



DAYSPRING

Dedicated to Maternal Wellbeing



2019

[www.dayspring.co.nz](http://www.dayspring.co.nz)  
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Case for  
**SUPPORT**

## The Issue

*Dayspring estimates that as many as 65,000 of the 1 million children born between 2001 and 2017 (1 out of 15) may have had their normal development and future seriously compromised due to mental distress and attachment issues occurring in their first three years of life.*

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## A Secure Beginning lasts a lifetime

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Depression, anxiety and other mental health disorders have wide reaching impacts on the development of young minds. There is a strong association between the Mother's mental health and cases of early childhood mental distress. Post Natal Depression effects 10-15% of the population. Those with low household income are at a higher risk.

**We see this every day.**

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Children that have witnessed or been the victims of domestic violence.

Mothers that are so mentally unwell they can not tell what their child needs from them. For some, there is no emotional connection to their child at all. We see the children of these mothers crying out for the love and security they deserve. Though our wrap around service, we are providing these women a way to connect with their children and develop a healthy loving relationship that will empower the next generation to break the cycle.



## Our Mission

To foster the well-being of both mother and child by creating opportunities that inspire women to live, love, learn, and connect.



## Who we are

# 39 years of community support

We started with a desire to help our community and support our neighbours.

Working with vulnerable mothers faced with mental health challenges for three decades now, Dayspring services shine new light on how their client-mothers can develop and maintain secure attachments (or bonds) between their child and themselves. When that bond is robust and healthy, regardless of other factors, a child experiences a secure beginning.

## Our Values



### Respect

Having respect for ourselves and for others.



### Compassion

Putting compassion into action.



### Hope

Standing together, speaking encouragement and building hope.



### Support

Supporting those wanting change and growth.

## It all boils down to this one fact:

Secure beginnings in our children now holds the key to well-functioning New Zealand communities of the future.



## How do we know this?

As well as proving it to be so through our own work with thousands of mothers and their children since the 1980's, you could also refer to the now world famous "Dunedin Study" or many other New Zealand and global studies. We and such longitudinal research confirm that the presence or absence of robust and healthy secure beginnings is one of the most potent predictors of whether or not a child will develop into a contributing, flourishing, happy and healthy member of society.



**...healthy secure beginnings is one of the most potent predictors of whether or not a child will develop into a contributing, flourishing, happy and healthy member of society.**

Children with secure beginnings have a positive working model of the world: a sense of safety, empathy, conscience, self-worth – something we believe every Kiwi child deserves. It affects our health, our success, our contribution and our happiness. The presence or absence of a secure beginning in life is arguably the biggest predictor of everyone's future life trajectory.

Back in 1980, what is now Dayspring started with a group of women who saw a need in their community that wasn't being met. People were struggling with health issues, marriage breakups and family breakdowns from all walks of life and suffering through this in isolation. These women created a place where people who were struggling with crises could come for friendship and support.

Soon, people were being referred by doctors, nurses and social workers throughout the community. Our

philosophy of accepting people and offering them a hand up is one of our key strengths

As time went on and Dayspring grew, the focus shifted to Maternal Mental Health and ensuring a strong parent child attachment. Our mission is to foster the well being of mother and child. We provide a much needed support service for those that are not mentally well. We do this in a way that they are still integrated in the community which enables them to recover faster.

## Enfold

Enfold the vulnerable mother and child in our Dayspring community of experts.



## Provide

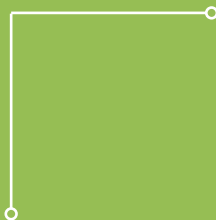
Provide transport, assistance and creche.



## Customise

Customise a Secure Beginning Pathway that may include:

1. Our intense and life-transforming 20-week Secure Beginnings Programme
2. Our 8 week Circle of Security Programme
3. Dayspring community-building group activities
4. One-to-one counselling support



## Stay

Stay along side the mother and child as they apply what they have learned



## Empower

Empower our client- mothers into full parenting control without the need for Dayspring



## Secure Mums Nurturing Cycle

We believe in working to not only improve these mother's current situation but to work towards a better future for their children. With this in mind, in 2012 we launched our attachment therapy programme - Secure Beginnings in partnership with the Waitemata DHB.

This is an intensive 20 week programme that is focused on repairing the parent child relationship. Children with secure beginnings have a positive working model of the world: a sense of safety, empathy, conscience, self-worth – something we believe every Kiwi child deserves. It affects our health, our success, our contribution and our happiness.

### Our Programmes

#### Community Support

We are here to support women with babies/young children who have experienced severe post natal depression or are living with an existing mental health issue.

#### Counselling

We offer one on one counselling services to anyone in need.

#### Secure Beginnings

Secure Beginnings is a home based program designed to strengthen and improve parent-child relationships. Be part of an exciting opportunity to have Secure Beginnings tailored specifically to the needs of your family.

## Our Programmes

### Circle of Security Parenting

The Circle of Security® is an innovative intervention program designed to alter the developmental pathway of parents and their young children. This is offered as an 8 week course.

### Supported Landlord Service

Dayspring operates supported accommodation where women can live and be supported through mental health challenges. Under certain circumstances we can also support women with babies or preschoolers.

### Community Courses

We offer a range of courses to the community such as sewing, exercise and art.

**Theresa\* needed support through a very low time in her life where she was having regular panic attacks that left her exhausted and depressed and at times having suicidal ideation.**

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## Outcomes



## Working alongside Dayspring has been a life-changing experience

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**After the birth of her son, Teresa's mental health rapidly declined and she required the services of MMH and Starship's baby unit.**

Theresa\* is a 24-year-old single mum of Maori descent, who has a child aged

2 years. Teresa's own childhood scars include early life threatening childhood illness, death of her mother, physical and sexual abuse from her father and witnessing domestic violence. healthy, regardless of other factors, a child experiences a secure beginning.

Teresa described herself as a child, as traumatised and sad, and described herself as a depressed teenager. Teresa has a diagnosis of Borderline Personality Disorder.

In her relationships, Teresa found she was drawn to men who turned out to be violent toward her and daily alcohol was also a big part of her life, her son was conceived during this period.

After the birth of her son, Teresa's mental health rapidly declined and she required the services of MMH and Starship's baby unit. Teresa's mood began to stabilise with medication and a referral to Dayspring was made, through the DHB's Maternal Mental Health Services. Teresa felt alone and soon entered a long-term relationship which turned out to be violent and she began using marijuana.



Theresa\* needed support through a very low time in her life where she was having regular panic attacks that left her exhausted and depressed and at times having suicidal ideation. Theresa needed help to work through a history of past physical abuse and emotional abuse. Theresa had used all of her allocated disability fund with WINZ, and did not fit other criteria outside of Dayspring. It was at this time funding came through enabling Theresa to receive regular counselling sessions.

**Intervention – Teresa completed a formal 20-week individualised psychotherapeutic attachment intervention programme, 10 individual counselling sessions, and participated in a wide range of groups and programmes that are run at Dayspring.**



In her own words...

*Working alongside Dayspring has been a life-changing experience. Dayspring has been a big part of mine and my son's life for the past 2 years.*

They have supported me to be the best parent I can be for my son with their primary and secondary parenting courses, Circle of Security and Secure Beginnings Attachment Intervention.

I struggled with Post Natal Depression for 6 months after my son was born, as well as being a sole parent with little support. The Maternal Mental Health Community Support Workers, worked with me to create goals and found ways to support me in achieving them. There have been various workshops that I have attended and counselling sessions, that have allowed me to express my thoughts and feelings in a positive and healthy way.



## But what I love about Dayspring are the friends that I have made though out my time with them.

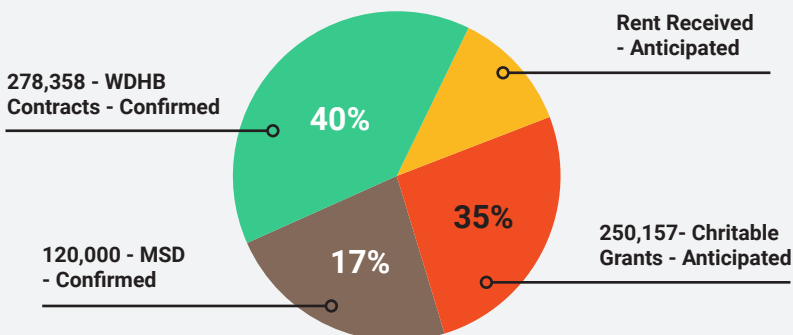
But what I love about Dayspring are the friends that I have made though out my time with them. I have created strong bonds with other mothers who have similar experiences to me, which give me comfort in knowing I'm not alone. I've also made strong relationships with the women in the crèche who do such a wonderful job of looking after my son while I attended workshops at Dayspring. Judy, the volunteer who looks after Dayspring's Op Shop always without fail, greets me with a smile and a 'how have you been?'. Of course, the MMH CSW staff and office staff who have been such an inspiration to me – so much so that I am currently studying Community Work Skills at UNITEC and will be going onto do my Bachelor of Counselling because of all the hard these women do for us both inside and outside of Dayspring.

Thank you, Dayspring, for everything.



## The Financial Need

**Lack of funding to help organisational growth is the main barrier to Dayspring being able to help the hundreds of other mothers and their children who desperately need our services.**



## Our Funding

While some of our programmes are funded by the DHB and Oranga Tamariki, a large portion are not and are reliant on grants, which leaves no room for growth.



**100k**  
per annum

Is the cost for putting 16 mothers through our Secure Beginnings programme - with only 3 people in NZ running this we are unable to touch the scale of the issue.

**100k**  
per annum

In counselling costs. Our programmes require mental stability in order to make lasting changes. We help facilitate this by providing free counselling to prepare them for the programmes.

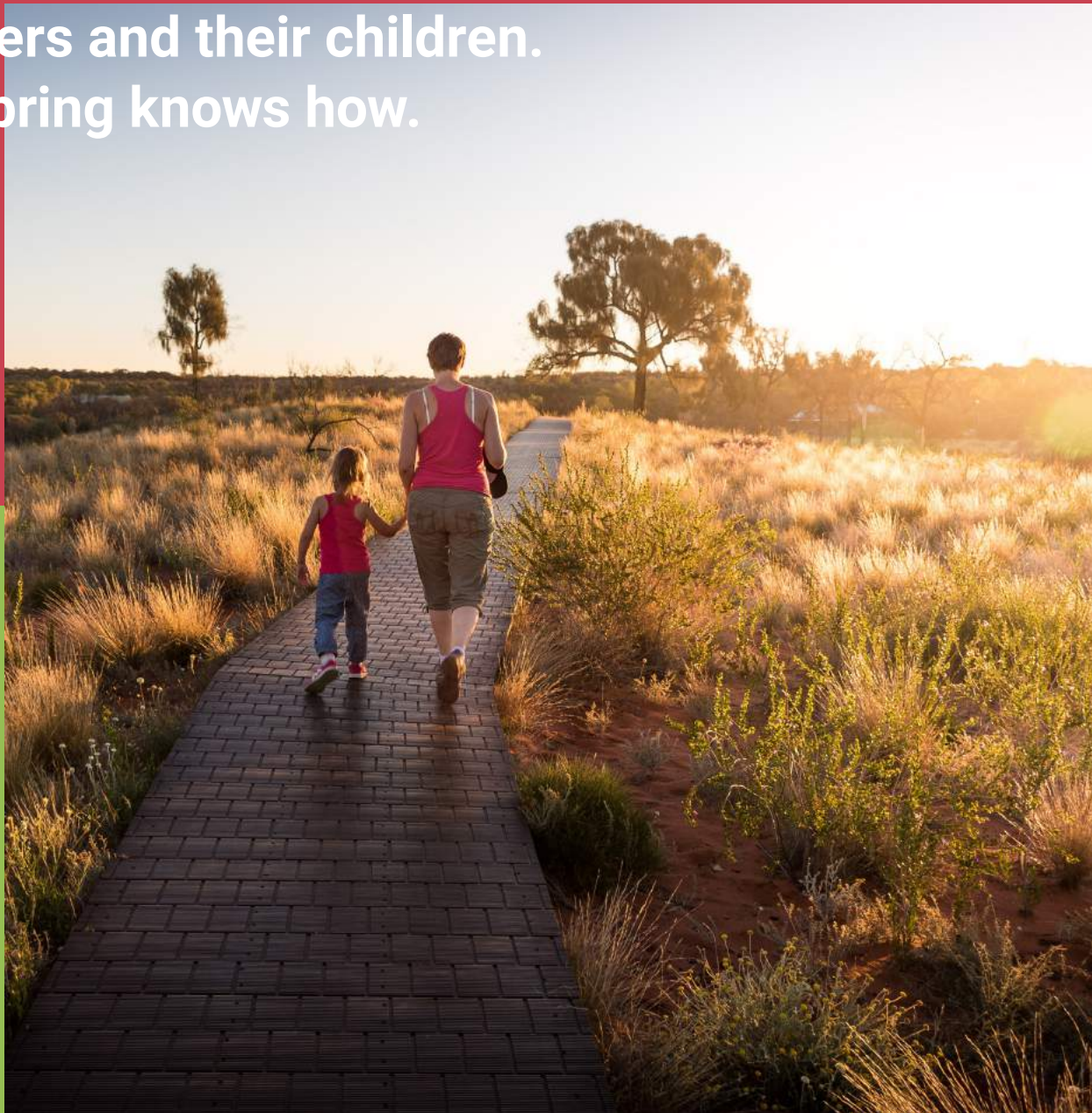


## How To Support Us

Elite	Platinum	Gold	Silver
For donations of <b>over \$10,000 per annum</b> . This is used to help fund the costs of our attachment therapy programme and counselling.	For a donation of <b>\$5000</b> you can sponsor a mother through our 20 week attachment therapy course.	For donations of <b>\$500</b> you can sponsor a mother through our 8 week parenting programme.	For our casual givers - any amount you can put towards our overheads and counselling services is greatly appreciated.



**Dayspring believes that we as a nation must do better for mothers and their children. Dayspring knows how.**



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**Call Us**

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**Web**

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