

The Annual Magazine of the Soup Kitchen

2013



HUPA

*Mai rānō i pai ai ki  
ahau te hupa paukena  
a taku māmā*

*— I have always loved my mother's pumpkin soup*



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# Our Year at a Glance

## Matariki

Our Tangata Whairoa group really pulled out all the stops helping organise the Matariki Celebrations at the Soup Kitchen this year. The food was wonderful, the dining room looked amazing and there was a great atmosphere...and no special occasion is complete without a tune on the bagpipes!

## Kim's Film

We were honoured to have Kim Boyce Campbell from Vertical Studios document our journey during the Kitchen Sessions Project. Watching her film helped cement what was an amazing experience for everyone involved. Head to [vimeo.com/76751812](http://vimeo.com/76751812) to see for yourself.

## Soup Hub & Net Hui

The Soup Hub, our computer and internet access hub, has gone from strength to strength this year. More and more guests are using the service to create their CV's, get online, keep in touch with whanau, check the news and weather and generally take the opportunity to be a part of the digital age. Some of the volunteers attended an amazing event called Net Hui where they ran a workshop on Open Source Technology – which went down a storm.

## Volunteers

Every year we think our volunteers can't get any better, and every year they do! 2013 was no exception. They turn up to each new challenge or event – sometimes at short notice - with their good humour and good heart and making the work we do here easier and a whole lot more fun. We have had outstanding participation from our volunteers this year.

## Capital Gospel Show

Music and laughter – what a way to spend an evening! Read more about that on page 14.

## Powercut

On a dark night in mid-June, right in the middle of serving dinner, the Soup Kitchen was plunged into darkness. A quick glance down Tory street confirmed there was a powercut all down this side of the road. That didn't stop us though – some tealights for the dining room and the kitchen illuminated by the headlights of Andrew's car, parked up against the window, made sure everyone got fed and the kitchen cleared up.

## Amazing donations

It was almost 6pm on Good Friday, we were just finishing up the cleaning and ready to head out when a truck pulled up at the back door. They had missed the ferry to Picton and their cargo would otherwise go to waste. 200 fresh whole flounder - you can imagine how delighted our guests were tucking into that. A few months later and it looked like we were a bit short on bread for the evening meal service – that was until a local pizza restaurant turned up. A client had over ordered and there was a surplus of 100 large pizzas.

## Earthquakes

We all had a bit of a shake earlier in the year. Sometimes it's in the difficult moments that people really pull together and support each other. Not only was this the case amongst our Soup Kitchen community, but it was also encouraging to see the whole city showing genuine concern for us and our guests. Our building was a bit of a cause for concern and we had to find alternative accommodation for a day or two, but it wasn't



so bad having our team meeting in the car park – it was a sunny day. Read more about what's happening with our building on page 32.

#### **Tennyson St Fair**

For the second year running we were selling our soup at Tennyson Street Fair. With volunteers, staff and guests mucking in together, it was great to be a part of this fun event - being visible and vocal in our local community.

#### **Volunteer Training**

As well as running our usual volunteer induction courses this year, our volunteers have had the opportunity to take part in further training alongside staff on Mental Health and Addiction training provided by CareNZ and Te Aro Health. We see this as an important way of recognising their talent and giving them the skills to develop their role here.

#### **Dancing in the Dining Room**

The Kitchen Sessions provided many magic moments for us all at the Soup Kitchen over the last year...but few of us will forget Sister Fina and Sister Cabrini and their beautiful dancing to "This Little Light of Mine". To read more about the Kitchen Sessions and also where to go to watch a video about the project (including the dancing sisters) please see page 14.

#### **Guest Services**

Although we have very skilled staff here, it is right that we recognise that sometimes we need expert help. That's why we have more and more specialist workers coming in to the Soup Kitchen to work with our guests. On Wednesdays we have the Team for Active Community Treatment (TACT) coming in to best support those guests with mental health issues and on a Thursday morning it's finances in the spotlight with staff from WINZ

and a specialist budgeting advisor from Catholic Social Services. Although there are a number of ways our guests can access these services in the city, staff from these agencies are becoming "familiar faces" here at the Soup Kitchen which greatly helps build relationships and trust. And, as always, there are our trusty housing advocates, Kate and Dj from DCM.

#### **Young People**

The support we receive from schools and youth groups is always wonderful. Their energy and enthusiasm is refreshing, and their ability to understand and simplify the complex issues we face daily at the Soup Kitchen can sometimes be humbling for us adults. Whether it be raising money, making soup, baking, making thermal gloves, or however they decide to help, we love to see the next generation learning about compassion.

#### **Prison Visit**

We constantly seek to build strong relationships with the other agencies and organisations that work with some of our guests. In July the whole staff team at the Soup Kitchen were invited for a visit to Rimutaka Prison. We were given a really in-depth tour and had the opportunity to meet and talk to many of the dedicated staff there, leaving with a much deeper understanding of what our guests who have been in prison go through – not just whilst in prison, but on release too. We have since gotten together with other agencies in the sector and are exploring ways in which we can make the transition from prison to the community smoother and more peaceable for our guests.

#### **Hearing Voices Training**

Many of our guests face challenges with their mental health, and for some this means they hear voices. To try to give us a better understanding



of this, the team from Vaka Tautua's Like Minds, Like Mine project came into the Soup Kitchen to give us a very special training course. Some of the trainers were also mental health service users who themselves experienced hearing voices, so we were able to ask questions and gain a better understanding. Then we put on headphones and tried to go about everyday tasks whilst hearing voices similar to those that might be heard by some of our guests. The whole day was a real ear-opener and we are so grateful for the extra understanding this has given us.

#### **Havana training**

Our neighbours Havana Coffee Works have always been very supportive of the Soup Kitchen over the years and this year they really made a huge difference by offering some of our guests barista training. Those who attended had a great time learning how to make coffee in a commercial environment. They gained confidence, skills, a better understanding of the current job market and also a much deeper appreciation for good

coffee. Thankfully, Havana also supply the Soup Kitchen with coffee so we still see them from time to time!

#### **Prayer Group**

We are fortunate to still have the support of the Sisters and the interfaith community. We have a prayer space at the Centre, and Mass and contemplative prayer are shared at the Centre on a weekly basis. People in the community from many faith backgrounds remember the guests and the Centre's work in their prayers. Numbers attending the group this year are larger than ever, representing all walks of life. Sr Josefa remains our faithful leader, attending to the needs of all who attend.



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*Soup Kitchen Profile*

## Eoin

*Soup Kitchen Volunteer*

Hi, my name is Eoin and I volunteer in the dining room at the Soup Kitchen. When I first moved to Wellington I actively searched out the Soup Kitchen – I'm pretty sure I found the details on the internet. I've always enjoyed volunteering and was looking to do it again. I'd never worked in a Soup Kitchen before so I was keen to try something new and it was very close to where I lived.

My first day at the soup kitchen was the training day. We ate breakfast with the guests and then got all the information we needed about volunteering here, though I remember being quite nervous when I turned up for my first shift. That was back in June last year so I've been here about a year and a half now. I enjoy the interaction with the guests – the jokes and the banter. I enjoy being part of and actively participating in my community.

There's nothing I don't like about the Soup Kitchen, but if I had to change anything, I'd probably take vegetarian meals off the menu as they always get complaints – it's usually in good humour though. Other than that there's nothing really. It's the positive interactions with the other volunteers and the guests that keeps me coming back. Everybody knows your name and it's always a nice distraction from the day-to-day. I like hearing happy stories from guests – when they've found somewhere to live or when things are going well for them - when they come in with a skip in their step. It's a homely, safe and friendly place.



*Take five with*

## Tim

*Guest*

**What's your favourite meal?**

Hāngi or French food.

**Top tip in the kitchen?**

Safety first.

**What's your favourite singer/band/song or book?**

I just like a variety of music.

**If you could have anyone in the world to dinner, alive or dead, which four people would you invite?**

Lindy Roy and Frank Lloyd Wright (Architects) and my friends Robert and Rodney.

**What's your favourite spot in New Zealand?**

Taihape (Gumboot Capital of the World)



## Inside Autism

*Alan*


The scarab beetle pushes its dung ball along using the horizon of the ball to orient itself and navigate by the sun. Some autists are hoarders and in a sense create their own horizon from what is collected either in their memory or in their living space or both. The world is too wide for the autistic mind to live in comfortably and at the same time to encompass all at once and in one lifetime so it can become imperative to create a world of one's own, managed by oneself and exclusive of all others. In doing this it is thought all possibilities of panic and anxiety can be excluded. But this thinking does not deliver on all its promises. The world will intrude and time and time again the rude awakening to a reality other than one's own will lead to a breakdown and reassessment as to what constitutes reality.

Other than for hermits, most of us humans live lives in social contact with others. For most people social relating is taken for granted and navigated without too much stress. For those of us on the autism spectrum, social relating can, at times, amount to a nightmare. Avoidance is one way an autistic person may choose to steer away from experiencing the anxiety and resultant panic of close proximity and openness to others. A wide range of behaviours are employed to discourage social interactions. Dress, a refusal to observe even the most basic hygiene, bad manners, and a refusal to co-operate (even to our own advantage) are among the many behaviours and thought

behaviours employed to keep the outside world at a safe distance. When, as pointed out above, the breakdown occurs, rather than initiating a process of reconciliation with the other, the autist seeks to once again secure isolation, and seeing security in consistency and changelessness.

Medication was my way back into contact with the social world because in the world of today at least 95% of everything is socially mediated. If I am socially incompetent, all my intelligence and know-how will not matter one iota. The calm afforded by medication allowed me relief from anxiety based behaviours and thoughts; behaviours and thoughts I perceived would bring about a sense of security by their continued repetition. So instead of taking 45 minutes to leave my accommodation in the morning, my leaving took at most ten minutes. Getting to work on time or to an appointment on time are still difficult to achieve, but it's a whole lot easier on medication. This is, of course, my own personal perspective. If you'd like to find out more about autism, visit [autismnz.org.nz](http://autismnz.org.nz).





*“Let us be graciously  
simple in all our  
relations with the world.”*

*—Suzanne Aubert*

## Simplicity — He Ngāwaritanga

*Nance Thomson*

When thinking of writing about simplicity, I quickly discovered how complex and all-pervading this value is. It's not easy to explain something that you practise naturally, value highly and that is so embedded in our culture here at the Suzanne Aubert Compassion Centre.

In the context of human life, simplicity can denote freedom from unnecessary hardship, effort or confusion. Specifically, it can refer to a simple living style – clarifying one's life in order to focus on the things that are most important and disregarding what isn't. This is how we roll at the Soup Kitchen. It means doing away with all unnecessary barriers to remain focused on what matters. And what matters to us here is the wellbeing of our guests. They are at the centre of everything we do; our mission is to support people in need to live with dignity in the community.

The meals and services we provide reflect that simplicity. We provide quality without extravagance. Our role here is to make things less complicated and more accessible for our guests. So behind the scenes the staff team is always working to develop systems and processes that improve our services. These systems and processes are well planned and thought out, reflecting the vast experience of the staff team and our Tangata whaiora

consumer group. Simplicity doesn't mean easy. It takes time, thoughtfulness and hard work in order to make things simpler. The issue of how to improve things is always on the agenda and it relies on free and honest input from everyone – staff, volunteers, guests and colleagues. And we have to remember to stop and reflect often on what we are doing and how we are doing it. Will this improve outcomes for our guests? Are we still keeping things simple?

One of the ways we keep things simple is to focus on our role as stewards. We are here to look after and pass on what is given to us – whether it is a cabbage delivered to the back door on a Saturday morning, a generous financial donation, or the skills and hard work of our volunteers. As staff, we feel incredibly privileged to work in an environment where we have daily proof of the power of simple things – kindness, generosity, hospitality and compassion.

Moving into 2014, we will be working even harder to keep things simple. Our guests deserve no less. We have a very talented staff team, a brilliant team of volunteers and some mighty fine contributors. We will continue to take great care of our resources as we continue to support people in need to live with dignity in the community.



Take five with

## Sr Fina

*Sister of Compassion*



Take five with

## Brad

*Guest*



# Chairperson's Report

*Kevin Walker*

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**What's your favourite meal?**

Anything with fish.

**Top tip in the kitchen?**

I love eating raw vegetables.

**What's your favourite singer/band/song or book?**

My favourite singer is Jim Reeves – I like all his songs including Christmas songs, love songs and spiritual songs.

**If you could have anyone in the world to dinner, alive or dead, which four people would you invite?**

I would have one male Soup Kitchen guest and one female Soup Kitchen guest, my late dad and my good friend Maumi, who is 92 years old and lives in Tonga.

**What's your favourite spot in New Zealand?**

I love Wellington and my favourite view is when I pray in the chapel at the Home of Compassion, Island Bay. It's a beautiful natural view and it looks beautiful whatever the weather.

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**What's your favourite meal?**

Stir-fry. Beef, lots of vegetables and soy sauce!

**Top tip in the kitchen?**

Don't burn anything!

**What's your favourite singer/band/song or book?**

My favourite band has to be Pink Floyd.

**If you could have anyone in the world to dinner, alive or dead, which four people would you invite?**

David Beckham, Syd Barrett, Jimi Hendrix and George Best.

**What's your favourite spot in New Zealand?**

Midway Beach in Gisborne.

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Another busy year for the Soup Kitchen, which has felt the impact of the uncertainty around the long term use of our Tory Street building due to its earthquake strength. This uncertainty has had an impact on both the clients and those who work at the Centre.

The Mother Aubert Home of Compassion Trust Board, who owns the building, has looked at various options for the long term location of the Soup Kitchen. Whilst no final decisions have been made, they are now looking at the option of strengthening the current building. This is good news for the Centre as the current location is preferred. If the strengthening plan goes ahead it is likely to result in a level of disruption and a move to a temporary location over the coming year, so that we can ensure that food and associated services continue to be delivered.

I am pleased that the Soup Kitchen is involved and will do our part in Te Mahana with its aim to end homelessness in Wellington. Collaboration between all the social service groups is important to enable the best outcome possible for our clients.

Once again the Soup Kitchen has been blessed with generous donations of time, food and money to enable the provision of food and associated social services to clients in need. We thank those many generous people in our communities.

The staff and our volunteers continue to provide our clients with a hearty meal and support in many different ways. We aim to ensure that those who come into the Soup Kitchen can be provided with as much assistance as possible to allow them to live with dignity and independence in the community. This means ensuring they can access services outside the Soup Kitchen, as well as directly providing activities and support. A couple of examples being the Soup Hub and the Kitchen Sessions Music Project.

Michelle Lafferty, our previous chairperson, was farewelled by the Board at the end of last year. Michelle had contributed much to the Soup Kitchen during her more than six years on the Board. Other Board changes during the year were the departure of Maurice Dodson, Katie Owen, Sr Jo Gorman and Sr Veronica Hurring. Gordon Stewart and Sr. Sue Cosgrove have joined the Board. I would like to thank the Board for their support during the year.

The coming year is likely to bring disruptions from the building work on the Centre. Despite that however, we will continue the support for our clients and the collaborative work with others in the sector to support the aims of Te Mahana.



## The Kitchen Sessions

*Andrew Robertson*

Here at the Soup Kitchen we talk a lot about providence. It seems providence has also had its hand in one of our biggest projects this year. Towards the end of 2012 random conversations were happening with different people who (because we live and work in Wellington) were randomly inter-connected. As ideas developed, the key people with the right skills came to the fore. In an exciting collaboration with The Gospel Project, music would be ringing out from the Soup Kitchen.

Gospel music was chosen, not only as it speaks to the history of the Soup Kitchen, but more importantly as it's one of the most accessible musical forms. Whether it be singing along, clapping hands or just swaying to the rhythm, anyone can join in and feel uplifted and inspired. After a bit of planning, some meetings and securing much needed funding from Wellington City Council, a big beautiful banner was hung in the dining room and the first of the Kitchen Sessions - music and singing workshops - took place at the Soup Kitchen at the beginning of July.

It was so exciting to watch the project and those involved develop. Some people came to one session, some to two and others came to every

single one. Everyone enjoyed it. Some were too shy to sing at first, but with the project's Musical Director, Pip Payne leading - ably assisted by Leigh Strange - that didn't last for long. Staff, sisters, volunteers and guests joined their voices and sang, clapped, danced and laughed. The whole Soup Kitchen community came to look forward to Tuesday evenings after dinner.

Not just content with that though, we wanted as many people as possible to experience The Kitchen Sessions and decided on a series of community sing-along events at Elim International Church, Aro Valley Community Centre and Newtown Community Centre. These were even more inspiring. Marginalised and often ignored, our guests were not just being listened to by their communities, but their communities were singing along with them - supporting each other.

The highlight of the project was being involved in the Capital Gospel Show at Old's St Paul's in October. This was also a fundraiser for our city's Alternative Giving Campaign. As the convoy of minibuses and cars left the Soup Kitchen we were all heading for a good night out, a proper concert with amazing musicians, lights and PA systems.





*The Kitchen Sessions Continued*

That would have been good enough, but The Soup Kitchen guests were going to be on stage! Little did we know that they would inspire and steal the hearts of every member of the audience that night.

The effects of this journey are long-lasting, for the Soup Kitchen as a community and for the individuals who took part. Some have gained the confidence to join choirs in their communities or explore and develop their talents in other ways, some have built creative partnerships and are looking at ways in which to work together in the future. As a community we are closer. We sing together.



*Kitchen Sessions Photos by Kim Boyce-Campbell, Vertical Productions.*

*Kitchen Session Banner design by Pip Payne, Graphic Productions Limited.*



*Pip Payne – Musical Director*

We made things up as we went! Projected lyrics, a roving microphone and a set of songs that raise the spirit, offer hope and allow people to join together with voices, clapping, smiling and laughing, sometimes dancing! A workshop format evolved and could be easily replicated.

The sessions allowed us all to be as one and give voice under our very own flag. Music briefly surrounded us and brought us together. We had setbacks we overcame, I had fears of failure I was talked out of. We witnessed the blossoming of the human spirit that culminated in three community concerts and a good number of guests being a fundamental part of the Capital Gospel Show at Old St Paul's.

I've been spending time with a Soup Kitchen guest while he is busking. The universal response from little children is to ask parents for coins to give. He likes to chat to people and give advice to those

who ask about busking. The daily news reminds us of our failings. The Kitchen Sessions remind me that we all need to belong and we all have something to give. Everyone belonged. Everyone gave - a lot. What I gave, I received back many times over and I cherish those times.

Learn more about the Kitchen Sessions and watch the video at: [vimeo.com/76751812](https://vimeo.com/76751812)



Take five with

## Jimmy

Guest

### What's your favourite meal?

Steak, egg & chips.

### Top tip in the kitchen?

Just come and eat Paul's cooking.

### What's your favourite singer/band/song or book?

Favourite band: The Lads.

Favourite book: The Bible.

### If you could have anyone in the world to dinner, alive or dead, which four people would you invite?

The Queen, Mark Todd (horseman), Dan Wingrove (horse trainer) and Bill Halleran (horse trainer).

### What's your favourite spot in New Zealand?

Pauatahanui (nr. Porirua).



Soup Kitchen Profile

## Ernie

Guest

My name's Ernie, I've been coming to the Soup Kitchen off and on for about 10 years now – it was so long ago I can't remember... I know I was sleeping rough at the time as I heard about it from some of the other guys on the street.

The food is always good and the people are always nice. I also really appreciate that people are volunteering their time so that I can eat. If I had to choose 3 words to describe the Soup Kitchen I'd choose Love, Consideration and Caring.

I remember about 5 years ago I was on the streets and needed a change of clothes. I had no money and the Sister that was on at the time let me take whatever I needed from the clothing store. I got a whole new outfit and it made a huge difference at the time. Ok, I was still on the streets, but I looked a whole lot better.

The staff of the Soup Kitchen have recently helped me apply for a flat and I moved in a couple of weeks ago. The Soup Kitchen really has changed my life.

## THE Soup Kitchen

(The Soupy)

This is the best in town

Not because it's the only one

It's because the food is cooked and served

With love, arohanui, and a sense of joy and fun

We love the atmosphere,

You're on our side

No adversity

In God's love - we abide

We know that you love us

We know that you care

I try to - give something, in return

My feelings to share

You staff are like angels

When I'm weary and cold

You nourish, warm, feed me

Refiners Gold.

Thank you Loas  
Aroha

Nui



## Soup in The City

Nance Thomson

For the last year we have been developing a joint street outreach team that improves the chances for our guests to gain access to the many services on offer to them. It's not so unusual these days to see health workers approaching people on the street that are begging or sleeping rough. Go to any major city around the world and you will see this work being done on the street. It's simple, take the services to the people who need them most, the most entrenched and hardest to reach - those who cannot be reached by exclusively 'building based' work.

Mother Aubert was a pioneer of outreach services, taking to the streets of Wellington to serve the poor, the disadvantaged and the marginalised. Trekking over the hills and valleys of Hawkes Bay and Whanganui to reach isolated marae and scattered communities. She saw the value of outreach and the positive relationships that are built through face to face connections with people in their own surrounds, and this is what we are developing here.

Our communities are witnessing increasing numbers of folk sleeping rough and begging on the streets. It is noticeable, it is happening and our city is looking to our sector and our council for a positive response. Our Council has responded with creativity and innovation with the development of the Alternative Giving Scheme and Te Mahana, the strategy to end Homelessness.

Our whole sector has come together, with the Soup Kitchen playing a leading role, under the umbrella of Te Mahana, to develop Wellington's first ever joint street outreach team.

The commitment shown to each other as sector agencies on this project has been without precedent, but unfortunately, never has there been such a need. So on any given day, you will see us on the streets with workers from Wellington City Mission, our council's Local Hosts, practitioners from Te Aro Health, workers from DCM, clinicians from the DHB and officers from the Salvation Army, with the combined goal of supporting those in need.

*“Our charity must be intelligent”*

— Suzanne Aubert

We are going from strength to strength in coordinating this team, with a training package being developed for the whole sector and new initiatives just around the corner. Whenever we talk to Wellingtonians about this initiative, it really grabs their imagination. Recently we were approached by Charity IT to take part in their Hackathon. At this event geeks from a variety of IT organisations gave up their weekend to help develop a cloud based reporting system for the outreach team.

The Sisters of Compassion have always stood out as familiar figures on the street, giving help to all, and effective street outreach not only supports our most vulnerable, but also creates safer streets and neighbourhoods throughout our city.





# Early History of the Suzanne Aubert Compassion Centre 1899 – 1972

*Sister Josephine Gorman*

On the 6th January, 1899 when Suzanne Aubert first came to Wellington at the invitation of local doctors and clergy, to work among the sick-poor in their homes, she found there were many people in need of care. The house they had rented was already paid for a fortnight in advance and this was providential because they only had 2/6d in hand at the time. With this money they bought soap, a scrubbing brush and some bread and cheese. Mother Aubert and her companions; Sisters Agnes, Marcelle and Magdalene set to work at once to clean the house. They soon began visiting the sick, and because they saw the need to provide full-time nursing care, they purchased a house at 22 Buckle Street with money left to the sisters by Mr John O'Meara M.P.

The much needed Home for Permanently Disabled People required trained nurses so Suzanne Aubert and the Sisters completed a St. John's Ambulance Association course. Doctors provided free services to the home and people of all creeds and none were welcome.

Suzanne Aubert had often expressed the opinion that enough food and clothing was wasted in the growing city of Wellington to maintain a charitable

institution. Accordingly she and the Sisters travelled round the city begging for food and cast-off clothing for distribution to the needy, they soon became a familiar part of the city's daily life.

In all things, Suzanne Aubert relied on Divine Providence. This did not mean sitting back and waiting for things to happen but instead trusting that God would provide the means through a government subsidy, or through the sale of her medicines and the produce from the farm at Hiruharama, or from her many friends and benefactors who willingly helped out.

In 1901 the Soup Kitchen was opened for the unemployed and low income family men. They received hot soup in the morning and evenings. The Sisters were also invited by Father Keogh S.M; the rector of St. Patrick's College next door, to nurse the sick boys in the college infirmary.

The reason for establishing a soup kitchen was the high unemployment rate, an abundance of casual labour and insufficient wages to sustain men with large families. Suzanne Aubert decided that if soup was available at a given time, morning and evening, free of charge, her clients would be less



likely to be tempted to the abuse of alcohol or the petty thieving of food. At a given hour every morning and evening any man who knocked on the kitchen hatch would be given a bowl of hot soup with toast broken into it. The sisters never asked any questions. A money box was provided, so that those who were able might make a small contribution in order to uphold their self-respect.

Many 'soup kitchens' operated throughout New Zealand during the depression of the 1930s. By the 1950s all had vanished except for Suzanne Aubert's, soup kitchen. About that time the sign 'Soup Kitchen' was removed and gave way to 'Dining Room'. There was seating for 29 men. Soup was served in pint mugs. The dining room was enlarged in 1961; this was when the Saint Vincent de Paul formed a partnership with the Sisters of Compassion. The Society provided the food and supervised the evening meal. The Sisters prepared, cooked and helped with the serving of the food.

Suzanne Aubert also pioneered another social service work in 1903. She established a crèche for young children. No charge was made for any of the children received, but each case was carefully investigated to make sure that there was a real

need for the mother to work, or the child needed care because the mother was ill.

The proposal for the motorway by the Wellington City Council in 1972 necessitated the soup kitchen being relocated to a short distance away in Susses Street. The new building was blessed and opened by Bishop Snedden on the 9th November, 1973. And a much larger dining room was provided to accommodate 50 people. So ended an era of serving soup at 22 Buckle Street.

The Suzanne Aubert Visitor Centre is an exhibition in Island Bay, Wellington dedicated to telling the story of Suzanne Aubert and the Sisters of Compassion. The visitor centre is open Monday to Friday from 9.00am until 4.30pm.



# Worthwhile Change

Steve Flude

I moved to New Zealand 9 years ago following a career in the UK working with gypsies & travellers, young people leaving care and homeless people. Since arriving in NZ, I have worked for Barnardo's, Housing New Zealand and latterly Wellington City Council. I enjoy making connections with people and working with them to achieve their goals and ambitions. Having worked in local government roles for most of my career, I am excited to be working in a very different environment with the great team at the Soup Kitchen.

Before moving to join the Soup Kitchen as Assistant Manager at the start of November, one of the final projects that I worked on with Wellington City Council was The Alternative Giving Fund.

At the end of 2012 the number of people begging on Wellington streets had noticeably increased and Council was being asked to take action. While some wanted a bylaw to be introduced, many Wellingtonians wanted to help members of the street community but didn't know how best to do this.

Wellington City Council has always been ahead of the curve in New Zealand in its response to homelessness, introducing a Homeless Strategy as early as 2004 and funding a range of support agencies in the city. In 2012 it began work on Te Mahana, the strategy to end homelessness

in Wellington by 2020 addressing this complex challenge with new thinking and fresh ideas. With the increase in begging, I was asked to make recommendations on how Council could respond to people's concerns. I wanted a response that did not penalise people that were already on the margins of society and felt it was important to draw upon the experience of the existing social support agencies in Wellington. I quickly discovered that there were many international examples of alternative giving and one example in New Zealand in Palmerston North. In each case it was found that to have a sustainable impact on begging any response needed to include each of the following:

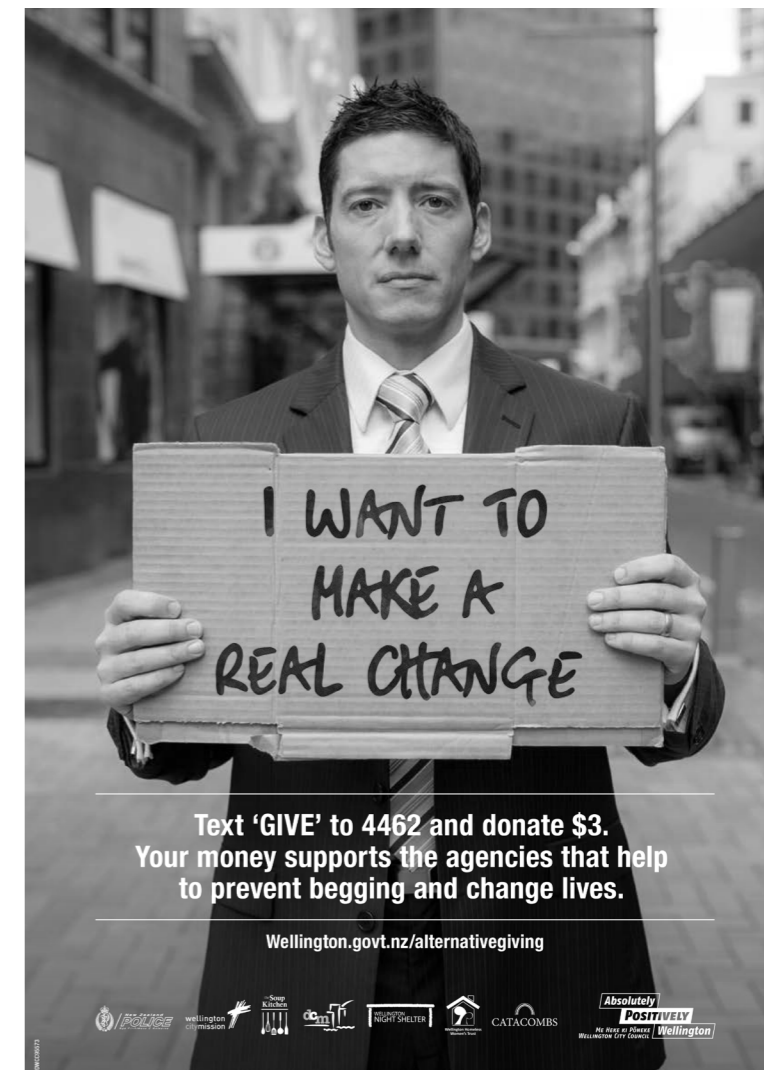
- Provision of assistance to enable beggars / street community to change their lifestyle.
- A communications campaign to redirect the public from giving directly to beggars and donate to support organisations.
- The use of enforcement as a last resort.

Wellington already had a good relationship with social support providers and assistance was being provided to the street community. Communication with Wellington Police was strong and when enforcement was needed they were quick to react. What was missing was a communication campaign to increase public awareness of the potential harm of giving directly to the street community and awareness of the support that was being provided.

Auckland's approach to a similar issue was to introduce a bylaw that bans begging that is deemed to be intimidating or causes a nuisance. This bylaw would have no impact on people that are begging quietly on the street. In Wellington there have only been a few isolated incidents that would meet the criteria of the Auckland bylaw. Where there have been incidents these have been resolved through a collaborative approach between the support agencies, Council and the Police. Wellington City Council's approach was to develop a response that complemented the wider work supporting vulnerable residents that was already taking place in the City.

The aim of the Wellington Alternative Giving Fund was to target the public's perception of begging, to redirect from giving directly to people on the street, to highlight the services that are being provided and to provide a positive way to give. The aim for people on the street was to reduce the amount of direct giving so that they would be encouraged to engage with the support and outreach services in Wellington.

The campaign posters were designed not to portray stereotypical images of begging but highlight the positive changes that could be made by responsible giving. This approach reflected the people of Wellington's ongoing support of the street community and our city's desire to work with them to make things better.



The campaign was launched in July in partnership with The Soup Kitchen, DCM, Wellington Nightshelter, Wellington Women's Homeless Trust, Catacombs and Wellington City Mission. 100% of funds raised are paid to these organisations that use the money in ways that have a direct benefit to the street community (food, health costs, travel, clothing etc).

In the four months since its launch, the campaign has led to a huge amount of debate both positive and negative. It has been frustrating that most media reporting has focussed on the initial costs of the campaign and the amount of money that has been raised rather than the wider message of changing the public's behaviour. This, for me, misses the point. We needed to let Wellingtonians know that they had a choice. Giving a dollar to someone begging on the street would just keep them on the street and a dollar to the Alternative Giving Campaign would help make a change. I feel at a grassroots level this has been achieved but we need to make the public more aware of the intentions of the campaign and that it is supported by organisations like The Soup Kitchen.

I believe that the Alternative Giving Campaign reflects Wellington's innovative approach to complex social issues rather than taking an option that criminalises an activity that in the majority is driven by genuine need. If you would like to donate to the Alternative Giving Campaign please text 4462.

Visit the following link to view the short video on the campaign:  
[wellington.govt.nz/services/community-and-culture/housing/homelessness/alternative-giving](http://wellington.govt.nz/services/community-and-culture/housing/homelessness/alternative-giving)



Take five with  
**Andrew**

Guest

**What's your favourite meal?**

Spaghetti Bolognese.

**Top tip in the kitchen?**

Use more organic vegetables from the gardens.

**What's your favourite singer/band/song or book?**

Book: The Power of One by Bryce Courteney.

Band: Chaif (from Russia).

**If you could have anyone in the world to dinner, alive or dead, which four people would you invite?**

I'd probably just have my family.

**What's your favourite spot in New Zealand?**

Gisborne.



# A Day in the Life of the Cook

Nicky Brown

**6.40 am.** I arrive at work and disarm the alarms. I record the temperatures of the fridge and freezer, throw on the night before's washing, load up my trolley with the prepared soups that I am going to heat for this morning's breakfast and also the other things for breakfast. I then put on the coffee pots, then put the soup on the stove to heat up. I then set up the tea and coffee station, trays and spoons for the soups, turn on the dishwasher and fill up the tea urn.

**7.15 am.** The Sisters arrive. I check and taste the soup for extra ingredients and seasonings if needed, sort out the donated breads, which were delivered by volunteers this morning, and prepare the trays to heat the bread in the oven.

**7.30 am.** The two volunteers arrive.

**7.45 am.** The guests enter the dining room. The volunteers serve the soup, bread, tea and coffee. I sort out the leftover bread for tonight's meal and make another pot of soup for the next day. I then start to prepare the vegetables for tonight's dinner.

**9.00 am.** The Guests leave. We close the doors. Tidy up begins.

**9.00 am - 10.00 am.** I finish the soup and vege prep.  
**10.00 am - 11.00 am** approximately. We have our morning briefing with all the staff.

**11.00 am** approx. After the briefing I help tidy up the kitchen. Being a Tuesday I prepare and cook the weekly Staff lunch. Lunch with Staff. I then tidy up and set up the dining room for tonight's dinner.

**2.00 pm.** I finish my shift and Paul, my manager, completes the evening meal.



Take five with  
**Emma**

Plan Coordinator,  
Te Roopu Aramuka  
Wharoaroa  
Homelessness Initiative

**What's your favourite meal?**

Chilli.

**Top tip in the kitchen?**

Outsource!

**What's your favourite singer/band/song or book?**

Book: The Tipping Point – Malcolm Gladwell

Song: Nobody Does it Better – Thom Yorke's version.

**If you could have anyone in the world to dinner, alive or dead, which four people would you invite?**

Peter Gordon (to cook), Nick Cave, Elvis and Edward Gorey.

**What's your favourite spot in New Zealand?**

Kaiteriteri Beach, Tasman.



# The Community Garden

*Louise Grenside*

Sister Christina can remember exactly when she started at the community garden at Owhiro Bay – the 18th January 2011. It was a scorching summer day and she was shown the site by Robert Te Whare, the head of Mokai Kainga, which runs the community gardens. Located at the end of Happy Valley Road, the gardens are on an old river bed and the land was initially covered in stones, gorse, and blackberry. Robert had marked out a large plot for the Soup Kitchen's garden – and it was clear plenty of digging would be needed.

No matter. Sr Christina wanted to make a garden for the guests and up until now the problem had been finding a site. She had been taking guests to work in Sr Loyola's garden at Island Bay, but as movie-goers all over Wellington know, it was already well established and running smoothly. Sr Christina was after a challenge and all she needed was some ground.

At this point Robert Te Whare entered the picture. He visited the Soup Kitchen to invite guests to be part of the community garden. The garden would not be possible without the support of Robert and his whanau. Every Monday morning at 9am Robert brings his van to the Soup Kitchen to pick up the workers and take them to Owhiro. We cannot thank him enough for all he does to keep the garden – and the gardeners – growing.

A huge amount of work has gone into preparing the ground. In the beginning, Sr Christina remembers, all they dug up was stones. But she had a superb team of helpers, including Marygold and Brian, who continue to make the trip each Monday. Marygold was there from the start, and remembers all the digging required to make the foundations of the garden – it was a great moment when they found an old rotary hoe in a paddock and Michael managed to get it working.

Today, the stones are piled up to make borders around the beds, and the muddy soil has been enriched with countless loads of compost. Brian is now an expert on compost and knows exactly what ingredients will keep the worms happy. Flax has been planted as a windbreak – and the tui are keen feeders on the flax flowers. Growing in the garden now is silverbeet, carrots, potatoes, pumpkin, lettuce, garlic, cauliflower, zucchini, tomatoes, broccoli, peas, coriander and bok choy. And of course Sr Christina's roses. Most of the veges come to the Soup Kitchen to be used for meals.

Next year Sr Christina takes up residence in the community at Jerusalem on the Whanganui River. We will miss her tremendously, but she leaves the garden she has started in good green hands. And she has one vital tip for gardeners everywhere:

you have to turn up all the time. Plants are like people – they will die without food and drink and they get lonely if no one visits them. So you have to go back again and again to see what needs to be done.

For more information about Mokai Kainga you can visit:  
[www.mokaikainga.org.nz/community-gardens](http://www.mokaikainga.org.nz/community-gardens)





*Soup Kitchen Profile*

## Sr Josefa Tikoisolomone

There is a time for everything. When I was a young sister, the Soup Kitchen was not my choice of places to go. I would do other things like nursing and working in the Mission, but the Soup Kitchen was always my last choice. Fifty years on in my life I was asked to help out in the Soup Kitchen for a week. Three years later I am still here and enjoying every minute of it.

The joy is not so much about what I have given, but what I have received from the people I encounter, and from working with staff and volunteers. And for me, this time was the right time – and the little I can do, I am enjoying it. I meet so many different people. In the past I wouldn't have had the opportunity to work with some people. I might have thought I couldn't cope. But it has really been a surprise – a joy – to find that it's more than what I expected.

If there was one thing I would change, it would be to wish I had more time to just be with guests, apart from giving breakfast. But that's about me changing. I need to organise my time a bit better – "just be" rather than busy doing things. Mother Aubert wisely advised the sisters that the life of the sisters ought to be the life of Mary and Martha. Perhaps I need to slow down and pay

*"It is a place that is homely – a haven, good food, run by good humour."*

attention to Mary's part. At this stage of my life there is something about waking up in the morning knowing you are about to do something that will make someone happy. You will serve someone breakfast and know this is a place they feel at home. For me personally, it is graceful to realise Mother Aubert's spirit continues to be alive in the work we do today, to make a difference to the people who don't have much.

The Soup Kitchen is seen as a haven, a safe place by many people. One day there was a theft from The Warehouse across the road, and the Police were called. During this, a man came into reception and asked to use our toilet. While he was in the toilet the Police arrived and asked if anyone had come in, so we told them about the man in the toilet. We all waited around the door for the man to come out. When he opened the door, it turned out he had nothing to do with the theft at all – and in the meantime the thief got away.



*Soup Kitchen Profile*

## Ross

*Wellington City Council Local Host*

I first heard about the Soup Kitchen when I was working as a venue manager at the National Library and some young people from Wellington High School came in researching for a musical about Suzanne Aubert. I didn't know it existed before then.

Since starting work as a Local Host I now work very closely with the Soup Kitchen and so now know a lot more. We often tell people about Soups – sometimes if we come across people sleeping rough or maybe begging, we'll let them know they can get a good meal and pretty much get help with anything they need – from clothes to advice and advocacy. We also have joined with the Soup Kitchen and other organisations in the Wellington City Outreach Team.

Most people think the Local Hosts are just there for tourists in Wellington, but we're here to make sure everyone in the city is happy, healthy and safe. When I started the job I never thought I'd be doing so much on the social services side of things, but I really enjoy it.

Most people in the city know the Soup Kitchen – it's been around for a long time and everyone knows and trusts they do a good job and really look after people. I think most Wellingtonians are generous, caring people and are proud to have the Soup Kitchen in their city.



*Take five with*

## Areta

*Guest*

**What's your favourite meal?**  
Anything with Chicken.

**Top tip in the kitchen?**  
I'd like to see more male chefs.

**What's your favourite singer/band/song or book?**  
Favourite band: ABBA.  
Favourite book: The Lord's Word.

**If you could have anyone in the world to dinner, alive or dead, which four people would you invite?**  
The Soup Kitchen chefs to cook, ABBA to sing and the heads of all the charities in New Zealand to get them out of their offices.

**What's your favourite spot in New Zealand?**  
I still regard Wellington as my favourite spot. It's got it all!





# Emergency Soup

Louise Grenside

For the Soup Kitchen, as for many in Wellington, the mid-year earthquakes were the major events of 2013. We closed after both big quakes in order to ensure the safety of building users, and to check for damage. But of course our guests still needed to eat, and many arrived at Tory Street as usual looking for a meal, company and support following the shake-up.

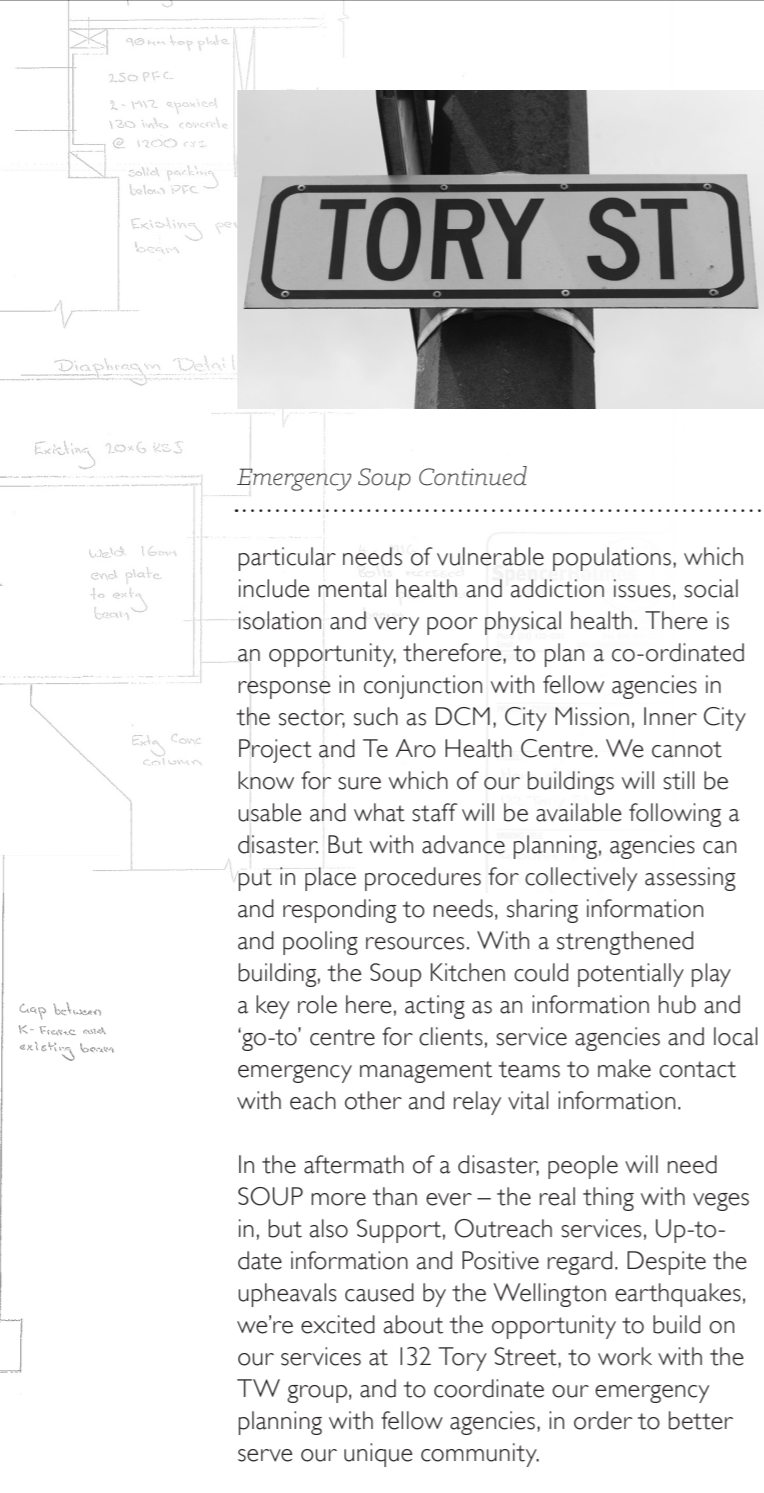
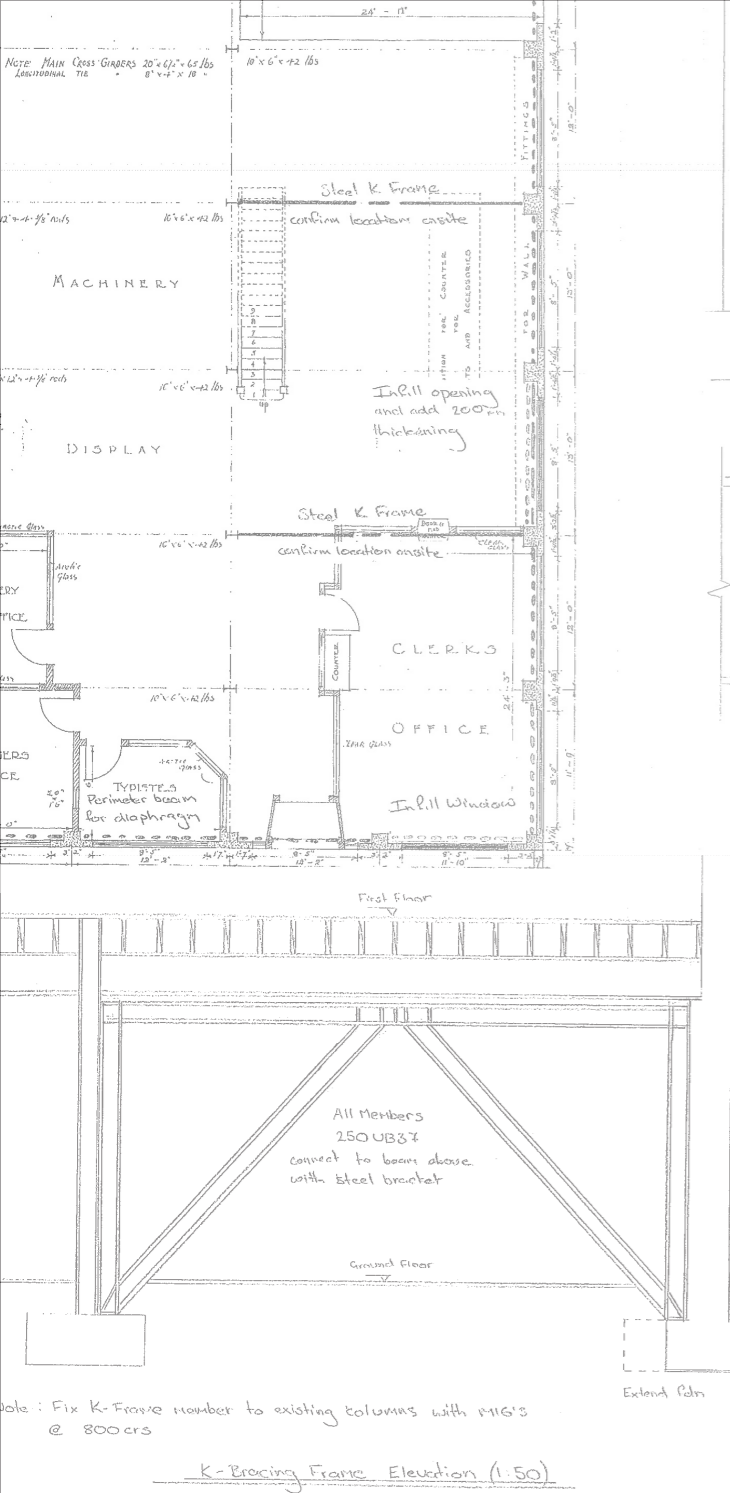
After the second major quake we were able to use the hall at the Wesley Church on Taranaki Street to provide meals temporarily. But the quakes really brought home to us how much people rely on the Soup Kitchen, not just for meals, but for information, support and help accessing other services. These needs only increase in the event of a disaster. The quakes have underscored the importance of having a sound building to operate from and setting in place specific plans to cater for our users in the aftermath of an emergency.

Even before the Wellington quakes, the Christchurch experience highlighted the need for disaster planning that specifically targets marginalised populations. In Christchurch following the quake, those living on the street and in shelters found themselves at the back of the queue when it came to emergency assistance. With local services struggling to cope, many were sent out of town to other centres. A number arrived at the Soup Kitchen, and we saw first-hand the impact of the upheaval on individuals already marginalised by

homelessness, unemployment and health issues. In response to the earthquakes, the Tangata Whaiora group has made emergency planning for our homeless and vulnerable guests the top of their agenda. For the TW group, the key priorities for emergency planning are information, food and water, and a process for checking elderly, isolated guests. Ideally this activity would be coordinated out of the Soup Kitchen – and this is one of the great benefits of strengthening the current building. Although we will never be 'earthquake proof', with a strengthened building we are more likely to be able to provide guests with a familiar, safe destination in the aftermath of a disaster – a place they can get up-to-date information and support, and from which outreach teams can check on those living alone or rough sleeping. An advantage of our current location is that we have a Civil Defence Centre next door, at Mount Cook Primary School. The Soup Kitchen is also a logical place to store emergency ration packs for guests – an important goal, because Civil Defence advice to store at least three days' worth of food and water is not a realistic option for many of our guests.

Looking beyond the Soup Kitchen's community, it is clear that a big emergency would create considerable need among the wider population of homeless and vulnerable people in Wellington. Civil Defence centres and welfare centres set up by the local authority may not be able to cope – and will not, in any case, be focused on the





*Emergency Soup Continued*

particular needs of vulnerable populations, which include mental health and addiction issues, social isolation and very poor physical health. There is an opportunity, therefore, to plan a co-ordinated response in conjunction with fellow agencies in the sector, such as DCM, City Mission, Inner City Project and Te Aro Health Centre. We cannot know for sure which of our buildings will still be usable and what staff will be available following a disaster. But with advance planning, agencies can put in place procedures for collectively assessing and responding to needs, sharing information and pooling resources. With a strengthened building, the Soup Kitchen could potentially play a key role here, acting as an information hub and 'go-to' centre for clients, service agencies and local emergency management teams to make contact with each other and relay vital information.

In the aftermath of a disaster, people will need SOUP more than ever – the real thing with veges in, but also Support, Outreach services, Up-to-date information and Positive regard. Despite the upheavals caused by the Wellington earthquakes, we're excited about the opportunity to build on our services at 132 Tory Street, to work with the TW group, and to coordinate our emergency planning with fellow agencies, in order to better serve our unique community.



*Soup Kitchen Profile*  
**Cheryl**  
Guest



*Take five with*  
**Toby**  
Guest

My name is Cheryl. The first time I came to the Soup Kitchen was for a Christmas Dinner many years ago in the Aro Valley Community Centre. It was a lovely meal. Then a few years ago I was given a card at Christmas time with stars on it and each star got you a free meal at the Soup Kitchen and I've been coming regularly since then.

It's a good place to come. The meals are good and the people that work here are really nice. When you sit at the same table every time you get to know people and you get used to them and you can have a laugh.

I wouldn't change anything about the Soup Kitchen. I really look forward to the meal and catching up with people. It gets my mind off things rather than being unhappy on my own at home.

Sometimes people might have disagreements, but it's mostly a lovely atmosphere in the dining room. People are always happier when the weather is nicer and even when some people are having a bad day I think everyone deserves good food and a good time and we shouldn't leave anyone behind.

**What's your favourite meal?**  
Lamb.

**Top tip in the kitchen?**  
Wash your hands!

**What's your favourite singer/band/song or book?**  
Sons of Korah – They're an Australian band.

**If you could have anyone in the world to dinner, alive or dead, which four people would you invite?**  
My dad, my mum, my brother and his wife. Everyone lives scattered all over the country and it would be great to get us all together.

**What's your favourite spot in New Zealand?**  
I have an aunt & uncle in Blenheim – I loved going there when I was younger – I haven't been for years.

# Our Supporters

We are grateful for the support of many organisations, businesses and individuals who have contributed to the Soup Kitchen this year, enabling us to support people living on the margins. Those who have supported us include:

Mother Aubert Home of Compassion Trust Board

TG Macarthy Trust

Tindall Fund

J K Baxter Trust

Wellington City Council

Estate of T Romain

Abletech

ACE House

Alastair's Music

ANZ Technologies

Arobake

Aro Valley Community Centre

Art for Art's Sake

Assurity Consulting

Berhampore School

BidVest Food Service Ltd

Capital Gospel Project

Charity IT

Conroy Removals Ltd

DesignGel

Elim International Church

Embassy of The Republic of Korea

Fire Protection Inspection Services Ltd

Frederick Street Cafe

GSI Quality Services

Havana Coffee

Harbour City Guard Services

Harbour City Security Ltd

High Commission of Malaysia

HMNZS Olphert

House of Grace, Wellington

IBM

Impact Legal

Jireh Trust

Kaffee Eis

Kaibosh

Khandallah School

Kiwi Community Assistance

Lodge Zetland

Lychgate Funeral Home

Massey University Library

Matua Raki

Newtown Community Centre

New World, Island Bay

New World, Chaffers

New Zealand Post

Queen Margaret College

Rentokil

Rolleston Trust

Ronald MacDonald House

Ruth Pretty Catering

Sathya Sai Service Organisation of Wgtn Inc

Skills Active

Southern Hospitality

Sovereign Military Order Of Malta

St Catherine's College

St Francis de Sales Ladies Auxilliary

St Francis de Sales Primary School

St Mary's College

St Patrick's College, Kilbirnie

St Thomas More Parish, Napier

St Vincent de Paul Society

Te Omanga Hospice

The Amazing Travelling Photo Booth

The Pines

Toi Whakaari: NZ Drama School

T & T Pacific Ltd

Vaka Tautua

Vertical Studios

Vincents Art Workshop

Waikanae Catholic Women's Guild

Wellington City Mission

Wellington College

Wellington Community Mental Health Team

Wellington High School

WELTEC Catering Department

Wesley Wellington Parish

Wholly Bagels, Willis Street

Wild About Wellington

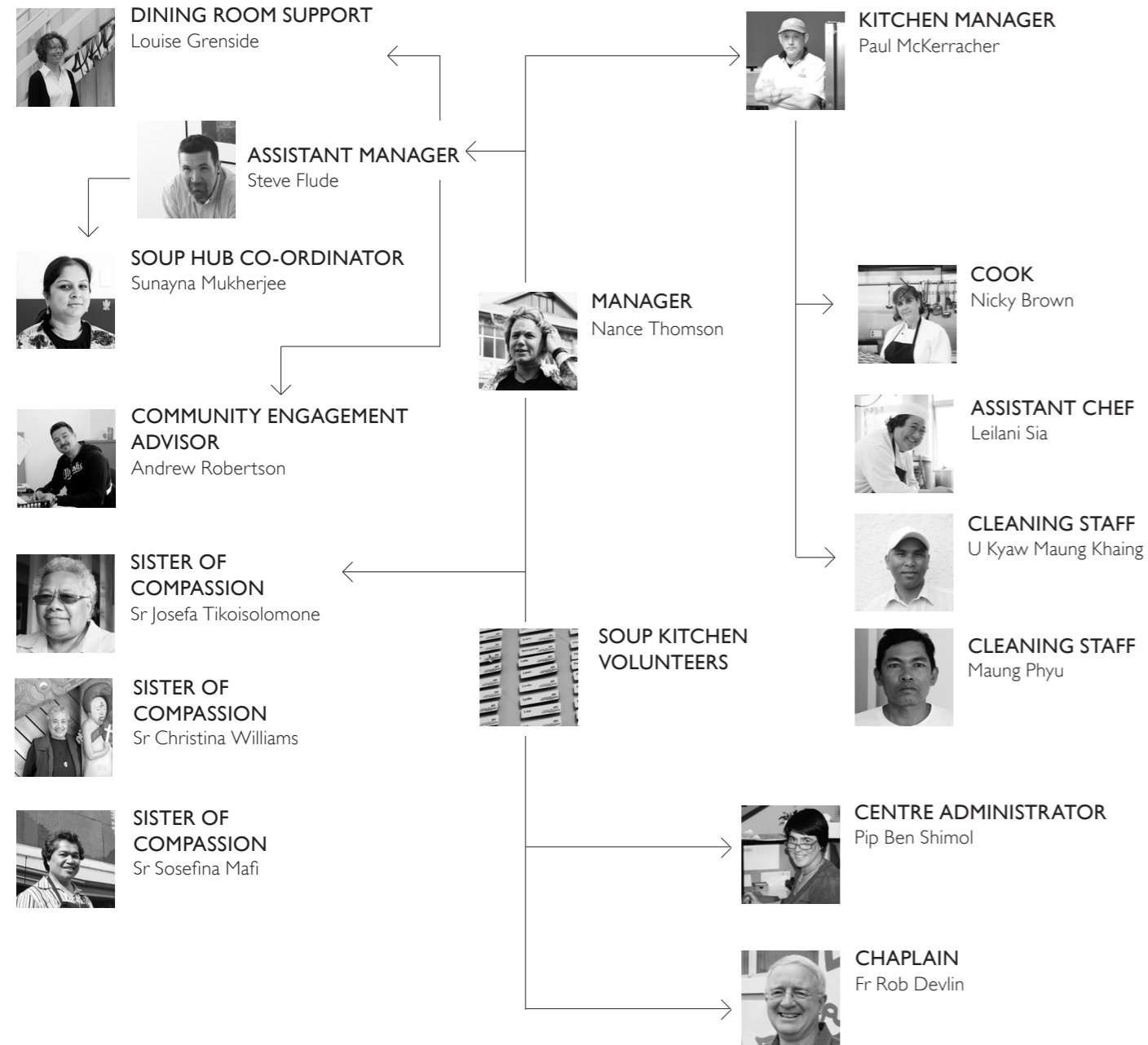
Wormalds

Young Vinnies, St Theresa's School

















Magazine design by Laura Munro and Denny Ford of DesignGel

# Organisational Tree



# Ways to Help

Since 1899 the Sisters of Compassion have depended on the support of the community to help serve the most disadvantaged people in Wellington. There are many ways you can become part of this tradition. Our website also has details of ways you can help, like sponsoring meals, and making targeted financial donations for food and clothing for guests!

-  **Soup Kitchen**  
The Soup Kitchen is open for breakfast and dinner every week from Monday to Saturday. You could help us serve meals and clean up. Volunteers attend a training session before volunteering in the kitchen. Breakfast 7.30 – 8.30am Mon - Sat Dinner 4.30 – 6pm Mon - Sat
-  **Gift donations**  
You can sponsor seedlings for our garden, new socks and underpants for our guests, or food for the kitchen. Making these donations through our website is simple!
-  **Bread collection**  
A local city supermarket donates a quantity of bread each day. Volunteers take turns collecting the bread for us early in the morning around 6:30am.
-  **Street day appeal**  
We have an annual street day appeal (on a Friday) and you can help by collecting money, co-ordinating a collection area, or working on the organising committee.
-  **The Gathering**  
This is a monthly get-together at the Centre for the elderly. You can drive elderly guests to this afternoon of light entertainment, tea, nibbles, and conversation. Held 1.30-3.00 pm on the first Thursday of the month.
-  **Donate clothes, books, food**  
You can help supply clothing, shoes, and blankets for Soup Kitchen guests. Books and kitchenware are also very well received. We also welcome donations of food.
-  **Sponsor a meal**  
We serve dinner to 80-100 people a day. You can help us by donating money to cover the costs of one meal service. We've had people sponsor meals to commemorate birthdays, wedding anniversaries and in memory of a loved one.
-  **Corporate or group fundraising events**  
Help us by raising money with your workmates, church group etc. Have a bake-sale, a sponsored walk, a movie night, or a quiz...and donate the proceeds to the Soup Kitchen.
-  **Food day appeal**  
Twice a year, on a Saturday, we collect donated food from an Island Bay supermarket as part of the Foodbank Coalition Appeal. You could help us for an hour handing out leaflets, receiving food donations and thanking the donors.
-  **Use your voice**  
You can help people on the margins by speaking up. We are all responsible for building a community that is aware, alive and compassionate.
-  **Monetary donations**  
We receive no government funding and depend on the support of the community. If you would like to make a donation please contact us, or you can make a bank deposit using this account number 02 0500 0022193 08
-  **Share your talents and skills**  
We are always looking for new ways to support our guests. If you have a special talent to share with us, please let us know. For example, you may be able to provide entertainment for the monthly Gathering for older people. Or may have a professional skill that you could share with us e.g. painter, plumber, electrician, web-site design, data entry...
-  **Community Gardens**  
Every Monday a group of guests and volunteers go to work in our organic community gardens in Owhiro Bay. This gives our guests the opportunity to learn and use their skills and give something back to the Soup Kitchen. All the produce grown in the garden is cooked and served in the dining room.
-  **Payroll giving**  
Your donation is deducted directly from your wages and the tax refund you receive for making a charitable donation is instant. (The refund rate is 33.33 cents in each dollar). Talk to your employer or see our website for more information.

[www.soupkitchen.org.nz](http://www.soupkitchen.org.nz)



*Kitchen*  
In association with

Let it shine



*Sessions*  
The Soup Kitchen and The Gospel Project