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Kingdom Resources

helping people to a new beginning

“I WANT TO BE CONFIDENT LIKE YOU!”



“I want to be confident like you,” said a recent Kingdom Resources’ Taking the First Step attendee to Mata, a guest speaker on the course.

“You’re in the right place,” replied Mata. “I came to this class last year and that’s why I am the way I am! Take in all the information you can from this class, apply it in your life. It’s only hard if you make it hard.”

Mata comes across as a confident, glamorous, Pacific Island woman, but she only began to feel that way after the course, as for years she lacked confidence and self-esteem and had a great ability to hide her own emotions.

“The course was amazing. It changed my life ... I learned what I needed to do, which part of me I needed to work on and how to fix myself, not others. I also learned about health and fitness, having a balance. I learned to be assertive ... that it’s ok to say ‘no’ - saying ‘yes’ was ignoring my own needs and was leading to resentment. It’s given me the confidence to act in the way people see me.”

A year on, life has changed a lot for Mata. The course was a starting point in identifying where she wanted to head in life, recognising her own medical limitations as she suffers from a debilitating back injury. Since then she’s attended other complementary courses and was determined to follow her own passion.

“I’M MUCH MORE SELF-AWARE. I WANT TO BE THE BEST VERSION OF MYSELF”

“I’m much more self-aware. I want to be the best version of myself. I’ve lost weight just by ‘tweaking’ – I don’t have blue milk any more and I go for a walk every day, just short walks – and am increasing my distance slowly as part of my rehabilitation. I drink more water. I have less takeaways and cook more, thanks to better time management that I learned in class. I write things down that I want to achieve each day and stick to it as much as I can. Now I’ve tackled weight, I’ve quit smoking! Every day giving up smoking is

a huge achievement – at first I celebrated 10 minutes not smoking, then an hour, then 25 hours and now it’s 21 days and counting!,” she said.

“I’m also now enrolled on a Diploma in Professional Counselling as I’ve always wanted to help people, recognising my own physical limitations,” she said.

“If you think you want to do something, just find out about it and just do it!” said Mata. **“You don’t know what you’re capable of doing until you give it a go. Don’t over think it, just do it!”**

GET HELP WITH KINGDOM RESOURCES!

Kingdom Resources is in its 27th year of helping people in need. Our team consists of volunteers from churches throughout Canterbury as well as our own staff.

WE DO THIS THROUGH:

- Budget Advice
- Free Budget Education Courses such as *Making Money Matter*
- Professional Career Support and CV Preparation
- Courses include: *Taking the First Step - an employment and confidence building for women*
- Access to interest free loans
- New Budget Advisor Training

FOR MORE INFORMATION:

If you need help, or can support us in any way with your time or through a donation, please phone 332 1700 or email kr@kingdomresources.org.nz.

WINTER 2015 Newsletter

Kingdom Resources

helping people to a new beginning

REALISING A DREAM | I COULDN'T AFFORD TO EAT | WORKING TOGETHER | I WANT TO BE CONFIDENT LIKE YOU

REALISING A DREAM!

SAME COURSE, SAME DATE, INSPIRED HUGE CHANGES FOR BOTH KARREN AND MATA.
(SEE MATA'S STORY ON THE BACKPAGE)

Karren, mum of 4 children, had always wanted to be a nurse, but it seemed like an impossible dream.

“I’ve been on my own for 2 and a half years. I’m on a benefit with all the stigma attached to that. I was doing part-time accounting from home but it wasn’t where I wanted to be in the long-term,” she said.

Eager to be off government support, Karren attended a Kingdom Resources’ budgeting course hosted by SWAP (Single Women As Parents) and ticked the box to attend a women’s pre-employment course, *Taking the First Step*, also run by Kingdom Resources.

“On the first day of the course I was overwhelmed,” explained Karren. “It’s an amazing opportunity to step outside your comfort zone ... to get to know who you are, what motivates you, how you function and what you have to offer. I had to take off my ‘mother coat’ and see what was underneath it. I also learned the importance of taking time out for me, even if it’s just half an hour reading a book.”

“IT’S AN AMAZING OPPORTUNITY TO STEP OUTSIDE YOUR COMFORT ZONE”

Karren explained that during the course, the names of jobs were laid out over the floor and you picked up those which interested you. “All the ones I selected were to do with teaching and nursing. I was thinking and praying about what I should do, when Lisa [the tutor] asked us what our next step was. She was great at keeping us on track and making us accountable. I said I’d go to Polytechnic and find out about nursing.”

Karren quickly enrolled on a 3 month pre-health course. “I especially liked the science class. I had a big smile on my face and loved what I was learning,” explained Karren. The next step was enrolling for a full-time nursing degree.

“I said, OK God, if it’s where I’m supposed to be, you’ll make it happen. If there aren’t people that can help me with child care, it’s not meant to be,” she said. “I was blown away by offers of help.”

Six months later, the course is going well, but it’s certainly been a big learning curve both personally and professionally for Karren. “I’ve got a perfectionist streak in me and worried how I’d get all my jobs done and I needed a change in mind-set,” she explained. It’s not been easy, but she’s learned to juggle children’s commitments, household chores and studying.



“Priorities change. My kids are healthy and happy and they’re so proud of me and respect me much more. I feel I’m a really good role model for them”.

“*Taking the First Step* was absolutely worthwhile,” said Karren. “It was the start of re-finding me and following my passion.”

“The nursing course is totally do-able, and if I can do it with my four kids, so can other mums in similar positions if they want to follow their own dream.”

DO YOU WANT TO TAKE YOUR NEXT STEP TOWARDS GETTING A NEW CAREER?

IF SO, CONTACT LISA OR 332 1700
OR EMAIL LISA@KINGDOMRESOURCES.ORG.NZ



“I COULDN’T AFFORD TO EAT!”

Jane couldn't afford to eat. "I had just \$5 left over each week and lost shed loads of weight," she explained after discovering that she owed thousands of dollars to Work and Income.

Jane suffers from dyslexia and said that she gets easily confused with forms, "Any more than just one page and I'm dumbfounded." This had a big impact on her ability to communicate, which contributed to her going into a spiral of uncontrollable debt and depression.

She didn't want to tell anyone about how heavily she was in debt. "I sucked it in for a long time. I hid the paperwork under my bed. I was ashamed to even tell my grown up kids how bad things were. I became a recluse. Friends would ask me out for coffee and I just couldn't afford to go and said 'no'."

"I'm stubborn. Being the youngest of six children, I was always told to 'toughen up' and you do! I kept putting off asking for help. I didn't think there was much anyone could do about it. There are people worse off than me. I got so low, I was contemplating suicide as I couldn't afford to look after myself. But my daughter wanted me to eat. She'd told me about Kingdom Resources, as they'd supported her before and she trusted them."

When Jane, her daughter and granddaughter turned up at the Kingdom Resources office they met with Jude, a very experienced budget advisor at the front desk. "There was no free budget advisor and I wasn't taking on any budget clients then," said Jude, "But I just couldn't turn them away. Jane looked desperate for help."

Jane said, "I showed Jude everything [bank statements, Work and Income letters etc]. I was an emotional wreck. I just couldn't function without tears. I didn't think she could help as I'd buggered up. You couldn't squeeze any more out of the lemon. Meeting Jude was the turning point. Jude took me to Work and Income and quickly pointed the problem out to them. She helped me get into a council place and just starting again."

"Jude's a good chick. She'd ring to see how things were going and if I needed anything," explained Jane. "I wasn't thrusted with religion, which is good. I was treated like a human, not a piece of trash. It was the light at the end of the tunnel."

"Jude and Kingdom Resources helped me out good. Hopefully I never need to use Kingdom Resources again, but I know I can and they won't judge me. Sometimes you have to realise that you need help ... you're the one who really is worse off."

"Finding someone to help is the hardest part, then trusting them. We lock ourselves away. You just have to unlock that key and ask for help," added Jane.

Do you need budgeting help? Call 332 1700 or email kr@kingdomresources.org.nz

**Name Changed*

TOO MUCH DEBT? WOULD AN INTEREST FREE LOAN HELP?

- ARE YOU COMMITTED TO DOING SOMETHING ABOUT YOUR DEBT?
- IF YOU'RE CAUGHT IN THE DEBT TRAP AND HAVE PERSONAL DEBT UNDER \$15,000, KINGDOM RESOURCES MAY BE ABLE TO HELP YOU.

PLEASE PHONE US ON 332 1700 OR EMAIL
KR@KINGDOMRESOURCES.ORG.NZ

*SPECIAL TERMS AND CONDITIONS APPLY.
EXCLUDES MORTGAGES AND STUDENT LOANS.

WORKING TOGETHER MORE TO HELP NEW CLIENTS!

AN EXCITING NEW COLLABORATION BEGAN THIS YEAR BETWEEN KINGDOM RESOURCES AND EARLY START, A NOT FOR PROFIT ORGANISATION THAT PROVIDES LONG TERM SUPPORT TO CHRISTCHURCH FAMILIES CARING FOR NEWBORN BABIES, WHERE SOCIAL AND FAMILY CIRCUMSTANCES MAY PUT AT RISK THE HEALTH AND WELL-BEING OF THE CHILDREN.

"We deal with lots of clients but this project is different. Instead of starting cold with clients, we are piggy backing on a relationship already established by Early Start. Families participate voluntarily in the programme with Early Start, which gives intensive support and assistance to families. They provide Family Support workers who help clients to discover new ways to achieve positive outcomes for themselves and their children. Our budget advisors are invited to work alongside the families to provide budgeting education and support," said Kingdom Resources General Manager, John Exton.

15 families so far this year are being helped by Kingdom Resources Budget Advisors Cath and Ema.

“IT’S GREAT TO WORK ALONGSIDE A FAMILY SUPPORT WORKER AND BE WITNESS TO THE GREAT SUPPORT THEY GIVE TO CLIENTS”

"It's great to work alongside a family support worker and be witness to the great support they give to clients. The Early Start clients are very welcoming, inviting us into their homes and encouraging us to interact with their families," said Cath.

"The difference we make varies for every client. Some are so weighed down with money issues when we meet them. It's like watching a butterfly very slowly break out of a cocoon, it gets strong and starts to fly. We want to see our clients fly!"

Ema said, "My personal goal is to encourage and support the client. It can be as simple as changing their mind set or teaching them new skills to set them free financially. We must be honest about their situation and compassionate at the same time. Things may take a while to change and some clients may never change, however the positive side to this is that we can journey alongside them, something that may never have happened before."

The collaboration between Kingdom Resources and Early Start began in February this year. Exton added, "It's an exciting partnership in collaboration with the Ministry of Social Development. Can we be more effective working together? I certainly hope so and the signs so far are very positive."



EMA



CATH

WE ACKNOWLEDGE WITH GRATEFUL THANKS THE HUGE CONTRIBUTION OF THE FOLLOWING SUPPORTERS:

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