

# HUPA

Te Kotahitanga  
Partnerships

Wellington  
City  
Community  
Awards

Street Appeal  
2018

Matariki  
celebrations



COMPASSION SOUP KITCHEN  
MAGAZINE

• NOVEMBER 2018 •



# A message from

## Sister Margaret Anne

### Dear Friends of the Soup Kitchen

Tēnā Koutou, Greetings

When I consider recent events and activities at the Soup Kitchen, our value of partnership – Te Kotahitanga – is in focus. I say “Thanks be to God for all He has done and is doing for us.” This is Suzanne Aubert’s prayer and a prayer that has rung out of the Soup Kitchen since 1903. We are in tune with her legacy when we develop and nurture partnerships, develop a community and where we learn from one another by working cooperatively with others.

I thank our ongoing partnerships with our volunteers, benefactors and the members of the St Vincent de Paul Society. These have been strong for many years. Special congratulations to Johnny and Mary Johnson for their commitment as volunteers to the meal service and the Street Day for more than 40 years. So many guests, sisters, former and present staff and other volunteers remember you. I smile when I see the Sathya Sai Service members generously preparing the meal for Saturday evening. Your service began in the 1990s and it’s a joy to know your commitment continues. Thank you.

The commitment of so many students from a number of schools shows the potential to form partnerships; the students, staff and volunteers learn from one another. I am interested in the variety of ways that students have expressed their generosity. For example, the Wellington Boys’ College hockey teams donated goodie bags, Wellington East Girls’ College organised a collection of toiletries for the guests and the Newtown School hosted a Pop-up Soup Kitchen fundraiser and donated the excess vegetables to the Soup kitchen. Thank you to all the students who have gifted ideas and service.



Sister Margaret Anne with Wellington Mayor Justin Lester at the 2018 Annual Street Appeal

A highlight this year was the Wellington Airport Regional Community Awards, the Soup Kitchen won the category of Health and Wellbeing, and the SUPREME award.

Encouraging Partnerships have contributed to winning the category of Health and Wellbeing. A few examples are Sister Josefa leading the sewing group for guests to make items to sell as part of a social enterprise, Matt Petrie’s organisational skills to enable so many people to contribute to the garden and Elspeth Tilley and the team from Massey University working with a writing group. In recent years a great partnership has developed with France in New Zealand. This year, the Ambassador of France in Wellington, Florence Jeanblanc-Risler, with assistance from Stephane Ré, Head of the Cultural and Scientific office spent the 14<sup>th</sup> July, Bastille Day, serving soup and croissants, with fresh jam in the Soup Kitchen. This was the last time we’ll be seeing the current Ambassador, who has a new posting in Laos.

I thank you for your continued support and commitment to working cooperatively with each other.

**Kia whakapainga koutou I a Meri Hohēpa.**

May you be blessed by Suzanne Aubert,

*Sister Margaret Anne Mills*

Congregational Leader

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Cover photo: Tree in the garden at the Compassion Soup Kitchen

# Nau Mai!

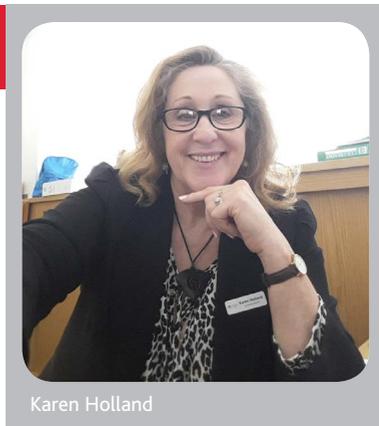
## Karen Holland

The theme for this *Hupa* publication is 'Partnership – Te Kotahitanga', which is a core value of Compassion. Partnerships mean we can do what we do. For Compassion, partnerships have seen Sisters and likeminded people working together towards a common goal – to bring hope and dignity to the lives of our city's most vulnerable people. I have sometimes felt overwhelmed by this goal, but one of the lessons I have learnt working alongside the Sisters is simply; we are called to do what we can and to live and work alongside others in harmony. No one has all the answers and no one is responsible for all the work and outcomes. But by recognising the gifts of each person, we can collaborate and work in partnership with one another, which becomes life-giving for everyone.

In this edition of HUPA we are featuring three agencies in Wellington who work alongside the Soup Kitchen to awahi our shared whānau. While there are more agencies we hope to feature in future publications, for now we thank The Wellington Night Shelter, Te Aro Health and Ngāti Kahungunu ki Poneke Community Services for sharing their stories.

This year we were honoured at the Wellington Airport Regional Community Awards when we were awarded the Health and Well-Being category and the Supreme Award. We were very proud to see this recognition of the work of the Sisters, our volunteers and supporters in the Wellington community.

We, the staff at the Soup Kitchen are immensely proud to be a part of the Compassion story. We look forward to continuing our



collaboration and growing our partnerships to improve the lives of all our whānau who come to the Soup Kitchen.

On behalf of the Sisters and staff at the Soup Kitchen, I offer a big thank you to all our volunteers, benefactors and sector partners. Thank you for your ongoing commitment to Compassion and our whānau.

**Ehara tāku toa i te toa, engari he toa takitini.  
My strength is not mine alone, but that of many.**

Ma te Atua e manaaki

*Karen Holland*  
Kaiwhakahaere/Manager



# Haere Ra Farewell

## Paul McKerracher

Fry-Up Friday on 17 August 2018 was Paul's last meal shift after more than eight years of service to the Soup Kitchen. We are so thankful for Paul's contributions during his time with us: for his work in leading his kitchen team in delivering consistently high quality, healthy meals, where Compassion was present in every mouthful, and for his insights about the Soup Kitchen history.

His final week at the Soup Kitchen was full of celebrations for his years of service. These included a surprise morning tea, shared lunches and a standing ovation from whānau during his last dinner service. We'll miss his sense of humour, his Duff hat and his calming presence in the kitchen. The Sisters, staff, volunteers and guests wish Paul all the best for the future!



# Nau Mai Welcome



From left to right: Clare - kitchen manager extraordinaire; Kendra - fundraising and comm's wiz; Kaisa - star receptionist; Pa Denis - wonderful Chaplain; Paula - amazing volunteer co-ordinator. It's great to have everyone on board.

*"I come with energy and passion and love what I am doing at the Soup Kitchen... helping to make our guests have the best meal possible for body and soul." - Clare*

# The Compassion Soup kitchen

*The Annual Street Appeal is our biggest fundraiser of the year. We could not make this day happen without the support and dedication of all our amazing volunteers. We thank you for your continued support.*

*Maha ngā mihi – many thanks!*

## Facts by the number

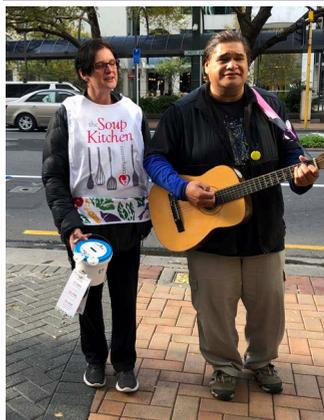
22 sites across Wellington

230 amazing volunteers

247 collection buckets

690 volunteer hours worked

\$45,000 collected



# 2018 Street Appeal



Congratulations to Johnny and Mary. Thank you for 43 years of volunteering.



# Kai

*This year we have welcomed many groups into our whare kai to partner with us in providing great meals and entertainment to our whānau. Thank you.*



Raj with members of the Sathya Sai Service Organisation.



Beautiful Mind Ensemble concert in the dining room.



Sister Margaret Anne and Sister Josefa with the French Ambassador Florence Jeanblanc-Risler, and Stephane Ré on Bastille Day after serving our guests a delicious breakfast of croissants and jam to celebrate the day. Yum!



Karen Holland pictured with the visitors from the Asean Ladies Circle.



Beautiful Mind Ensemble performers and members of the Korean Embassy with Soup Kitchen staff.

# He Rākau Koikoi

## Purposeful activities

### *The journey from the garden to the plate*

At the beginning of May, after five months of hard work, whānau of the Soup Kitchen finished the first stage of our māra/garden. Over 80 people braved the early morning and weather for a dawn blessing and named led by Mana Whenua.

The māra has been gifted the name *Tupaia* in recognition of the Ngāti Tupaia hapu of Ngāti Ruanui who were settled in the area in 1840. The māra is now producing plentiful kai for our kitchen, including food for the Matariki Hāngi. Over the spring months, this will expand as we plant new crops and add rongōā and beehives. Alongside the garden, we are hosting a range of other activities for our whānau including a writers' circle, sewing sessions and regular fishing trips. We are looking forward to adding more activities in the future, including our planned cooking and music sessions.



# Matariki



*Matariki signals the arrival of the Māori new year. It is a time for reflecting on the past and making plans for the future. It is marked by whānau gathering together, creating together and sharing together.*

For three weeks in June and July, the Soup Kitchen and Kahungunu Whānau Services jointly held a festival to mark the period of Matariki. Events included taonga puoro/ traditional Māori music, rongoā/herbal medicine, raranga/weaving, and toi Māori/ Māori art. The festival ended with a hāngī over 100 people were able to share at the Soup Kitchen, with more food being distributed to whānau across the city.

The festival was a great success, with whānau enjoying the events and wanting these to continue in the future. The opportunity to work with Kahungunu Whānau Services was also a great learning experience for staff and whānau at the Soup Kitchen. One of our key aims is to develop



The hāngī being prepared

strong community connections and to work closely with other organisations. The Matariki festival enabled us to do just that!

And so we are already planning for next year. We are going to grow rongoā in our garden and continue with activities and visits based on what we have learned. Keep your eyes peeled for Matariki 2019.

# Celebration



# Volunteers?

## Gheed Alangurli – 1 year volunteering

What were your reasons for volunteering at the Compassion Soup Kitchen?

I simply wanted to give back! I've always wanted to volunteer, however as a student I didn't have the extra money to donate to those in need, so I decided to donate my time instead.

What have you got out of volunteering here?

Definitely a new perspective, the other side of the coin. The guests aren't all homeless, there are also families who are struggling to make ends meet. Most of the guests are kind people who are dealing with extremely tough situations, but it doesn't take much to help them out. I also feel that I've strengthened my overall soft skills. The soup kitchen is a wonderful place to come in for a warm free meal and some loving vibes!

## Rosemary Cole – 2 years volunteering

What, in your opinion what is the most important work that the Soup Kitchen does? Welcoming people to the place, it's so important to make guest feel welcomed, it's great to learn guests names and make them feel a part of the place.



Do you have a story from volunteering here that has affected you, made you laugh etc.?

I was once told a memorable, funny story about the Soup Kitchen, as it was listed amongst restaurants in the telephone directory. A couple turned up elegantly dressed expecting Haute Cuisine and were made as welcome as the other guests.

What have you got out of your time volunteering at the Soup Kitchen  
Friendships with staff and other volunteers.

## Peter Chu – 7 years volunteering

How did you get into volunteering at the Soup Kitchen?

I always wanted to do some community work but worked 9 to 5. I had the opportunity to cut back hours in restructure and then explored where to volunteer. I enjoy cooking so explored that area and found the Soup Kitchen online.

What do you love about the Soup Kitchen?

People are from different backgrounds and have different reasons for volunteering here. The Soup Kitchen is a common ground that brings people together to serve the community regardless of background.

What are the highlights of volunteering at the Soup Kitchen?

The greatest reward is the guests are satisfied. It brings great delight to see whānau enjoy their meal.



# Te Kotahitanga - our partners

## A message from our partners at the Wellington Night Shelter

The Wellington Night Shelter (WNS) and the Compassion Soup Kitchen have worked in partnership to improve the lives and well-being of men experiencing homelessness since the 1970s. The primary focus of the WNS is assisting the men we support to move on to long term, sustainable housing solutions.

We work with the Soup Kitchen and other community agencies to identify and address the underpinning causes of homelessness. The Soup Kitchen offers opportunities for meaningful activities, a chance to give back and a place to engage and be a part of a community – all so essential if people are to succeed in creating and maintaining a home.

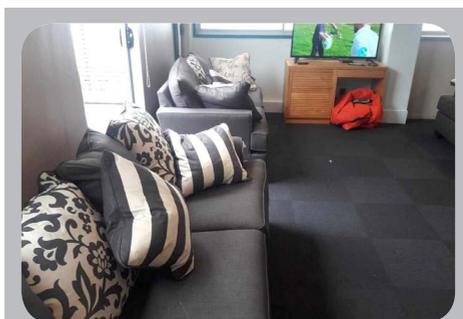
This year the Wellington Night Shelter is hoping to hold their first-ever street appeal on the 14<sup>th</sup> of December. They are currently looking to recruit a superstar volunteer event planner to help them with this.

To find out more, or for a copy of the job description please contact Helen on 04 3859547 or email [admin@wellingtonnightshelter.org.nz](mailto:admin@wellingtonnightshelter.org.nz)

For general Wellington Night Shelter updates and street appeal volunteer call-outs, follow us on the Facebook page: [www.facebook.com/WNShelter](http://www.facebook.com/WNShelter)



The Wellington Night Shelter volunteers and staff prepare a Boxing Day 2017 feast for guests.



The Wellington Night Shelter's shared transitional accommodation spaces have undergone a recent refurbishment, funded by community fundraising.

**WELLINGTON  
NIGHT SHELTER**

## A message from our partners at Ngāti Kahungunu ki Poneke Community Services

At Ngāti Kahungunu ki Poneke Community Services our approach is anchored in Te Ao Māori, and shaped by the Tikanga practices of Whakapapa, Whānaungatanga, Manaakitanga and Kotahitanga.

Whakapapa; is a framework of natural history and links not only to the human world but the spiritual and can be expressed with history and as a foundation for roles and responsibilities.

Whakawhānaungatanga; highlights the importance of everyone and the relationships that must be in place.

Manaakitanga; is as simple as looking after other people and nurturing the relationship.

Kotahitanga; is about working together in unison and in good faith. Kotahitanga must be fostered to rule out fragmentation and to encourage collaboration and mutual opportunities.

These principles are intertwined across our work with the Soup Kitchen. It is a fine example of true collaboration and partnership. One that is built on trust, respect for each other and one that acknowledges each other's Whakapapa.

The value of sharing ideas, recognising our respective strengths and drawing on them for the benefit of our whānau that we walk alongside, further demonstrates the benefits of our relationship. Our connection with The Soup Kitchen enables us to work together to support whānau on their journey to achieving their aspirations. We are not all good at everything. Alone we are weak, together we are strong.



Ali Hamlin-Paenga MBA, PGCertPUBH  
Kaihautu – Chief Executive.  
Ngāti Kahungunu ki Poneke Community  
Services Inc

Kahungunu Whānau services is a Community-based kaupapa Māori social and community service provider that uses Māori cultural frameworks to manaaki, tautoko and awhi whānau. We offer a range of whānau-driven services including: violence intervention education programmes; social work support and advocacy; community rangatahi programmes and projects, systems navigation and provide information that supports whānau empowerment. We work one-on-one or in small groups.

Though we work mostly with Māori, we will work with people from all backgrounds.

All of our services are free to whānau and we take agency and self-referrals.



KAHUNGUNU WHĀNAU SERVICES  
Ma te manaaki ka whai hua

# A message from our partners at Te Aro Health Centre (TAHC)

## *A Primary Health Care response to “Partnership and Collaboration”.*

The close relationship Te Aro Health Centre has with the Soup Kitchen is an excellent example of ‘Partnership and Collaboration’. For both services this means much more than these words. We are Whānau’ who seamlessly come together to meet the needs of our extended whānau/patients. This support can come from outreach clinics at the Soup Kitchen, our Willis St Main Clinic, other Outreach rooms and through on-street Outreach.

TAHC’s model of care is Sir Mason Durie ‘Te Whare Tapa Whā Māori Model of Health care’. A holistic approach to health care that can be implemented across all ethnicities. Resembling the four walls of a Whareniui: Te Taha Wairua, Te Taha Whānau, Te Taha Tinana and Te Taha Hinengaro. The whānau/patients TAHC see in collaboration with the Soup Kitchen, many and or all of their walls of Te Whare Tapa Whā have collapsed.

Te Whare Tapa Whā is implemented through ‘Whānau Ora’ processes by asking whānau what

it is that they need to be well. This approach recognises that Te Aro Health Centre can only provide a small part of whānau with the overall health and wellbeing they need.

This resonates with both TAHC and the Soup Kitchen’s services, acknowledging that not one service can support the foundations and four equal sides of a Whareniui that supports holistic health and wellbeing, therefore necessitating the relationship of collaboration and partnership.

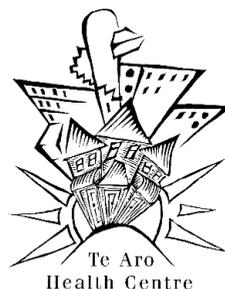
Collaboration is about acknowledging the strengths and gaps in our services and in partnership working together to rebuild and strengthen the four walls of wellbeing for whānau.

TAHC and Soup Kitchen’s relationship is one of a ‘functioning whānau’ built on trust and respect for each other’s services, as well as ‘whakapapa’ and ‘tikanga’. Our collaboration is an example of both primary health care and community services coming together and sharing resources and expertise to address barriers for whānau accessing holistic health care, reducing health inequalities and the social and economic determinants of health that find many of our whānau at the doors of both our services.

*Raeleen Toia  
Clinical Nurse Lead Manager  
Nurse Practitioner Candidate: Mental Health  
Te Aro Health Centre*



Te Aro Health Centre is situated in Wellington’s inner city



# Wellington Airport Regional Community Awards



The Soup Kitchen is honoured as the Supreme Winner. (Photo credit: Mike Tantrum)

At the 2018 Wellington City Community Awards, the Compassion Soup Kitchen was honoured as the Supreme Winner for its continued commitment to supporting vulnerable people within our community. The Soup Kitchen also won the award for the Health and Well-being category.

The annual Community Awards celebrate volunteering and the contribution made by hundreds of people every year in and around Wellington. They recognise those who are making a difference in our communities in various ways: in arts and culture, heritage and environment, sports and leisure, education and child youth development, as well as health and wellbeing.

Wellington International Airport, Wellington Community Trust and the five local councils come together for the awards every year. Nominations are submitted by the public online judging panels select the council award winners who go on to be eligible for the regional awards.

Mayor Justin Lester, who presented the award, says Compassion Soup Kitchen and its volunteers are the lifeblood of our city.

When presenting the award, he said: "For more than 100 years Compassion Soup Kitchen has been supporting people to live with dignity in the community. This amazing group of people engage with some of our most vulnerable residents and give them a warm meal and a safe place to be.

"They embody the best of the volunteer ethos and I am pleased we can recognise and shine a light on their efforts. Without volunteers, Wellington and New Zealand would be much poorer places."

The Compassion Soup Kitchen will now go on to represent Wellington City at the regional awards later this year. The winner of the regional Awards will then go onto the national Trustpower Awards in early 2019.

# Who are our

## James Flanagan – 6 years volunteering



### What have you got out of your time volunteering at the Soup Kitchen?

Heaps, it's great to have a regular routine that's not like work. It goes in waves, busy then not so much. I always feel better when I leave, than

when I arrived. I like to come early and get the work done so we can all have a chat especially if there are new people on. If people rely on you it feels good.

### What do you think other people should know about the Soup Kitchen?

That it's about serving the community and helping people with dignity and respect. The world can be a brutal place and can be about making money. The people who visit the Soup Kitchen are just people, some have health issues that can make them behave in a negative way. People are just people.

## Graeme Colgate – 12 years volunteering



### What was the most surprising thing about volunteering at the Soup Kitchen?

The huge variety of guests that come in. There are so many different people. I have really learned not to judge a book by its cover.

### What attracted you to volunteering at the Soup Kitchen to start with?

I was having a hard time and needed to think outside of the box, so decided to start volunteering. I have gained a lot from volunteering.

### What do you think other people should know about the Soup Kitchen?

The Soup Kitchen is for everyone and many are doing it tough. There is social interaction and community outside of meals times and they get to know each other.

## Joe Greco – 44 years volunteering

### How long have you been volunteering for the Soup Kitchen?

I started in June 1974 when the kitchen was based in Tasman Street and was St Joseph's relief centre. I was asked by my cousin Larry, to take his shift because he was moving to Timaru. I volunteered for the first time on a Saturday evening and it's now 44 years later, 50 years is the goal.

### Do you remember your first shift? What was it like?

It was an eye opener. It used to be set up completely different to the way it is now in Tory

St. The tables were in long lines and it was hard to get in between the chairs to serve the dinners. You had to have your wits about you in Tasman St because there was hardly any space. The sisters used to bring out the guitars at Christmastime and sing-along with the guests.



### What is the most surprising thing about volunteering at the Soup Kitchen?

Every day is different.

# Volunteers?

## Gheed Alangurli – 1 year volunteering

What were your reasons for volunteering at the Compassion Soup Kitchen?

I simply wanted to give back! I've always wanted to volunteer, however as a student I didn't have the extra money to donate to those in need, so I decided to donate my time instead.

What have you got out of volunteering here?

Definitely a new perspective, the other side of the coin. The guests aren't all homeless, there are also families who are struggling to make ends meet. Most of the guests are kind people who are dealing with extremely tough situations, but it doesn't take much to help them out. I also feel that I've strengthened my overall soft skills. The soup kitchen is a wonderful place to come in for a warm free meal and some loving vibes!

## Rosemary Cole – 2 years volunteering

What, in your opinion what is the most important work that the Soup Kitchen does? Welcoming people to the place, it's so important to make guest feel welcomed, it's great to learn guests names and make them feel a part of the place.



Do you have a story from volunteering here that has affected you, made you laugh etc.? I was once told a memorable, funny story about the Soup Kitchen, as it was listed amongst restaurants in the telephone directory. A couple turned up elegantly dressed expecting Haute Cuisine and were made as welcome as the other guests.

What have you got out of your time volunteering at the Soup Kitchen? Friendships with staff and other volunteers.

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# Whānau Writers Circle

*Every fortnight a writers' circle meets at the Soup Kitchen. Associate Professor Elspeth Tilley from Massey University's School of English and Media Studies helps the writers develop their work.*

## Peace

*By Aukai/Smurf*

We find peace in love  
We find peace in hope  
We find peace in family  
But most of all we desire  
Peace for our own wellbeing  
As the humans we are.

## Discipline

*By Manu*

Discipline.  
WHACK, wooop, Huh!  
CRASH?  
Breathless, I can't breathe.  
Winded again. And there's that bright light again.  
Damn, my head's ringing too.  
Visual blur and things are focusing.  
What's that from the corner of my eye?  
A shadow? Slowly moving getting bigger.  
My eyes are focusing, it's not a shadow.  
Oh no, it's him again. "Whack."  
Losing consciousness again.  
Airbourne again, 'crash', damn that hurt.  
A full grown man's wrath, I am feeling.  
My body hurts, my head hurts.  
Damn, I'm seeing stars too.  
A whimper of defeat then tears gather and I accept  
what's happening to me.  
It becomes ongoing and I start to enjoy this. And the tears are there no longer

# \$75

Breakfast for 40 people and guest activities

# \$100

Breakfast for 80 people

# \$150

One dinner for up to 80 people

# \$200

Breakfast and dinner for one day

# \$600

Meaningful activities for one month

# \$1200

Food for the Soup Kitchen for one week

# \$5000

Food for the Soup Kitchen for one month



## My gift to the Compassion Soup Kitchen

1

I would like to give

\$  My choice  \$75  \$50  \$100  \$200

2

My payment details

- I have donated through online banking: **Suzanne Aubert** Compassion Centre. BNZ 02 0500 002219308
- I have donated through the website: [www.soupkit.chen.org.nz/donate](http://www.soupkit.chen.org.nz/donate)
- I have enclosed my cheque payable to Compassion Soup Kitchen
- I have donated over the phone: (04) 385 9299
- I would like you to debit my donation from my credit card:

one-off donation  per month  per year

Card number:

Expiry date:   /   Type of card:  Visa  Mastercard

Name on card:  Signature:

3

My details

Name:

Address:

Phone:

Email:

Please send me more information about:

Making a regular payment

Payroll giving

Supporting the Soup Kitchen's work

# Ngā Mihi Thank you

*We are grateful to have the amazing support from so many organisations, businesses and individuals who contributed to the Compassion Soup Kitchen this year.*

Ahmadiyya Muslim Youth Association	Livtogive Business Network	St Benedict's School
ANZ Commercial and Agricultural	Lodge Zetland	St Bernard's College
ASEAN Ladies Circle, Wellington	Mahony Burrowes Horner Lawyers	St Catherine's College
Bethune Estate	Marsden College	St Francis de Sales Church Ladies Auxiliary
Bishop Viard College	Minter Ellison Rudd Watts Law, Wellington and	St Mary's College
Brandon Solicitors	Auckland	St Patricks College
Bunnings, Tory Street	Morrison Kent	St Vincent de Paul
Burns Metcalf Lawyers	Munro Benge Chartered Accountants	StarNow
Caffe L'affare	Newtown School	Swan Legal
Catholic Parish of Otari	New World, Newtown	TAS NZ
Catholic Social Services	New World, Wellington City	Te Aro Health
Challenge 2000	Ngā Taonga Sound and Vision	Te Muku Rau Charitable Trust
City Mission	Onslow College	The Agency Group
Coffee Supreme	OPUS	The Good Registry
Consumer New Zealand	Parliament Knit and Crochet Group	The Online Printer
David Hollander	Pics Peanut Butter	The Warehouse, Tory Street
Dominion Post	Points for Purpose	TV Cook Insurances
Downtown Community Ministry	Premas Ltd	United Way, New Zealand
Eastern Suburbs Fruit and Vegetable Cooperative	Queen Margaret's College	Wellington Airport
Embassy of France	QuickHire Trailers	Wellington Community Justice Project
Embassy of Korea	Rongotai College	Wellington Community Trust
Good Bitches Baking	Salvation Army	Wellington East Girls' College
Harbour City Security	Sathya Sai Service Organisation	Wellington Girls' College
Havana Coffee Works	Sarah Searancke Catering	Wellington Homeless Women's Trust
Hiremaster	Sisters of Compassion	Wellington Night Shelter
John Leen Plumbing	Shoes for Planet Earth	Whittakers
John Paul College	St John's Trust Board	Yoga Rhapsody
Kahungunu Whānau Services	St Anne's School	NGA MIHI
Kiwibank, Lower Hutt		

THANK YOU TO ALL OUR SUPPORTERS AND VOLUNTEERS



compassion *te pūaro*  
soup kitchen