



Alexa and Sade

VOLUNTEERING- WHO'S REALLY GETTING THE BENEFIT?

BY KIRSTY NEWBERRY (MENTORING SUPERVISOR)

Last week I was catching up with a mentor who is about to celebrate two years with her young person. Mentoring for her, as it does for many mentors, has become a different experience to what was anticipated when she began. She has faced a lot more challenges, and the personal burden has been greater than either she, or I could have foreseen.

We were reflecting on the experience and I asked if she would recommend being a mentor. As I was asking, I realised I was expecting her to say "no" - given everything that her mentoring had entailed. In actuality, she said "yes!" - without a hesitation. I asked her why she would recommend it: her answer, "it adds a different dimension to my life, it is life enhancing."

As an organisation we spend a lot of time exploring why and how mentoring is beneficial for the young person. However, this mentor got me thinking, **is being a volunteer mentor mutually beneficial?**

There is a good foundation of research that can answer this question. One study, which looked at data from 2,681 Americans found that volunteering promotes positive well-being, as measured by their level of happiness, life-satisfaction, mastery and overall physical health.

A British study that analysed the results from a Household Panel Survey, found not only that volunteering had a significant positive impact on an individual's well-being, but it increased over time for those who continued volunteering.

Another study focused on a person's motives for volunteering, and how that impacted the level of personal reward. They compared volunteers who were motivated by a desire to see outcomes for others, versus outcomes for the self. Those who were others-motivated were more likely to report high levels of well-being (measured by self-esteem, self-efficacy, social connectedness and trust). They were also more likely to report higher satisfaction, better perceived support from their volunteering agency and greater intention to continue volunteering over the long-term.

One study that looked specifically at volunteering for Big Brothers Big Sisters America, found the mentors who were more selfishly motivated had a lower level of enjoyment and higher chance of relationship breakdown. Organisationally, this can impact the type of mentor we take on board, understanding that an others-motivated mentor is more likely to be a long term mentor for a child.

It is important for current and future mentors to reflect on the 'why'. Why volunteer? Why mentor? For the mentor I was speaking with, her why has always been for the child. That's what carries her through difficult mentoring days, her 'why' supports her to overcome any challenges. It creates the space for her to feel rewarded by the experience. While she can't change everything about that child's life, she is achieving exactly what she was motivated to do. She is giving her time, freely and willingly, to a young girl who needs someone.



Robin & the twins (Jimmy & Sam)



Sisters - Anika & Pagen



Noah & Co.



Richard & Liam (matched 6+ years)

MANAGER'S REFLECTIONS

BY MATTHEW BUTTON



I'm guessing you have heard of the phrase "Success breeds success"? It's not one I've taken much interest in until recently. Big Brothers Big Sisters is built on theory and research into resilience. Years of observing young people overcoming challenging circumstances has revealed some patterns; none more significant than the power of nurture and care

provided by whanau and the community. However another pattern observed is how experiencing success has an ongoing payoff. When a young person is successful at school, at home; in small tasks or complex skills, it creates self-belief that encourages more exploring, experimenting and developing. Our mentors have a major role to play in building resilience through encouraging their young person. Sometimes the encouragement is overt, when complimenting a young person for their efforts, generosity or for their manners, but more often the young person is encouraged in subtler ways. The young person experiences being successful at participating in mentoring, contributing to the decisions about what to do together, conversing with an adult and all importantly in trying new things. All of these are elements of success. All of these contribute to the young person having a sense of being good at something and building resilience.

The final word is the fact that the mentor themselves experience success as well. When they see the young person grow and develop, as the relationship develops, and as they can observe their own ability to stick at the task for a long time, they stand a little taller and continue onward in their role. We understand why mentors often request feedback on how the young person is going outside of the mentoring. They just want to know they are helping and doing the right thing. Research assures us that as mentors encourage their young person to participate in the mentoring relationship, as they make decisions together and as they try new skills and experiences, the young person experiences success that will serve them well in life. In other words... Success breeds success.

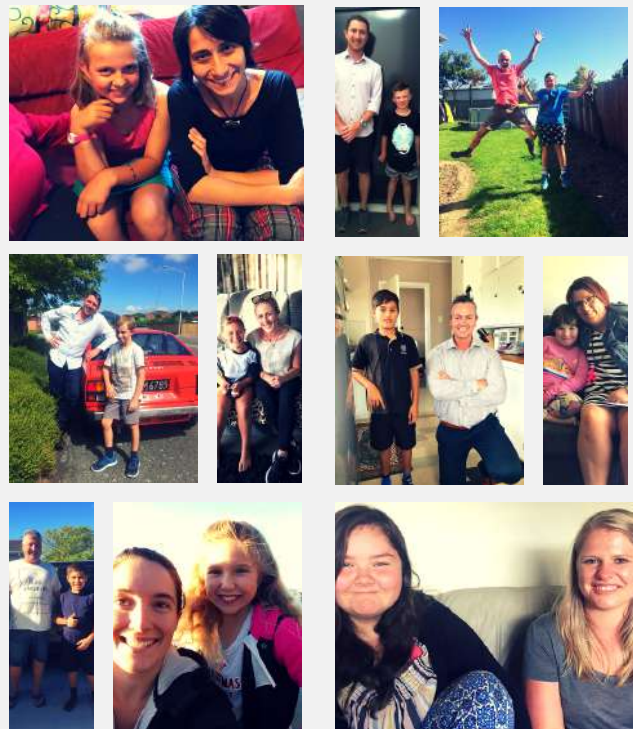


INTRODUCING OUR NEW MATCHES

In 2017- We launched our 'Start A Match' partnership campaign here in Christchurch. 'Start A Match' partners directly enable Big Brothers Big Sisters to start a new mentoring relationship. It pays for the recruiting, screening, training and support of volunteers in their first year of mentoring. Our 2018 'Start A Match' partners - RICOH, Cuningham Taylor Law and Clark Boyce Lawyers helped start three new matches so far this year!

MATCHES LIKE:

- Emma & Aaliyah
- Georgie & Aria
- Klem & Bronsen
- Mac & Conn
- Paul & Cruz
- Shane & Curtis
- Ekin & Ella
- Anita & Emily
- Peter & Noah
- Steve & Yared
- Claudia & Zoe
- Blandine & Kiwi



MATCH MILESTONES THIS QUARTER:

Matched for 10 years - John & Zac

Matched for 5 years - Kerry & Dylan, Michael & Preston, Ryan & Ronald, Angeline & Brianna, Sarah & Amber



John & Zac - 10 years



Ryan & Ronald - 5 years





Chandler and Seth

WHO NEEDS BATMAN WHEN YOU HAVE ROBIN!

BY FAYE HIGGINS (MENTORING SUPERVISOR)



Robin and Jimmy

Solid as a rock, loyal, giving, respectful, chatty, straight talking and with a great sense of humour. The room was filled with laughter when I first met Robin and Jimmy. Jimmy was trying to teach his mentor Robin, how to play chess. He was rather cryptic in his explanations.

He was losing patience with Robin, who was looking like he was losing the will to live! It was a privilege to observe the easiness between them. Robin often exchanges cheeky banter with Jimmy; the kind that only comes when two people have established genuine mutual trust and are "in tune" with each other. These two have something pretty special together.

Robin and Jimmy started catching up in school in 2014. Together they have transitioned through primary school to intermediate school. Then, with Jimmy going to high school,

the pair decided together to make their move into community-based mentoring.

Robin kept a diary of their time together that I want to share with you: the first excerpt from when they first met, and a second when they moved from school to community mentoring.

8th August 2014 12.30 – 1.30pm

Met with Craig (Big Brothers & Big Sisters Coordinator) and then went to room 5 where I meet Jimmy for the first time. He showed me around the school. A little chatter box, I liked him instantly. Seems to have a kind, giving nature in the short time we talked... In general, a good feeling for the school and people involved as I am about to embark on a mentoring journey.

7th December 2017 10am – 11.30am

I don't feel I have done anything special but have fully committed to my responsibility to BBBS, my weekly commitment and also added community-based days during Jimmy's school holidays. As people weave in and out of our lives I believe Jimmy will be a part of my family's lives; for life. We have no idea what will happen in 5, 10, 15 plus years' time but that's how life works with everyone.

Our Supporters

The greatest thanks to: Our Regular Givers and Individual Donors, Also to: RICOH | Cuningham Taylor Law | Clark Boyce Lawyers | EB Millton Charitable Trust | Blogg Charitable Trust | Beacham Foundation | John Ilott Charitable Trust | St. Andrews College | Alistair Bean & Assoc. | Jaycee Senators | Rotary | St. Aidan's Church | Steve Clancey (IT Support) | Events 4 Good | Good in the Hood | George Sevicke Jones Charitable Trust | Clyde Graham Charitable Trust | Maurice Carter Charitable Trust | William Toomey Charitable Trust

Special Mention

Thank you to all the supports of our BIG QUIZ FUNDRAISING: Christchurch Casino | Sixty6 on Peterborough | Pamper Me | Charan Hampton | Rob & Denise Murfitt | Mike Cron | Lonestar | The Warehouse | Joe's Garage | Alpine Jet | Crusaders | Akaroa Glamping | YMCA | The Arena | Nadia Lim | Rollickin Gelato | The Court Theatre | Coffee Culture | Air Force Museum | The Cuban | Ballantynes | Willowbank | Ristretto | Mcdonalds | Hanmer Springs Thermal Pools | Cookie Time | 27 Seconds



Who **mentored** you?
Pay it forward...

- Become** a mentor.
- Sponsor** a match.
- Donate**.

Donate.

Make a one-off donation, or start your own fundraising campaign for Big Brothers Big Sisters by visiting:

givealittle
from the Spark Foundation

www.givealittle.co.nz/org/bbbschch

Give a little kindness and become a **Regular Giver.**

for as little as \$5 a week.

HELP US REACH OUR 2018 GOAL OF HAVING 10 'START A MATCH' PARTNERS.

FOR \$1800 P/A YOU WILL BE DIRECTLY HELPING TO RECRUIT, SCREEN, TRAIN AND SUPERVISE A MENTOR FOR A WELL DESERVING YOUNG PERSON IN CHRISTCHURCH!

\$1800

per year

<p>\$1300 Professional Match Support</p>	<p>\$200 Programme Expenses</p>	<p>\$200 Programme Development</p>	<p>\$100 Volunteer Training & Appreciation</p>
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Lawyers

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Alternatively you can email the below details to christchurch@bbbs.nz

I would like to become a Big Brothers Big Sisters Regular Giver and directly help to provide more mentors for young people in Christchurch.

An automatic payment of \$..... with the reference code 4000 was set up to the bank account:

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03 1702 0200781 00

Frequency of payment Weekly Fortnightly Monthly Other..... One-off Donation

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