS) \$8,000
- Community Trust Mid & South Canterbury \$5,000
- Ashburton District Council \$6,300
- Advance Ashburton \$8,000
- Braided Rivers Community Trust \$5,000



Our revenue was boosted by the Warm for Winter initiative whereby volunteers chose to donate their assessor payments to the Trust. These donations, offset by a very small reimbursement for vehicle use, contributed \$2,300 towards our surplus.

EXPENDITURE

As for income, expenditure for the year was less than the previous year, due to the Connecting Rural Communities project in the 2022 year. While event expenses were offset by event income, efforts were made to keep our overheads and operational costs down. Moving to TimeOverflow software will mean a significant annual saving to the Trust.

ASSETS

The funds in the main bank account are for grants received and committed to be spent during the 2023/24 year.

LIABILITIES

Some of the grants listed above were paid later in the financial year. The unspent portions are carried forward into the 2023/24 year, namely:

- NZ Lotteries Grant Board \$11,277
- Community Trust MSC \$2,555

I am stepping down as Treasurer at this AGM and welcome Gordon Manley to look after the Trust's finances as our new Finance Administrator.

I have thoroughly enjoyed my time at the Trust and wish its Trustees and Members continued success.