

A family of four is the central focus of the image. They are posing for a selfie on a waterfront promenade. The father, on the right, is taking the selfie. The mother is behind the children, smiling. The young boy is in the center, wearing a black and white Nike jersey. The young girl is on the left, also smiling. The background shows a harbor with boats and a city skyline, including the CN Tower.

Community Transformation Partnerships

HANDBOOK

Prepared by the Adventist Development and Relief Agency for use
by Seventh-day Adventist Churches across New Zealand

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INTRODUCTION

The various Adventist entities operating in New Zealand including ADRA, the NZ Pacific Union Conference, North New Zealand Conference and South New Zealand Conference, share a vision of the Adventist Church being recognised for loving its community and being present in a way that helps families thrive. To achieve this vision, the goal is to establish life-changing, family-focused community outreach initiatives operating out of every Adventist church in New Zealand.

Local churches are the model God has given for frontline ministry into our communities, and as such are the hope for God's kingdom, a physical representation of a loving God. The Community Transformation Partnership (CTP) initiative aims to support and empower every church in New Zealand as they transform the communities around them. Through CTP, churches will be encouraged to have an outward vision, to become salt and light in our world, to promote social and spiritual transformation, pursue justice, and proclaim the whole gospel. In doing so, we believe every church will come to realise its potential as agents of change.

Churches are called to be 'transformation stations', where community members can retreat from a hostile world and engage in initiatives that are both positive and life changing. Morgan Chilulu, an African pastor of a small and humble church in the midst of the AIDS pandemic, once said: "A church that lives within its four walls is not church at all". That says it all!

The CTP has been designed with an outward focus to

meet the most pressing needs facing families across New Zealand. By equipping families of all shapes and sizes with positive skills and life changing opportunities, your church can be part of something that will transform the face of this country and our church – for good.

For a church in the 21st century to not just survive but thrive, it needs to be a church that is relevant and connected. Christ's ministry was as much about preaching and teaching as it was about meeting the needs of the community – that's how Christ did Church and that's the Church God requires us to be today.

"Christ's method alone will give true success in reaching the people... If less time were given to sermonizing, and more time were spent in personal ministry, greater results would be seen. The poor are to be relieved, the sick cared for, the sorrowing and the bereaved comforted, the ignorant instructed, the inexperienced counselled. We are to weep with those that weep, and rejoice with those that rejoice" – Ellen G. White, Ministry of Healing.

By working together we can be the hands and feet of Jesus, and strengthen families in the communities around us.

Blessings



Keryn McCutcheon

General Manager, ADRA New Zealand



Eddië Tupai'i

President, NZ Pacific Union



Ben Martin

President, South NZ Conference



Bob Larsen

President, North NZ Conference

HEALTHY CHURCH ENVIRONMENT

Jesus' prayer for his disciples (current and to come) in the garden of Gethsemane was that... just as He was in the Father, all those who follow Him would also be in the Father. This was accomplished when the Holy Spirit was sent to continue, through the disciples, the ministry of Jesus here on earth.

Each believer is called to follow Jesus and be a disciple. Literally this means to be a student of Jesus and be committed to living in a relationship with him as the teacher. In this relationship, one is to be constantly learning more about Jesus, while at the same time becoming more like Him through the indwelling life of the Holy Spirit.

Jesus' life and ministry was an overflowing of the love and connection He had with His Father. Jesus showed us the greatest example of how to approach ministry and interactions with others.

The Saviour gave the disciples practical lessons, teaching them how to work in such a way as to make souls glad in the truth. He sympathised with the weary, the heavy-laden, and the oppressed. He fed the hungry and healed the sick. Constantly He went about doing good. By the good he accomplished, by His loving works and kindly deeds, He interpreted the gospel to men.—E. G. White, *Councils on Health*

The foundation for any desire to serve and reach out to others is God inspired. If our local churches are to follow the example of Jesus and meet needs in our communities they must firstly be filled with disciples who know Jesus, are committed to Jesus, live a daily life cultivating loving relationships, and have a heartbeat to serve others and grow God's kingdom.

A healthy environment for ministry in the local church will reflect the following attributes:

1. Empowerment by the Holy Spirit

Acts 1:8 But you will receive power when the Holy Spirit comes on you; and you will

be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

For it is God who works in you to will and to act according to His good purpose.

- Spirit dependent
- Partnership driven
- Ongoing discipleship
- A sense of God's providence
- Conflict Free

Only through the infilling and enabling of the Holy Spirit will your church's ministry to the community reflect God's leading.

2. Participation

Every believer is called, gifted and equipped with unique spiritual gifts, heart motivations, abilities, personality and experiences (SHAPE) to be able to serve and meet the needs of others. Each local church, as a body of believers, is an expression of the collection of these individual SHAPE profiles which allows them to deliver a unique ministry in their community. A vision for community ministry needs to involve the whole church and be implemented collectively.

Participation in the Community Transformation Partnership initiatives of your church could take on various roles, the following are a few examples:

- Direct involvement in the planning / implementing team
- Promotion of the initiatives throughout personal networks
- Commitment to attend and be intentional about building a new relationship/s
- Practical help for the leaders of the initiative (i.e. baby sitting)
- Committed prayer support
- Financial support

Identifying how various groups in your church can be involved is important to help everyone participate, take ownership and ultimately share the rewards of

ministry. (Further information regarding SHAPE and how to assess this in designing Community Transformation Partnership initiatives is provided on page 10)

3. Practicing Grace

The Community Transformation Partnership initiatives are to be grace in action, offered as a service for the upliftment of the local Community, without prejudice or distinction, and without any doctrinal “hooks” or expectations attached. They are designed with the needs of the community being foremost, rather than the needs of the church.



4. Building Bridges

The Community Transformation Partnership is about building bridges into the community by appreciating strengths, values and ministering to felt needs (what people identify as their need and is important to them). It is necessary to satisfy felt needs before you can have an impact on the real needs (actual needs). Building relationships and strong connections are the foundation of an effective and sustainable ministry that can lead to life transformation. However you cannot respond to all the needs in the community, so there is a need to be selective and conduct only quality Community Transformation Partnership initiatives that meet identified needs.

Resulting in Abundant Living

Human needs for the abundant life promised in John 10:10 can be summarized and categorized in the 7 dimensions of health on which our Adventist health message is founded.



7 DIMENSIONS OF WELLNESS



Physically Energised



Socially Connected



Vocationally Enriched



Spiritually Empowered



Intellectually Engaged



Environmentally Attuned



Emotionally Thriving

When one or more areas of these dimensions are not fully realized poverty, to some extent, exists. A Christian response to poverty is rooted in a biblical understanding of creation where human worth, value and dignity are envisaged, and as such the motivation for service is the inherent value human life has as part of God's greatest creation.

As churches strive to serve in the communities the goal is to implement initiatives and strategies that restore value and impact directly on the personal domains of **wellbeing and well-giving**, whereby:

- People enjoy a thriving/abundant life
- People are empowered to live a life of purpose, hope and meaning
- People are able to serve each other
- People share resources with each other

Aroha Mai Aroha Atu
Love received, Love Given

(ADRA, Discipleship and Health are all ministries of the NZPUC and NZ Conferences. The relationship of these in the delivery of the Community Transformation Partnership will be further explored and unpacked).

SECTION 1: COMMUNITY TRANSFORMATION PARTNERSHIP (CTP)

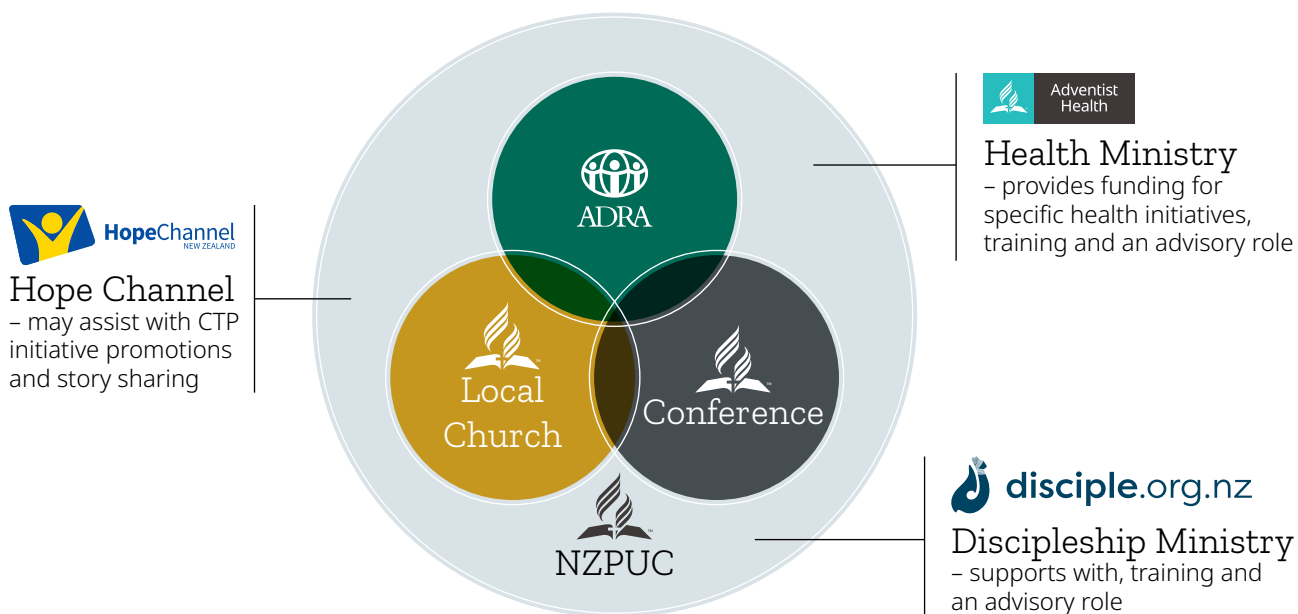
The Goal

The goal of the **Community Transformation Partnership** is to provide an effective mechanism to empower and enable local churches and other entities in New Zealand to engage in relevant community family-focused initiatives that strengthen families and society at large.

In doing so we aspire to fuel a vision for and establish an ADRA administered, Community Transformation Partnership (CTP) initiative in each church in NZ.

Partnership model

We believe amazing things happen when people work together for good. The CTP is based on a partnership model, in which there are multiple partners. There are differences in the level of involvement and investment, however all of the partners are valued and integral to a comprehensive community service ministry. With regards to funding for CTP initiatives the three main partners ADRA, the Local Conference and the Local Church make an equal financial investment, with ADRA being the administrator and providing the main support for initiative implementation.



Overview of the responsibilities and roles of the three main funding partners:

ADRA NZ:

- To coordinate and oversee the administration of CTP
- To source or develop wellbeing focused initiatives
- To establish partnerships with recognized providers to support local church initiatives
- To provide at least 1/3 share of initiative budget for each church
- To provide training, support and resources to each local church
- To collect and share stories of community impact

Local Conference:

- To promote the CTP vision and initiatives to all local churches
- To provide a 1/3 share of initiative budget for each church

The role of the Local Church is:

- To identify assets, strengths, needs and values within the community and establish a CTP initiative to address to improve outcomes within the community
- To engage a team, and church wide support for

community engagement, born out of a healthy model of discipleship

- To implement an initiative with the assistance of the Conference, ADRA and its partners
- To provide a 1/3 share of the total budget
- To collect and share stories of community impact as part of reporting and evaluation to ADRA

Funding Opportunities

Funding for community initiatives will be a collaborative effort between the three finding partners, with each initiative being funded from—ADRA New Zealand, the Conference and the local church. To access funds from the Conference and ADRA a funding application must be made to either the **CTP My Family Fund** or **Innovations Fund**.

Note that the financial contribution of the local church can be sourced from other funding partners (for example, the local council). However, these funds will still be required to be transferred to ADRA via the Conference as would take place with traditionally sourced church funds.

For further information about the specific funds and “off the shelf”, ready made initiatives see Section 2.

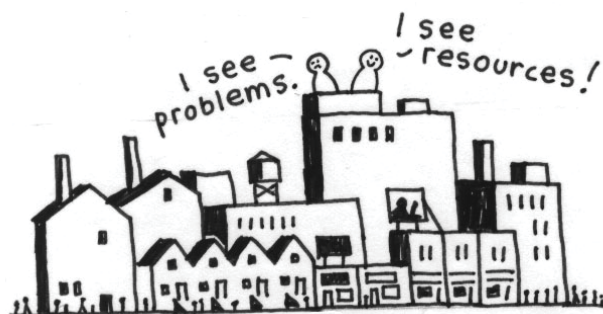


UNDERSTANDING PRINCIPLES OF COMMUNITY SERVICE

When you think about your church you probably think about sharing the gospel (evangelism) and serving others as two of its key roles. Evangelism seeks to enlarge the faith community, to grow the gathering of two or more. Evangelism focuses the energy of the congregation on growing itself; those outside the faith community have value as potential members. Although evangelism has a strong theological mandate, the inward focus of evangelism sometimes causes congregations to fail to see the potential for meaningful relationships beyond the church.

Community service also has a theological mandate, but it can create a different kind of distance between congregation and community. While aiming to help “the least of these,” service initiatives can also hurt communities by diverting resources from lower income people to those who are professional helpers; by teaching people to focus first on their needs and deficiencies, rather than on their resources and potentialities; and, finally, service initiatives can displace community-based citizens’ organizations and disregard their power to solve local problems.

So a principle to keep in mind is that successful positive community development is based on the strengths and assets in the community, and on relationships within the community. Although some resources from outside the community may be needed, the key to lasting solutions comes from within. The gifts and skills of residents and the assets of the physical community are always the starting place. No plan, solution, or organisation from outside the community can duplicate what is already there. These assets need to be identified and mobilised. As the local church, you are in the ideal place to work within your community to identify and mobilise skills and resources to make positive changes in your community.



SOURCE: ASSET-BASED STRATEGIES FOR FAITH COMMUNITIES

Information Booklet

To support you on your journey of assisting your community, please make yourself familiar with Asset-based Strategies for Faith Communities. This is a valuable booklet to help you understand more about how local churches can engage in positively building their local communities.

“To be effective community-builders, congregations function on several levels. In particular, they are both “faith communities,” and “place-based communities.” As “a gathering of the faithful,” each congregation must come to understand and lift up the gifts and talents of its members for the benefit of each individual and for the good of the community. As local institutions, churches must play a role alongside other entities within the specific neighbourhood or place, discovering and engaging the valuable qualities—specifically the gifts and assets—of local community members and associations. And as parts of larger institutions and structures, local congregations must utilise the assets of church bureaucracies to benefit the community of faith and the community of place.”

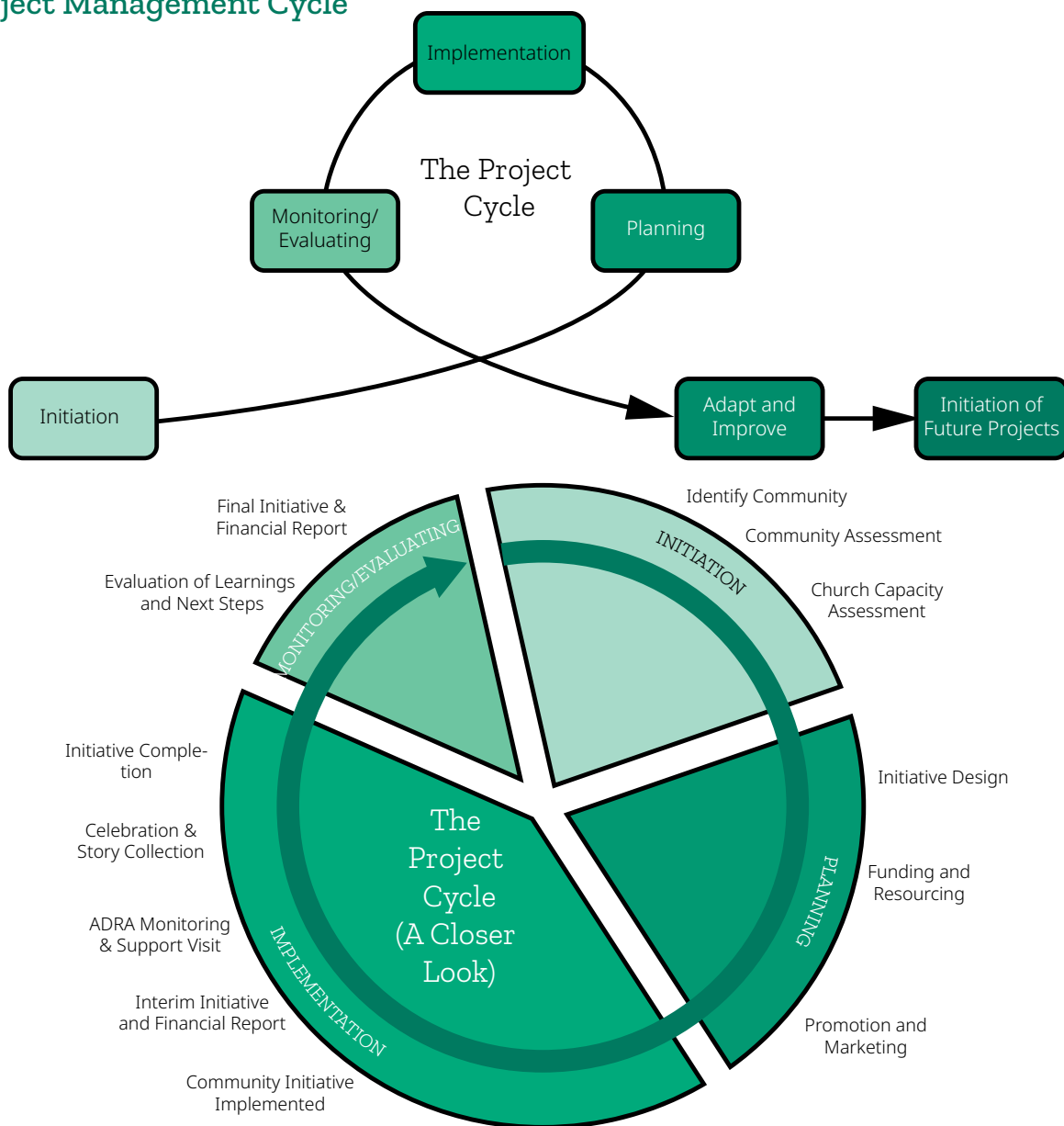
—Asset based Strategies for Faith Communities—
Booklet available at www.adra.org.nz/CTP

STRATEGIC APPROACH

Engaging in Community Partnership initiatives needs to be supported by the strategic direction and planning within the church, and church leadership. The model developed for the CTP strategy follows a systematic process for planning, implementing and evaluation to support ongoing deepening of relationships and also review to ensure initiatives are effective. By following the systematic approach for community engagement we are setting a framework for delivery of quality initiatives. At all times though, we recognize that systems, frameworks, planning or strategy are not the keys to affecting life change – the ongoing guiding and leading of the Holy Spirit is! Our role is to be faithful stewards of the aspects in the strategy that we can execute to the best of our ability.

A PROGRAMME delivered to your community will not affect life change whereas a MINISTRY empowered by the Holy Spirit where needs are met and relationships are fostered will be a healthy environment for change.

Project Management Cycle



Specific resources, templates and forms as well as key dates are built into the initiative management cycle of all initiatives. **All templates and resources referred to throughout the project management cycle are available at www.adra.org.nz/CTP.**

INITIATION

1. Identifying Your Community

In order to talk to the community and find out about the unique needs, firstly the 'community' needs to be identified. In most cases of established churches this will be the immediate neighbourhood, but in some cases it could be a specific group or sector of the community, for example an ethnic group or demographic population.

Consider the unique vision and mission of your church when defining your community, as it is very important for this to align in order to create synergy between ministries. Once your community is defined, it will be easier to target the information gathering to those that you wish to talk to, rather than having too broad a scope for assessment.

2. Community Assessment

Assessing your identified community is the key to planning and developing a Community Transformation Partnership initiative in your church. In addition to the recommended survey there are other ways to find out information about the assets and needs in a community. These include census information, focus groups, other community organizations or your local council.

Survey

A survey is a valuable tool by which your church can gather information about your neighbourhood and community. Conducting a survey will be of huge value for all your church initiatives, whether they be Community Transformation Partnership initiatives, ongoing ministry opportunities, or simply getting to know your neighbours better. The primary purpose of doing a survey is to gather information, and not to evangelise. However, you need to be sensitive to the spiritual and personal needs of the people you contact. If immediate needs are evident, ask how the church can help. If you offer prayer or assistance, you must follow up and keep your promises. Enlist the support of your churches prayer ministry. You will find an example of a community survey in the online resources.

Asset Mapping

An Asset Map is an inventory of the strengths and resources within a group or community. Information from the survey and other information about the

community can be used.

Considerations should include things like transportation, childcare, open spaces, food, emergency preparedness, local economy, community organisations, other churches or faith groups, sport groups, neighbourhood associations, and charities.

Conducting asset and relationship mapping is an important first step in preparing to design and undertake a community initiative. The next step is to link this information with problems (or opportunities). To help you identify possible initiative opportunities please refer to the Root Cause Analysis tool on the website.

Once you have completed these assessments collate the results into a simple table to start to identify and analyse the trends.

3. Church Capacity Assessment

Before your local church can successfully implement community service initiatives you should have the following:

- An understanding of the SHAPE of your church
- An understanding of connections and relationships that may exist to understand how you are uniquely equipped

To help this process we have provided some simple self-assessment tools to work through before you decide the kind of community initiatives you could implement.

SHAPED for Ministry

As part of your churches discipleship journey we encourage you to invest in SHAPE workshops or focus groups. Individual workbooks, and group facilitation materials are available from the NZPUC Union Discipleship team and online at <https://learn.disciple.org.au/course/shape/>. Engaging and working through this resource enables understanding and identification of each persons Spiritual giftings, **H**eat, **A**bilities, **P**ersonality and **E**xperiences, providing insight into what potential the church has to engage in the community. You church will be made up of those whose gifts and heart motivation is for discipling believers and those who have a passion and gifting for reaching out into the community.

Capacity and Relationship Mapping

Collating the results of each person's SHAPE profile will identify the church's SHAPE and start to establish the capacity to engage in community initiatives. It is recommended from this you develop an inventory to use in planning your churches CTP initiatives.

The next step is to spend some time together to undertake relationship mapping, which is simply a way to think about and collate the relationships that your church members have in the community that could be helpful in identifying, designing and implementing an initiative. Templates that you can use when thinking about relationships and potential partnerships are on the website.

These are important steps if your church is wanting to apply to the Innovations Fund. Helpful templates are provided online to help collate your assessments.



- Initiation Documentation/Actions:**
- Your church works through capacity assessment tools in Handbook/on the website
 - Your church considers Community Transformation Partnership Menu options
 - Your church has some internal discussion about possible initiative ideas
 - Your church has some informal discussion with ADRA New Zealand CTP Coordinator



PLANNING

4. Designing Your Initiative

It is important that a team approach is undertaken in designing a CTP initiative. This shares the load of responsibility and increases the ideas and resources available to the team. Using the information from the community and church assessments it is now important for the team to prayerfully consider the ways in which the available resources can be used to create an initiative to minister to the felt needs, and root causes identified.

ADRA and Adventist Health have developed some pre-packaged resources that can be implemented in a CTP initiative. These are designed with family wellbeing in mind. See page 22 onwards for further information about the My Family resources.

Thorough ministry planning will include the following:

Goals and objectives:

Goals are general aims and objectives are statements about targets you want to achieve.

These give overall direction for your ministry.

Using the SMART acronym may be a good way to write your ministry objectives.

S	Specific precise, only one aspect per objective
M	Measurable enables evaluation of program effectiveness
A	Achievable realistic
R	Relevant relates to the purpose of the program
T	Time based a date or time period

Details of Initiative:

Planning for this should involve the whole team. This needs to include the details of what, where, who, when and how.

Some questions to consider in your planning:

What...

- Is the best way to meet the need identified?

- What is the time-frame?
- What are the limiting factors to our initiative?
- Are the resources we need to fulfil our plans (personnel and monetary)
- Are there ADRA or Health My Family resources that could meet the identified needs??

Where...

- Is the best place to hold this initiative?
- Can we find the resources, personnel needed to run this initiative?

Who...

- Is the target?
- Who will be responsible for each role?

When...

- Will we be ready to start?
- Should we start advertising?

How...

- Will we know we have met the need identified?
- Will we integrate the initiative into the life of the church?
- Will we involve the whole church?

Although every Community Transformation Partnership plan will differ from church to church, there are still some common values that are encouraged regardless of what initiatives are being delivered to the community. As you develop the written plan from all the ideas and brainstorming the following values and behaviours should be incorporated into a well-thought through design.

Professionalism

Team

Who are the key people needed to make this initiative happen?

What roles does each person need to fill at the event?

How can we mentor or include new volunteers?

Venue

What space needs do you have to run this initiative?

Is the space suitable for all attendees; access, facilities, temperature, lighting etc?

Equipment

What equipment is needed to run a professional and effective initiative?

- Audiovisual
- Furniture
- Specialised equipment

Safeguarding

A priority for any initiative needs to be the safety of participants and volunteers. As such it is vital for all volunteers to understand and be trained in the appropriate level of safeguarding required in their roles.

Have you identified those that need to complete the AdSafe training?

How will you ensure volunteers have completed the AdSafe training and/or have appropriate police clearance as required?

How will you identify vulnerable persons attending or involved?

Inclusiveness

Environment

How can you make the physical environment feel inviting and inclusive?

How can you make participants feel welcomed and comfortable to be involved?

Content

Is the content of your initiative targeted to meet the identified need?

Is the language appropriate, without 'christianese'?

How can you respond to the emerging needs throughout the initiative?

Intentional relationship building

What ways will you encourage church members to attend the initiative to create connections?

How can you promote interactions between church members and community participants?

How will you build in both time and volunteer capacity to get to know participants, and hear stories of life impact?

Follow-up

It is important to have a plan for how the community connections established will be fostered following the completion of the initiative. Ideally the strategic planning for your church will include a number of CTP initiatives, and subsequent initiatives can be advertised to the participants to encourage them to stay engaged.

Create a database of those people who are interested or have attended a CTP initiative and are happy to be contacted. Regularly update them with any CTP initiatives that are planned. This could be via, newsletters, future program flyers, Facebook or email etc. Make sure that you keep within privacy laws and maintain strict confidentiality with all details that are supplied.

At this point we advise you to contact your ADRA team to talk through your ideas and find out any additional information to support your initiative design. If you have identified that you will need additional resources and funding outside of your churches operational budget, ADRA will be able to assist you to apply through the CTP funding mechanism.

Impact Awareness

It is important to know how you will measure the impact of your initiative and review these indicators frequently. In order to see and understand the impact that investment in participants is making it is imperative to understand current reality, their situation, needs and family life. Information gathered, sensitively throughout the initiative can then be compared to show the transformation that has been inspired and supported.

Considering how you will identify stories and share the journey of your initiative is also very important – not only as a requirement for funding, but as a vital tool to re-engage with your community for future initiatives or sharing in the wider Adventist community. As part of the registration process for participants it may be helpful to have them complete a Permission to Use Photos/Video form.

5. Funding Your Initiative

The **CTP Funding mechanism** serves to support churches financially to implement their community initiatives. It forms an integral part of our goal to have each church in New Zealand implementing a community service initiative. These funds help extend

ADRA New Zealand's long history of working with local church partners to implement a variety of community initiatives. Before writing a funding proposal or preparing a budget your church should approach ADRA New Zealand Programme staff to discuss your idea and to get suggestions and feedback.

There are two funding pools available to apply for support from, and each of them require the same initiative management documentation and implementation, including application, reporting and evaluation.

My Family Fund

The **CTP My Family Fund** will support any My Family initiative (see pages 22 onwards), providing the church can fulfil the application criteria. My Family initiatives are designed for churches of all sizes with pre-designed activities and budget, with resources often provided through a third-party organisation (such as The Parenting Place). To apply to this fund an application will need to be made to ADRA New Zealand as part of a funding round.

Innovation Fund

After doing a self-assessment of capacity and talking about community service goals, a local church may identify a initiative concept that is outside the established My Family initiatives. These new initiative ideas can be submitted to ADRA under the **Innovations Fund**.

The CTP Innovations Fund is designed for initiatives with a family or youth focus that are not currently funded through the My Family Fund. The Innovations Fund is contestable and will only provide matching support for a budget up to \$15,000. Any additional funding will need to be provided by the local church. For example, if a church applied for a initiative that has a total budget of \$20,000, ADRA and the Conference will fund \$10,000*, while the local church would fund the rest.

The budget will be funded through the three-way partnership model outlined in the Programme Overview – with the budget funded one third from ADRA New Zealand, one third from Conference, and one third from the local church.

The minimum budget for each initiative funded under the Innovations Fund is \$5,000. The maximum budget amount is \$15,000. Anything above this

amount will be the responsibility of the church. Churches can only apply for a maximum of two Innovations Fund initiatives each calendar year.

Funding Criteria:

Criteria 1: Applications by Local Adventist Churches

Seventh day Adventist churches recognized by the North and South NZ Conference are entitled to apply to the Community Transformation Partnership. Church institutions, such as schools, can also apply for funding in collaboration and with approval of the local church board.

Applications submitted by individual trusts and foundations that are either owned or affiliated with a local church are not eligible to apply for CTP funding.

Any application for funding needs to be made on behalf of the church's governing body.

Criteria 2: A Focus on Family Wellbeing

Only applications that have a specific focus on family wellbeing will be considered for funding. Applications to the My Family Fund will be approved providing all other criteria is met, whereas applications to the Innovations Fund is contestable and will be assessed against other applications.

Funding Rounds

- Submissions of proposals due on the 1st of each month
- Programme Manager will review and liaise with project leader to ensure proposal is completed correctly
- All submissions correctly completed sent to Programme Committee for review around the 15th of the month
- Notification of approval of proposals by Programme Committee provided before the end of the month.
- Release of funds 2-3 weeks later on receipt of signed CTP Agreement and relevant documents

6. Promoting Your Initiative

Marketing is a vital component for local community and church initiatives—not only in helping you successfully achieve the aims and goals you have set, but to then be able to clearly communicate those successes widely and to those who "need to know." Promotion should not be treated as an incidental



aspect of the initiative, instead it should be among the key aspects in many of the things that you do. The benefits of promotion are:

- Reaching and attracting new people
- Building legitimacy
- Building confidence
- Leveraging more support
- Fostering goodwill
- Spreading knowledge
- Encouraging participation

Opportunities for local promotion are:

- **Hope Channel**, a ministry of the NZPUC may be able to advertise some initiatives that are generic or recognised resources such as CHIP, DARP or Parenting Place. Call 0800 694 673 or email info@hopechannel.nz for more information.
- **Commercial and non-commercial television.** Each type of channel will usually have a programme or segment that covers or promotes community events e.g. Tagata Pasifika, Morning shows.
- **Commercial, non-commercial and community radio stations.** Radio is an effective medium to promote your activities as they advertise local events and talk about local issues.
- **Local and national newspapers,** magazines, brochures, flyers and poster pullouts. Print advertising can spread key messages through an

article or an advertorial story. An article is a form of publicity that does not cost anything, as it is the core business of newspapers and magazines. An advertorial is bought space made to look like an article.

- **Social Media** platforms like Facebook, Instagram, online blogs or website reach a wide audience.
- **Advertising in your own church** with posters, PowerPoint slides, announcements and encouraging word of mouth (including regular initiative updates).

As a basic start, every My Family Initiative will have a promotional flyer of some sort that can be letter-boxed and distributed to members of the community. These costs are built into the unit cost of each initiative. For initiatives funded through the Innovations Fund, ADRA will provide assistance and guidelines for producing promotional material for your initiative.

The ADRA team will assist all initiative coordinators in planning and implementing marketing activities. In addition, we actively encourage all initiative coordinators to proactively share stories of success from their initiative with ADRA so our generous supporters can be kept up to date with the impact being made, and continue to pray for the work being done. See **Celebration and Story Collection** on page 17 for more details.

Branding Guidelines

Every CTP initiative should utilise a common set of branding to ensure consistency and recognition across the country. As the CTP model is based on equal partnership, the branding for each initiative should acknowledge both ADRA NZ, the local Church and Conference. Below are general guidelines for branding a initiative:

- Each initiative should have a banner (eg pull-up or x-banner) produced and displaying that promotes the initiative, and shows both the ADRA New Zealand logo and the Adventist church logo
- Banners should be displayed to advertise events, and also during events
- All documents printed by the initiative should contain small versions of both logos
- All items distributed through initiatives (such as Baby Clothing bags) should have both logos on the bag or on tags
- If appropriate, t-shirts or caps with the ADRA logo can be used during initiative events.

All branding enquiries, including a review of draft material should be directed to the ADRA New Zealand team. Logos are available on the website for use.

Signage

Every Community Transformation Partnership (CTP) initiative will be provided with signage appropriate to the initiative activities and location. The sign will be branded with the ADRA New Zealand and partnering organisation. Space will be available on the sign to add in activity name, times, dates, as appropriate.

Other signage that is necessary for specific initiatives should be simple in design, using the ADRA logo. If signage is printed in colour, then the ADRA logo should be printed in their official colours.

Planning Documentation/Actions:

- Your church completes a CTP Application Form and budget, submitting to the ADRA New Zealand National Programme Manager
- The ADRA New Zealand Programme Committee (PROCOM) will consider all applications that meet the criteria outlined
- Approval granted by ADRA New Zealand PROCOM and an Agreement/Contract is signed between ADRA New Zealand and the local church
- The initial disbursement of funds is released for initiative implementation



IMPLEMENTATION

7. Starting your Community Initiative

A great principle to focus on is Stephen Covey's "Being with the end in mind" from Seven Habits of Highly Effective People. Meaning that if at the end you are wanting people to have experienced things a certain way – then start session one with those things in place, or expected. For example, if you desire to see participants connecting with volunteers ensure that you have time and spaces available for that from session one, even if it appears like it is not happening. This thought is based on the principle that things are created twice – first there is the mental preparation and imagination and then the physical. The physical realization always follows the mental – so prepare for positive and impactful outcomes and speak those over the initiative from the start.

8. Interim Initiative and Financial Report

Completing the interim initiative and financial report will assist the ADRA team in planning a visit and also triggers the second instalment of funds if funding is being provided. Involving team members in the reporting process and enlisting their feedback is a valuable way for them to be reminded of the aims and objectives, and for refocusing to ensure these are met.

9. ADRA Monitoring and Support Visit

When able, and as appropriate an ADRA team member will arrange a visit to your community initiative to provide monitoring and feedback. Ideally this would occur mid-way so additional support needed can be offered to ensure the initiative is successful and meets the aims and objectives. The visit will also be an opportune time for gathering photos and or video footage that may be used for future promotional or impact story sharing. It is also an invaluable opportunity for the ADRA team to meet and acknowledge the community Champions and network of volunteers.

10. Celebration and Story Collection

A simple graduation or end of initiative celebration is a great way to acknowledge the commitment made by the participants to be involved and engage in learning and community building. It can also be a powerful time to hear participants stories and understand how their lives have been impacted. Some considerations for an end of initiative celebration could include:

- Certificates for participants
- Short testimonies (of all or a few of the participants)
- Volunteer appreciation
- Invitation to another initiative or appropriate church event
- Simple refreshments
- Sharing photos from throughout the initiative
- Invitation for participants to share contact details of friends and family that may be interested in the next initiative

Ensure someone is allocated to take photos and video of this time of recognition and celebration. Giving opportunity for participants to share their stories will help the team identify 2 or 3 participants whose stories could be featured as part of the final reporting requirement.

11. Initiative Completion

When initiatives come to an end there is both a sense of relief and also loss that will naturally occur. The hours of preparation, planning and serving may be both draining for some, but invigorating for others - especially those whose spiritual pathways are strongest in activism and serving, or for those whose spiritual gifts are mercy/compassion, or service.

For participants there may also be a sense of loss, as they may have developed connections or friendships that will no longer be available on a regular basis. Considering some level of ongoing support may be valuable to provide ongoing connection. This will depend on the capacity of volunteers and other church commitments. Some ideas may include:



- Follow-up gathering to catch up on everyone progress
- Weekly support group or cell group
- Invitation to appropriate church events where introductions to other adults or families can be made
- Invitation for participants to be part of the planning or volunteer team for another initiative

If there is high energy and motivation to start planning the next initiative, then make the most of it. Often generating energy and passion is the hardest part of starting an initiative and if this is already present then the remainder of the process will run smoothly.

Remember that participants who have seen transformational change in their lives, receiving love and support, may want to pay that forward and give back to help other family members or friends. Aroha Mai, Aroha Atu... love received love given. One of the results of an improvement in well-being is the natural desire to engage in well-giving.

Implementation Documentation/Actions

- Your church starts the CTP initiative
- A representative from ADRA New Zealand will visit during implementation
- Your church makes sure it is familiar with the Project Interim or Completion Report form, and refers to it during implementation to ensure the correct information is collected

MONITORING/EVALUATION

12. Evaluation of Learnings and Next Steps

Evaluation and assessment are important aspects of your CTP initiative. Both the participants and the team involved in delivering the initiative should be offered opportunity to evaluate and give feedback.

Participant Evaluation / Feedback

Evaluation will focus on how the participants perceived that the initiative met the need that they and the community identified. Include simple questions regarding the content, delivery, environment and suitability as well as more complex questions regarding the impact the initiatives has had on them and their family. A section where respondents can share areas of interest and give permission to be included on a contact list, is also a good idea for letting them know about other initiatives. An example of a generic Participant Evaluation Form is included with the online resources.

Team Evaluation

Evaluation by the team members will focus on how effectively the initiative has met the goals and objectives that were developed in the ministry plan. There may also be other learnings and feedback unrelated to these objectives that it is important to discuss and review as a team. Your team can also evaluate how they have demonstrated the values of professionalism, inclusiveness and relationship building that are encouraged for any CTP Initiative. It is important to remember that although there will be some quantitative measures, the effectiveness of the initiative in building bridges in the community, demonstrating grace and making a kingdom impact will not be measurable.

Analysing the feedback and making plans of how to improve or adjust planning for the next initiative is very important while the information is fresh.

Planning to gather as a team and discuss both the participants and team feedback helps everyone to learn and grow in how to better serve. Keeping a succinct record of learnings and next steps and sharing that with all those involved will help to ensure those improvements are considered for future planning.

13. Final Initiative and Financial Reporting

Once the celebrations are over and evaluations completed the final aspect of any CTP initiative is the reporting. The report sent back to the ADRA Team will be used firstly to highlight and inspire other local churches and groups through stories and reports printed in ADRA, Conference and Union newsletters and other online publications. Secondly it will be used to monitor the variety of initiatives that are being supplied and lastly to identify develop resources as needs arise. Statistics from the reports are collated to show the active community engagement across both the South and North Conferences of NZ.

Where churches have applied for and been granted funding allocation it will also form the basis of financial reporting to ADRA supporters/partners as part of the annual reporting requirements.

A thorough report would include the following areas:

- Relationship between the Community Transformation Partnership Initiative and the vision/mission of the church
- Evaluation on how the initiative met the Goal and Objectives set in initiative plan/funding application
- Statistical Info
- Financial Performance in relationship to the budget
- Strengths and Challenges
- Evaluation feedback and learnings
- Testimonies and photos

All of the reporting templates are available online at www.adra.org/CTP

Remember that the ADRA Team are here to help, support and encourage all aspects of your journey with serving in the community.

Monitoring/Evaluation Documentation/ Actions

- Your church will submit two Initiative Report Forms to ADRA New Zealand, an Interim Report in the middle of the initiative (if the initiative is longer than 3 months) and a Completion Report at the conclusion of the initiative.



- Both the Interim and Completion reports must include a financial acquittal for initiative expenses including all receipts.
- ADRA NZ will release final payments on submission and approval of the interim report.
- The successful approval of future CTP applications is conditional on the timely submission and approval of previous reports.

AND FINALLY CHAMPIONS:

John 13:35 (The Message)

34-35 "Let me give you a new command: Love one another. In the same way I loved you, you love one another."

"This is how everyone will recognize that you are my disciples—when they see the love you have for each other."

Matthew 25:34-40 (The Message)

34-36 "Then the King will say to those on his right, 'Enter, you who are blessed by my Father! Take what's coming to you in this kingdom. It's been ready for you since the world's foundation. And here's why:

"I was hungry and you fed me,
I was thirsty and you gave me a drink,
I was homeless and you gave me a room,
I was shivering and you gave me clothes,
I was sick and you stopped to visit,
I was in prison and you came to me."

37-40 "Then those 'sheep' are going to say, 'Master, what are you talking about? When did we ever see you hungry and feed you, thirsty and give you a drink? And when did we ever see you sick or in prison and come to you?' Then the King will say, 'I'm telling the solemn truth:

"Whenever you did one of these things to someone overlooked or ignored, that was me —you did it to me."

SECTION 2: COMMUNITY TRANSFORMATION PARTNERSHIP (CTP) INITIATIVES

The Community Transformation Partnership (CTP) is run by ADRA New Zealand, and North and South New Zealand Conferences to work with Seventh-day Adventist churches/organisations to implement transformational community initiatives. The CTP is supported by two types of funding pools:

1. **My Family Fund – supporting tried and tested initiatives from the My Family programme**
2. **Innovations Fund – supporting initiatives outside of the My Family programme**

My Family initiatives are tried and tested initiatives that have been successfully implemented nationally, or are initiatives that involve the help of trusted community partners e.g. Parenting Place, Commission for Financial Capability.

Initiatives supported by the Innovations Fund are outside of the My Family programme that have a focus on family wellbeing. Before deciding whether to apply to the My Family or Innovations Fund, it is recommended that each church complete a capacity assessment and utilise the planning tools as outlined in the previous section.

Every initiative will be funded through the three-way partnership model as outlined in the Programme Overview.

The maximum budget for each initiative funded under the My Family or Innovations Fund is \$15,000. This figure will be reviewed annually and is subject to funding availability.



MY FAMILY FUND



The Parenting Place

ADRA New Zealand partners with the Parenting Place to provide the local church with effective programmes to equip parents in the various stages of their parenting journey. The Parenting Place is New Zealand's largest parenting organisation and has been helping families for many years.

Through the Parenting Place, we offer two different initiatives Toolbox and Building Awesome Whānau. Toolbox courses are held over six weeks in a relaxed and conversational small group setting with a trained facilitator.

Toolbox parenting courses are bursting with practical strategies, ideas and insights to inspire and equip parents on their parenting journey. Courses are facilitated by trained local volunteers who are friendly and supportive. If you have a trained facilitator in your church, you can apply to run this at any time. Otherwise, you can organise a few volunteers from your Church to be trained



Toolbox Parenting

Each Toolbox course is designed around core concepts. The same concepts are introduced and unpacked in each of the three courses.

- Session One — The Foundation of Love
- Session Two — Parents
- Session Three — Stronger, Deeper, Closer
- Session Four — Heart-led Parenting
- Session Five — Loving Discipline
- Session Six — Putting it all together

Baby and toddler years (0-4)

In six sessions, typically run over six weeks, the Baby and toddler years Toolbox will support you to develop a strong and loving bond with your child, and lay some good foundations for the rest of their lives. The Baby and toddler years Toolbox covers a range of topics, including the importance of love and connection, different parenting styles, understanding your child and their big feelings, discipline, boundaries, play and lots more.

Primary years (5-9)

In six sessions, typically run over six weeks, the Primary years Toolbox will support you to develop a strong and loving bond with your child, and build your confidence as a parent/caregiver. This Toolbox covers a range of topics, including the importance of love and connection, different parenting styles, understanding your child and their big feelings, discipline, boundaries, play and lots more.

Teenage years (13-18)

In six sessions, typically run over six weeks, the Teen years Toolbox will support you on your journey of letting go and handing over some of the controls as your young person learns to fly solo. Although the teen years can be

challenging, they can also be some of the best years of your life – and theirs! Toolbox covers a range of topics, including the importance of love and connection, different parenting styles, understanding your teenager and their big feelings, discipline, boundaries and lots more.

Building Awesome Whānau

Building Awesome Whānau draws on the wisdom of mātauranga Māori and the best of Toolbox to offer you and your family a kaupapa that is unique to Aotearoa. Designed for whānau raising children aged 0-12, this course can be delivered over a number of weeks, or as a wānanga (facilitator dependent).

Some familiar faces have helped us to create this resource so it's packed full of great ideas, positive stories from parents still on the journey with their own tamariki and practical ideas to help you. Your facilitator will draw on the wealth of wisdom and experiences present in the group, and weave that together with all that is Building Awesome Whānau, so that you are supported and encouraged as you awahi (nurture) and build your awesome whānau.

To get started the local church can nominate two or three suitable church members to be trained as facilitators. Having church volunteers trained as facilitators ensures deeper and longer-lasting connections between participants and the local church. The role of a facilitator is to keep each session flowing smoothly and help participants to engage with the programme material. Facilitators are trained and supported by Parenting Place Coordinators, who are based in many locations across New Zealand.

Costs

The cost of running an initiative with an average of 15 participants is \$5,000. This cost includes training for 3 facilitators, professional signage, community advertising and flyers, branded uniforms for the church facilitators, and course material for all participants.

Cost breakdown:

ADRA	\$1,667
Conference Office	\$1,667
Local Church	\$1,666
TOTAL	\$5,000





Pasifika Parenting

Pasifika parenting presents a one-off workshop especially for pacific families, helping them understand the four main things kids need at home:

L	Loved
U	Understood
V	Valued
S	Safe

Pasifika Parenting - LUVS the way.

Presented by Nick Tuitasi, it tackles some of the issues facing PI people adjusting to family life in New Zealand. Nick was raised in the Auckland Pacific Island community. After a long career with the Police, the Ministry of Social Development and currently with Te Wananga o Aotearoa, Nick has developed a series of events for Pacific parents for various organisations.

Nick's insight into the New Zealand Pacific community, combined with his wisdom and knowledge of family life, makes him an ideal presenter. Lots of humour and stories relax the audience and makes the learning fun!

Costs

Costs for Pasifika Families events vary on location and the number of presentations. If a church is interested in either of the presentations, please contact SallyLavea@adra.org.nz





Welcome Baby

The Welcome Baby initiative connects vulnerable families with supportive volunteers, and provides baby clothes for their child's first year of life along with other parenting information. The initiative should be implemented in partnership with the maternity ward at the local hospital, as well as other providers of post-natal and social services. Every family involved in the initiative will receive the following:

- A clothing pack catered specifically for newborns, 000, 00, 0. These packs are to be returned and replaced with the next size up every 3 months. There are additional packs for premature babies and 12 month old infants.
- Church packs include mother care bags, knitted garments, blankets and a selection of pre-loved clothes. These may be distributed at any time during the initiative as specific needs arise.
- A care/food pack or Sanitarium Health Food voucher.
- Information on parenting services.
- Information on community events at the local church (such as a playgroup or exercise group)
- A contact card so the mother can stay in touch with key people from your local church who are involved in the programme.

All of the standard clothing packs are sourced from brand new clothes purchased by ADRA NZ specifically for the Welcome Baby initiative. The range, type and style of clothes may vary depending on availability at the time of purchase or the specific season. Each Welcome Baby initiative will receive up to 40 clothes packs each with a value of \$300. Additional items can be added to the packs by the church e.g. knitted wear, baby hygiene supplies, toys.

In addition to the clothes pack, a care/food pack, or the equivalent value in vouchers, will also be distributed. Often-times mothers of newborns due to lack of time and stress suffer from poor nutrition. This food pack is to ensure that each mother involved in the programme can start their day with a nutritious high energy meal.

While it is not essential it is recommended that this initiative be linked to a Parenting Toolbox programme or a local early childhood centre/playgroup that has children aged 0-3 years.

While the supply of clothing is meeting the welfare needs of the family there is an equally important feature of this programme and that is establishing relationship with a mother or a family at an extremely vulnerable time in the life of the baby. It is the development of this connection that will become an important platform for this programme.

To establish this initiative a local church needs to:

- Appoint a coordinator and at least two support people.
- Liaise with a local hospital maternity ward, WINZ and local ECE/playgroups as well as local social services to inform them of your programme. Brochures are available from ADRA for this purpose.
- Access ADRA New Zealand's clothes and food packs.
- Collect relevant leaflets and information from baby support groups such as CYFS, WINZ and others that can be put in the bag for the new mother
- Distribute the clothing packs for the various ages, with suitable ADRA and Church branding on the packs
- Create a contact card that allows the mother to contact Welcome baby for more information/support or clothes via phone, email or text.

Example of a clothes pack for a newborn child. Total value \$300.

- Disposal nappies
- Tee shirts
- Bibs
- Bodysuits
- Stretch and grow
- Singlets
- Hats
- Socks
- Jackets
- Romper sets
- Dresses
- Parenting book or resources
- Contact card to exchange for bigger clothes as baby grows

In addition to the 40 boxes of baby clothes there are supplementary boxes that contain Knitwear sourced from local knitting groups and Pre-loved garments donated from supporting donors. The cuddle rugs and cot blankets are packed separately and distributed on an “as needed” basis.

Costs

The cost of running an initiative with an 40 clothes packs being distributed throughout the year is \$12,000. This cost also includes professional signage, branded boxes packed with age appropriate garments, information brochures and branded contact cards among other items and service expenses.

Cost breakdown:

ADRA	\$6,000
Conference Office	\$3,000
Local Church	\$3,000
TOTAL	\$12,000





My Money

My Money is a joint initiative between the Commission for Financial Capability (CFC) and ADRA. These initiatives give participants the opportunity to learn life-lasting financial management skills. The training programme is suitable for anyone, people on low or high incomes, couples, sole parents, families, self-employed or preparing for retirement.

Increase the financial capability of your community with our community programmes. These are 6-8 week courses where facilitators cover a number of topics each week. Designed to get your community up to speed with personal finance and money management. The initiative is delivered in various options. We can also tailor the programmes to your unique needs.

Get Sorted:

A series of six 2-hour seminars or a 2-day course. This series will take you on a journey to a financially sorted life — get further ahead and have your money work for you.

Money Mind

- Financial past and future
- Money personalities
- Action plans

Spending

- Spending goals
- Spending plans
- Money systems
- Staying on track

Retirement & KiwiSaver

- Retirement goals and planning
- KiwiSaver calculator
- Finding the right fund

Debt

- Debt and me
- Net worth
- How do I assess my debt?

Protect

- Emergency Funds
- Wills and power of attorney
- Looking further forward

Intro to Investing

- Compound interest
- Types of investments
- Investment styles
- Getting advice

Costs

Includes running of Get Sorted for up to 20 participants. This cost includes professional signage (where appropriate), community advertising and flyers, and course materials for all participants.

Cost breakdown:

ADRA	\$3,000
Conference Office	\$1,500
Local Church	\$1,500
TOTAL	\$6,000



Get Ahead

A series of 2-hour seminars over eight weeks.

Designed to help you gain confidence and take control over your finances. Sort your money, tackle that debt and look at pathways to housing.

Pathway to housing

- Pathways to owning a home
- Financing a home

Spending beliefs

- Needs vs wants
- Spending diaries

Money plans

- Setting up a plan that works
- Know your key numbers

Motivations and money systems

- What do I want for my future?
- Money goals

Debt and your rights

- Debt strategies
- Contracts and lenders

Save smart

- Savings strategies
- Investing basics

Plan for the unexpected

- Insurance
- Wills and power of attorney

Looking ahead

- Building a financial plan
- The way forward

Costs

Includes running of Get Sorted for up to 20 participants. This cost includes professional signage (where appropriate), community advertising and flyers, and course materials for all participants.

Cost breakdown:

ADRA	\$3,500
Conference Office	\$1,750
Local Church	\$1,750
TOTAL	\$7,000



Money Bites

1-hour webinar or seminar per topic.

Have the full series delivered or pick and choose the topics you need.

This series is designed as a conversation kick-starter and motivator to take action. The focus is on taking steps towards improved financial wellbeing based on what's important.

Money Mind

Use awareness of your money mind when making financial decisions.

- Financial past and future
- Money beliefs
- Financial decision making
- Setting goals

Spending

Develop a budget based on goals and spending habit insights.

- Spending trackers
- Money systems
- Spending plants
- Staying on track

KiwiSaver & Retirement

Set up or maximise existing retirement savings strategies to suit your situation.

- Retirement goals
- KiwiSaver calculator
- Retirement Planner

Debt

Use Sorted debt tools to understand the true cost of debt.

- Debt attitudes
- Strategies to pay off debt
- Productive vs. unproductive debt

Protect

Review options for protecting our people, our money and our stuff.

- Emergency funds
- Insurance
- Wills
- Power of attorney

Intro to investing

Develop saving and investing strategy to suit your life and goals.

- Compound interest
- Types of investments
- What's the risk?
- Grow your money

Frauds & Scams

Understand the prevalence and risks around frauds and scams.

- Scammer's tactics
- Common scams
- Where to get help

Costs

Cost for **Money Bites**, **Get Started** and **Sorted Women** vary on location and number of presentations. If you are interested in any of these presentations, please contact SallyLavea@adra.org.nz to discuss options.

Get Started

2.5 hour webinar or seminar.

This seminar covers key tips and tricks to build financial skills for **beginners** in financial capability.

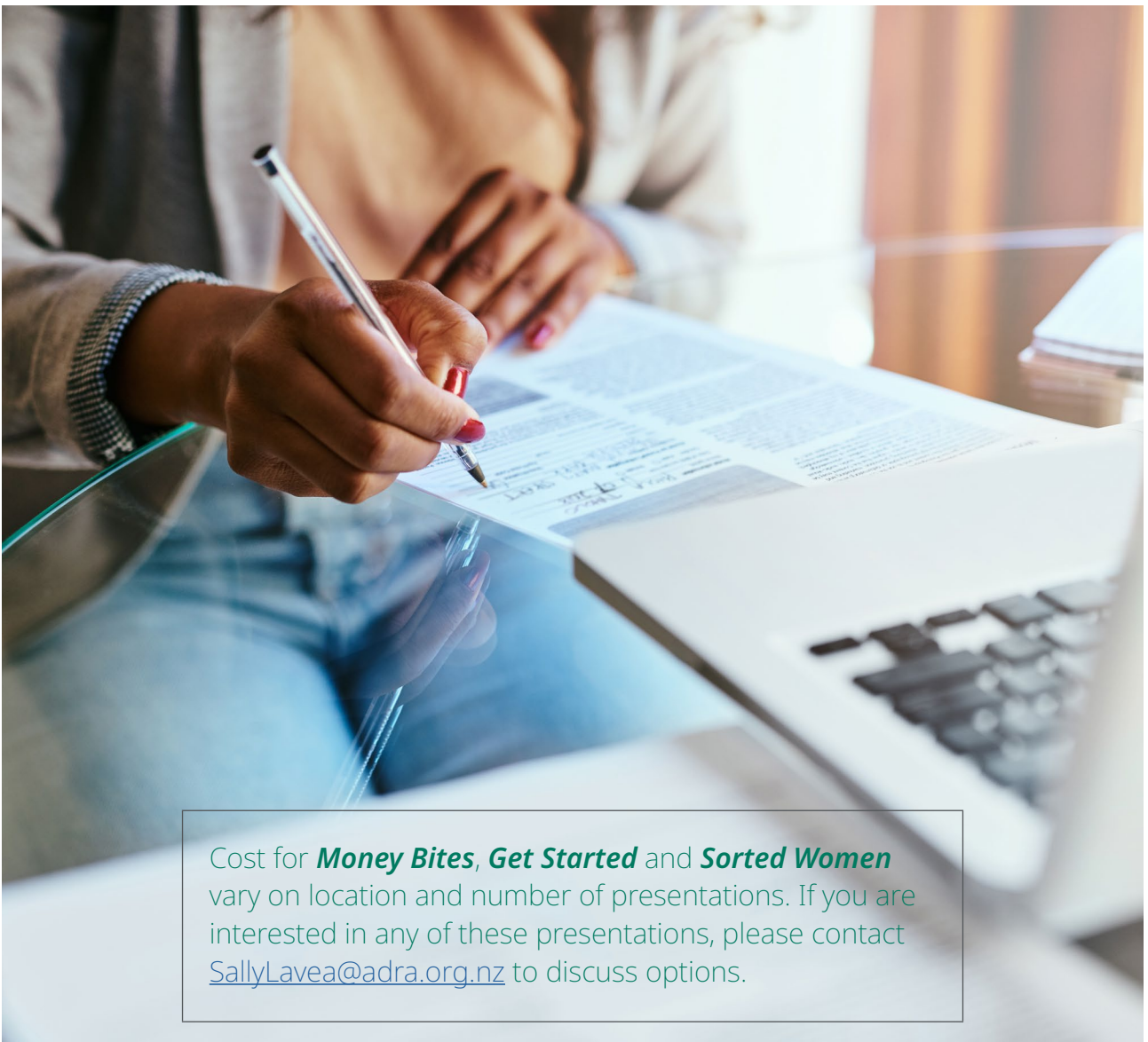
- Money attitudes
- Spending diaries
- Budgeting and money systems
- Goal setting
- Emergency funds
- Compounding interest
- True cost of credit
- Types of insurance

Sorted Women

2-hour webinar or seminar.

This seminar highlights the unique situations women face in managing money. Women will come away feeling confident to take action to secure their financial futures.

- Strategies to talk about money
- Financial decision making
- Retirement planning
- Investing



Cost for **Money Bites**, **Get Started** and **Sorted Women** vary on location and number of presentations. If you are interested in any of these presentations, please contact SallyLavea@adra.org.nz to discuss options.



Pathways Drivers Licence Programme

Approximately 70% of jobs require a current driver’s license. This eliminates a huge number of opportunities for youth and those without a licence. Pathways is our way of helping people get theirs and opening up more opportunities to assist them and their families.

Pathways is aimed at predominantly youth 16 – 24 years old (but not limited to). It’s to assist participants to gain the knowledge and skills required to obtain their licence. The programme can be run by your local church.

The programme includes a number of resources and benefits to assist the participants towards being able to drive independently. This will not only increase their chances with job opportunities but ensure that we are developing safe drivers on our roads and in our communities.

The programme has two options and includes the following:

Option 1 – Pathways Learners Licence Workshop/Course only

- One off learners licence workshop* or Learners online course (12 spaces)
- Payment of x1 Learner licence test fee per participant

Option 2 – Full Pathways Programme

For Learners licence Participants (15 spaces)

- Access to the fast online learner licence course resource which includes unlimited mock tests or one off workshop (dependant on option chosen)
- Payment of x1 Learner licence test fee
- 3 free driving lessons to assist with practising towards their restricted licence

For Restricted licence Participants: (15 spaces)

- Professional driving lessons x5
- Payment of x1 Restricted licence test fee
- Payment of x1 Defensive driving course

Costs

Through the Community Transformation Programme, the costs are split three ways.

The cost includes professional signage, branded uniform for the church facilitators, course material for all participants and a budget for refreshments.

Cost breakdown:

Option 1 – Pathways Learners Workshop/ Course		Option 2 – Full Pathways Programme	
ADRA	\$2,500	ADRA	\$6,000
Conference Office	\$1,250	Conference Office	\$3,000
Local Church	\$1,250	Local Church	\$3,000
TOTAL	\$5,000	TOTAL	\$12,000

* Workshop only available in Auckland, outside Auckland the same content is available via an online course.



Depression and Anxiety Recovery Programme (DARP) – “Stay Healthy, Live Happy”

In partnership with Adventist Health Ministries (AHM) Depression and Anxiety Recovery Programme (DARP) is one of two church and community wellness initiatives available through the CTP. The vision is to see all communities gain optimal health through a comprehensive health ministry, delivered by an optimally well church community.

This initiative has helped thousands of people around the world to improve and achieve better mental health. Many people have been able to eliminate depression and/or anxiety by following the proven principles of this programme.

The programme provides mental health education in a comprehensive way that deals with the core issues that cause and are associated with depression and anxiety.

For eight weeks each participant will learn about the following:

1. How to improve your brain
2. Lifestyle therapies for depression and anxiety
3. Nutrition for the brain
4. How thinking can defeat depression and anxiety
5. Making and staying with positive lifestyle choices
6. Stress without distress
7. Overcoming loss
8. Enhancing frontal lobe function

It is essential that you have at least one trained DARP Associate Director and 2 facilitators to run this programme. If your church does not already have these 3 trainers, an initial investment of \$2,000 will have to be added to the cost of the first DARP training. The same facilitators and associate director could run subsequent trainings without this cost. ADRA and AHM will then organise the training of these trainers.

Cost breakdown based on up to 10 participants**:

ADRA/AHM	\$1,500
Conference Office	\$1,500
Local Church	\$1,500
TOTAL	\$4,500

**For additional participants, add \$420 per person

Cost breakdown based on up to 10 participants + 2 facilitators trained + 1 Associate Director trained**:

ADRA/AHM	\$2,500
Conference Office	\$2,000
Local Church	\$2,000
TOTAL	\$6,500

**For additional participants, add \$420 per person

the

LIVE MORE

PROJECT

The Live More Project

The Live More Project is changing lives around the world. Participate with an online group (or in person if you'd prefer) and journey together, which is an important aspect of the program's success.

Once a week you will watch a short presentation that outlines your activities for the week and the science behind them. You can connect to the program, and to your fellow group members, on any web-enabled digital device.

Throughout the week, perform daily challenges which you log in your digital journal and share with your group. This enables you to learn from each other as you share and discuss your challenges.

Before and after the ten week program, you will complete the 7 Dimensions of Wellness questionnaire, which maps your wellness indicators through the program. On completion, you will be able to objectively qualify any improvements in health and happiness.

What's in the programme?

- Your limbo is listening
- Motion creates emotion
- Blue & Green should often be seen
- Together feels better
- Feelings follow your focus
- Food feeds your mood
- Rest to feel your best
- Stress less
- Giving is living

Costs

The cost of running The Live More Project for cost includes professional signage (if run in person), community advertising and flyers, and course access/material for all participants.

Cost breakdown:

Cost breakdown including 1 x facilitator trained and up to 10 participants**:

ADRA/AHM	\$667
Conference Office	\$667
Local Church	\$666
TOTAL	\$2,000

**For additional participants, add \$80 per person

Please note that in order for the church to run The Live More Project, the facilitators will have had to personally complete a programme beforehand. Therefore, the 'facilitator training' includes registration and completion of The Live More Project.





Invictus

The Invictus Wellbeing Program is a long-term multimodal wellbeing experience that can be integrated into a school over one or four years. Students are given a lived experience of positive psychology, combined with ongoing outdoor education and regular memory events that have been custom made in order for students to harness skills and ways of thinking that will promote resilience and wellbeing for the rest of their lives.

The program is built around four elements: Network, Master, Journey and Serve - each thoughtfully created to cover a wide range of issues and build the global competencies of the future. A full curriculum including lesson plans, online resources and event descriptions make it straight forward for teachers and facilitators to deliver the program. The content draws on the research of Dr Martin Seligman (Positive Psychology) and a number of other leading academics, ensuring that the framework is evidence-based and philosophically robust. It combines outdoor education, skill mastery, soft skill acquisition and service learning to encourage participants to develop the type of outlook that enables them to live lives defined by self-confidence, curiosity, empathy and compassion. During each element, students are invited to take part in a significant memory event that epitomises the life lessons learnt in the corresponding segment of the curriculum.

2 Options for CTP:

1. Classic – 1 year
2. Extended – 4 years (can be condensed to 2)

Costs

Costs for the Invictus Wellbeing programme varies the number of participants and also the budget involved for the various components such as the memory events. If a church is interested, please contact SallyLavea@adra.org.nz

Please note: If you want to run a youth mentoring and resilience initiative you have developed, you can still apply for funding through our Innovations fund.



ACKNOWLEDGEMENTS

The ministries of the NZPUC including Health, Discipleship and ADRA NZ along with the North and South Conferences of New Zealand would like to thank you for choosing to partner together to serve our communities.

We all belong and live in the same great neighbourhood of Aotearoa.

ADRA NZ would also like to acknowledge the following partners for the vital role they play in the Community Transformation Partnership.

The CTP is made possible through the generous support of:



With resources and knowledge made available through:



Proudly working together with the members and administration of:



