

the acorn.

Acorn's 2022 Funding Round is underway! Applications are due by 26 May 2022. Find out more and apply at www.acornfoundation.org.nz.

The local woman whose legacy is empowering generations of women

Eva Trowbridge – a quiet, unassuming woman who led a humble life working for 25 years as a cleaner at Tauranga Hospital – left a gift that continues to benefit women to this day across the Western Bay of Plenty.

Before her death in 2006, Eva Trowbridge set up an endowment fund with the Acorn Foundation, which provides an annual scholarship for an adult student at the University of Waikato (Tauranga Campus). Since then, 15 local women have been awarded the \$3,000 Eva Trowbridge Scholarship, supporting them to graduate and give back to the community. As the capital in Eva's fund continues to grow, the scholarship is set to continue being awarded for many years to come.

Kiri Diamond, who won the scholarship in 2011, told us, *"Eva's story is such an inspirational story. What I see – and I'm getting chills as I say this – is her strength. And it's a quiet strength. We went through a time where to be seen as a strong leader you had to be kind of loud, but she actually*

led with servitude and I think that resonates a lot with women."

Kiri eventually went on to achieve a master's degree in Community Psychology and now works in the public sector, managing the impacts of public infrastructure projects on the community. Kiri also founded Kia Mau (Talent) Charitable Trust in 2017, where she created Pūaki, a personal development programme founded in kaupapa Māori that hundreds of local students have benefitted from.

Another local recipient Sharon Richmond, who won the Eva Trowbridge scholarship in 2012, has also gone on to do incredible mahi in our community. Sharon left school at 14, only returning to university later in life as a single mum and says that for many years she never considered doing a degree.

"Winning the award gave me the finances and motivation to complete the degree, but it also made me feel worthy – because in truth, I didn't know if I was capable of



Inset: Eva Trowbridge | Sharon Richmond

doing it. It was a bit of awahi (support), going – come on Sharon, you can do it!"

Since graduating, Sharon has been managing the Food Rescue operation at local charity, Good Neighbour, and is now taking on a new challenge in Adolescent Mental Health at Pirirakau Hauora.

The ripple effect of Eva's generosity through the Acorn Foundation is plain to see – not only on the lives of recipients but on our wider community. And that's not all; Eva's gift is also impacting future generations.

Kate Flanagan won the Eva Trowbridge scholarship in 2008 and is now a teacher

at Mount Maunganui Intermediate School. Kate says the scholarship has impacted her daughters' lives, too.

"The scholarship was a much-needed financial boost at the time and by completing my degree I can now finance my own daughters through university. It is the gift that keeps on giving."

In the case of Eva Trowbridge, the quote "we rise by lifting others" has never felt truer. Aroha nui.

Read more about Eva Trowbridge on our website www.acornfoundation.org.nz

Acorn's new website

This month we launch our brand new website! Thanks to our friends at Whitfield Consulting and Tuskany, we've modernised our website to keep up with evolving technology. You can find everything you need to know about the Acorn Foundation, stay up-to-date with the latest news, and learn about the charitable groups doing amazing mahi in our region, at www.acornfoundation.org.nz.

Acorn donors giving children with cancer the chance to 'just be a kid'

For tamariki living with cancer, the chance to 'just be a kid' can easily pass them by. Faced with the daily challenges that cancer brings, children and their families are rarely able to focus on the positive aspects of their lives or feel a sense of normality. That's where Camp Quality comes in.

Camp Quality New Zealand is a volunteer charitable trust that runs camps and social outings to bring fun, hope and happiness into the lives of children living with cancer. Thanks to the camps, families get a much-needed break and the opportunity to spend time with other siblings while their child is at camp. And for the children, spending time in a stress-free and caring environment with their peers can mean the world.

"My baby has come home different... different in a good way."
Karen, camper mum

Sadly, the impact of COVID-19 meant the charity was facing having to cancel last year's summer camp. Donna Tracey, Funding and Grants Officer, told us:

"Our budget for summer camp was reduced as a result of COVID but thanks to Acorn's generous donors, we were lucky that camp was able to go ahead. We were also fortunate that Hobbiton were willing to accommodate us this year – it was an experience that the children will never forget!"

As well as exploring the Shire, the children got to participate in a full programme of activities, including kayaking, horse trekking, a treasure hunt at Hamilton Gardens, and a beach day at Waihi which included jet boats and surf lessons.

Camper mum Rachael is one of many grateful parents, who told the team: *"I just want to say how absolutely amazing you guys are, each and every one of the*

volunteers, companions, cooks, nurses, the list goes on! THANK YOU!!"

Camp Quality's work would not be possible without support from kind Kiwis, including Acorn donors who have contributed over \$98,800 to the organisation since 2011.

Thank you to all our donors who have supported Camp Quality to give the children such happy memories, and the chance that they really do deserve – to just be a kid.

Find out more about Camp Quality on their website www.campquality.org.nz



Coping with COVID-19: Supporting Kiwis experiencing anxiety

Experiencing anxiety and stress to varying degrees is all part of being human, and it's estimated that 1 in 4 Kiwis will experience an anxiety disorder in their lifetime (Health Navigator, 2019). With the COVID-19 pandemic causing ongoing challenges and uncertainty, GPs and hospitals currently feeling the strain, and a national shortage of psychologists, where do you turn if you need support?

Anxiety New Zealand is a charitable trust that's been around since 1980 and offers a whole range of services. For people needing urgent support with stress or anxiety, they offer a free 24/7 national support and information helpline (0800 ANXIETY; 0800 269 4389). National Manager Goldie Hamilton says that the helpline receives calls from people of all ages, from across the country.

"Anyone can call us, whether they're actively anxious or seeking advice on how to support friends or whānau. We get a lot of calls from parents who are worried about their kids and wanting tips on how to support anxious tamariki. Since COVID-19 especially we've had a lot of calls from youth experiencing difficulties during or after lockdowns and self-isolation, for

example. Different people have different challenges but many of us share a fear of the unknown – and COVID-19 has brought so much uncertainty, which many people are finding difficult."

The helpline team are predominantly volunteers, located across the country including right here in the Bay of Plenty. Volunteers must have a minimum Level 4 mental health qualification (or an equivalent), and most have their own lived experience of anxiety, either personal experience or supporting whānau or friends. Anxiety NZ provides initial and ongoing training and support so that volunteers can gain experience and confidence to progress in the field of mental health (if that is their goal).

Goldie, who began as a helpline volunteer herself in 2013, says that it is incredibly rewarding: *"I've personally had many calls where you start off and the person is so panicked, they can't tell you their name, and then by the end of the call they're feeling more positive and in control, and telling you, 'Wow, that was really helpful!'"*

The helpline team will also recommend other services and sources of support, including referring people to counselling

if appropriate. The Anxiety NZ website has many free resources, including youth blogs, and the organisation offers in-person therapy sessions and peer support groups at their Auckland clinic, as well as online therapy in certain contexts.

But of course, all of this wonderful work requires funding, and the organisation only receives government funding for some of its work in Auckland.

"We've had about a 40% increase in calls since COVID-19 began but our funding hasn't increased," says Goldie. "Every call to our 0800 helpline has a cost and funding has to come from somewhere."

Thankfully, local Acorn donors have

supported Anxiety NZ over the years, including a very generous donation recently from Acorn donors Sonia and Neville Hardy.

"Donations from kind people like Sonia and Neville mean that we don't have to start closing down certain services in the face of increasing demand," says Goldie. "We can only do what we do thanks to generous people who give their money, and our volunteers who give their time to make our work possible."

Anyone can call the free 24/7 national Anxiety Helpline on: **0800 269 4389** (0800 ANXIETY). For free resources and information, visit **www.anxiety.org.nz**



Inaugural winner of the FAME Mid-Career Award announced

In partnership with the Tauranga-based **FAME Trust** (Fund for Acting and Musical Endeavours) and **PANNZ** (Performing Arts Network of New Zealand), the Acorn Foundation is delighted to announce the inaugural winner of **FAME Mid-Career Award** – Rodney Bell!

Rodney Bell (Ngāti Maniapoto) is internationally renowned for his performances of physically integrated dance – a form of dance which celebrates people with different abilities and physicalities. Rodney has been dancing professionally since 1994 after becoming paraplegic in 1991 due to a motorcycle accident. Since his accident, Rodney has toured the world performing – most recently completing a NZ-wide tour of his pioneering work, *Meremere*.

"A wholehearted thank you. We are all affected by something and I thank you for affecting me with this award. It's going to allow me to affect others throughout Aotearoa and whoever else I can outside of our waters to enhance their mana through performing arts." – Rodney Bell.

This is the first of the FAME Mid-Career Awards, which each year will provide three established and inspiring artists with a one-off award of \$15,000. The prize money is to support activities like touring nationally or overseas, collaborating with other arts organisations, or further study and/or development. As one of the largest prize grants available to the performing arts community, Acorn is privileged to facilitate these awards – made possible by the generosity of the FAME Trustees.

ASB Bank helps local charity meet demand

Thank you so much to the team at ASB Bank Tauranga (inclusive of Bayfair and Pāpāmoa) for continuing to support our community through the Acorn Foundation. Over recent years ASB Bank Tauranga has gifted support to various local charities through Acorn; most recently to St Peters House in Tauranga.

St Peters House provides a range of services for those who are financially vulnerable, with most being donation-based. These include individual and couple counselling, and courses in marriage, parenting, life skills and personal development. Since 2020 the organisation has seen an increase in demand for mental health services, with long wait lists for counselling.

"As the COVID-19 pandemic has progressed we have seen a marked increase in the intensity of issues that clients are bringing to counselling," says St Peters House Manager Cath Page.

"The most common issues we are working with are relationships, overwhelm/stress, anxiety, self-esteem and depression. There has been a noticeable increase in relationship issues – communication, breakdown of relationships, arguing, and parenting issues reflecting the significant impact of COVID-19 on whānau and relationships."

With support from ASB, St Peters House will be able to better meet the high level of need

in our region. We can't thank the ASB Tauranga team enough for empowering local community groups right here in the Western Bay of Plenty.

Find out more about how your business can make a significant difference in our region through Acorn on our website www.acornfoundation.org.nz or give us a call on 07 579 9839.

 Cath Page (left), St Peters House Manager, and Debra Matthee (right), CAP Debt Centre Manager.



Scholarships and awards

FAME Emerging Practitioner Awards

The FAME Trustees and the team at the Acorn Foundation would like to congratulate the following recipients of the FAME Emerging Practitioner Awards. Each recipient has received a \$10,000 award to support their continued studies as they build a career in the arts:

• Persia Thor-Poet, New Zealand School of Dance



Contemporary dancer Persia Thor-Poet is originally from Wanaka. Currently in her third year at NZSD, she was unanimously selected for this

award. Persia is described as a highly self-motivated and disciplined student who consistently achieves excellence.

Persia says: *"Dance is my purpose. There is no Plan B and there is nothing else I have wanted more than pursuing my vision of becoming a professional dancer."*

• Maurea Perez-Varea, Toi Whakaari



Maurea Perez-Varea is in her third year of a Bachelor of Performing Arts (Acting) at Toi Whakaari. Born in Fiji, she was raised in Samoa and Tokelau before her family

settled in South Auckland. Maurea's vision is to work with Māori and Pasifika peers to create cultural works with which audiences can empathise.

"I'm honoured and grateful to have my voice acknowledged not just for myself but for those thousands who walk behind me," says Maurea.

• Abhinath Berry and Jordan Wichman, University of Otago

Due to the high calibre of the applicants from the University of Otago this year, the FAME Trustees selected two winners for 2021.

Abhinath Berry is a classical pianist and composer, whose talents are described by the University of Otago's Head of Classical Performance, Professor Terence Dennis, as *"exceptional in every way"*. Terence says, *"Abhinath's dedication and potential are exemplary."*



Jordan Wichman, who is originally from Auckland, aims to become a professional stage director and create work that integrates music, dance, circus and technology into physical theatre. Professor of Theatre Studies, Stuart Young, says Jordan is *"a truly interdisciplinary theatre-maker"* who displays *"commendable artistic flair and boldness as well as intellectual curiosity."*



• Sebastian Hunter, Te Herenga Waka - Victoria University of Wellington

Sebastian Hunter, who is of European, Māori, and Tongan descent, is proud to be the first in his family to attend university. Professor David O'Donnell from Te Herenga Waka says Sebastian is *"exceptionally committed"*, possesses a wide range of skills in theatre and music, and is *"an inspiring role model for diverse representation in the performing arts."*

Sebastian says, *"This award will greatly impact my career path by providing me with the necessary resources I'd otherwise have no access to. As your average, typical uni student, the award is life changing and I plan to make the most of it!"*



Gary Ware Legacy Award

Congratulations to Vira Paky, winner of the Gary Ware Legacy Award for Human Rights 2021.



Vira is an award-winning poet, playwright, writer, community activist, and Chairperson of the New Zealand National Refugee Youth Council. With this \$4,000 award and the support of Amnesty International New Zealand, Vira plans to set up a new way to identify, document and release research on the mental health of people who've sought refuge and who are now residing in Aotearoa New Zealand.

Our thanks go to the Ware family, who created the award via the Acorn Foundation as a lasting legacy of Gary Ware, who was a passionate human rights advocate throughout his lifetime.

Gary was part of the Amnesty International Tauranga group for four decades and served on the organisation's Board. This award is a beautiful lasting legacy of Gary's life, which offers a powerful youth empowerment opportunity in New Zealand – showing just how meaningful a single bequest can be.

University of Waikato Scholarships

The following annual scholarships set up by Acorn donors support students at The University of Waikato (Tauranga Campus). Though the specific criteria for each scholarship varies, each scholarship rewards, and provides financial support to, students with a history of outstanding work ethic and community spirit.

Congratulations to the following winners of 2021 Acorn Foundation scholarships awarded to students at the University of Waikato:

Rochelle Morrow – inaugural winner of the Kenneth Perszyk Snr Scholarship for Adult Learners.



Pania Edwards – winner of the Eva Trowbridge Scholarship 2021.



Kylie Oliver – winner of the 2021 Acorn Foundation Beverly Perszyk Scholarship.



Rebecka Billington – winner of the Acorn Foundation Adult Learner Scholarship 2021.



Find out more about each of these deserving recipients on our Facebook page facebook.com/AcornFoundation

Page/Acorn Engineering Scholarships 2022

Applications for the 2022 Page/Acorn Engineering Scholarships closed on 31 March. These scholarships have been running since 2010 and, as the scholarship is awarded only to those apprentices who exhibit an outstanding work ethic and commitment to their trade, winners of the scholarship should feel incredibly proud to be selected. The financial grant also provides apprentices assistance to purchase their own tools and continue study.

The scholarship was set up by the late Bob and Pat Page, who were both passionate about seeing young people succeed. Keep an eye on our Facebook page for an announcement of the recipients.



Acorn launches new research into supporting our youth

Acorn is delighted to announce the launch of our new Vital Signs® Youth Report 2022, which is the culmination of many months' work. Vital Signs® takes a snapshot of the health and vitality of our region across key indicators and reveals where we need to focus our annual distributions. This year we focused the research on youth in order to determine our funding priorities in this area.

Many generous Acorn donors, including the late Roy and Mary McGowan, have provided a substantial pool of funds each year that is targeted at supporting youth in the Western Bay of Plenty to thrive. In this research, we sought to understand how Acorn Foundation funding in this area can best



support local providers to deliver the resources our rangatahi (young people) need to live lives that they value.

The Vital Signs® Youth Report 2022 provides a rich insight into the quality of life, sense of belonging, prospects for successful transition from education into employment, health and aspirations of our youth aged 14-24.

The research used data collected and analysed by the Acorn Foundation and the team at Growth Development.

We hope the report will be a useful tool for charities, other foundations and not-for-profit organisations, policy advisors and our local communities. As Franklin Roosevelt once said, "We cannot always build the future for our youth, but we

 BOP Youth Development Trust, one of many local organisations supporting youth in our region

can build our youth for the future."

Find the full report on our website www.acornfoundation.org.nz or contact us at info@acornfoundation.org.nz

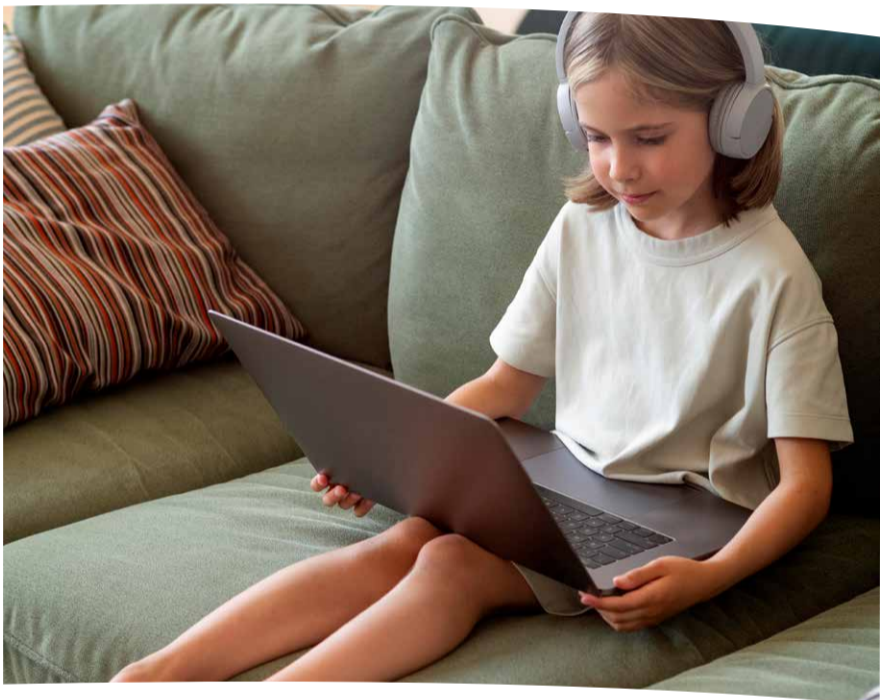
Digital support for local families through COVID-19 Recovery Fund

The WBOP COVID-19 Recovery Fund was founded by the Acorn Foundation and other local funders to support our community and to help local groups recover sustainably from the impact of COVID-19.

Recently, thanks to coordination from Socialink, the fund distributed 50 Chromebooks to families in need across our region so our tamariki can keep up with their schoolwork. Financially struggling parents have said this has been a lifesaver for their children to continue their education as COVID-19 sweeps through our region.

Local grandmother Heather has noticed a difference since receiving a Chromebook: "It didn't take long to set it up and now Sharmain is ripping ahead. She does writing as well, so that's when Raelynne gets her chance to use the Chromebook and it's made such a difference to her speech."

Supporting our community during these difficult times is so important, and it is our privilege to have been a part of the initiative.



Donors we remember: Rona Hunt

Like her husband Keith, Rona Hunt was born into a farming family pre-WWII. In 1956, she married Keith, and that same year they purchased a small dairy farm near Paeroa that had been in Keith's family for decades. Together they worked hard to develop the farm into a profitable unit.

Their four children were born and schooled at Paeroa until the farm was sold in 1990. The couple then purchased a kiwifruit orchard near

Te Puke while they adjusted to being 'townies', living firstly at Pāpāmoa, then Ohauti and finally settling in Maungatapu. Retirement allowed time to pursue new interests, enjoy some travel, and volunteer in the community.

In 2016, with the family's future needs covered, Rona wished to give some financial help to the community on behalf of Keith and herself. Liking the concept of perpetual giving that the Acorn Foundation offered, she

established their endowment fund and chose the Waipuna Hospice, Order of St. John (Tauranga/WBOP area) and the Rescue Helicopter (Tauranga/WBOP area) to receive annual distributions from their fund.

Cherished and dearly loved by all who knew her, Rona's legacy will live on through their fund, which will continue to make a difference in our community for many years to come.

When you choose to leave a gift to the community through Acorn, you can select your preferred charities, or you can leave the decision to our Distributions Committee to identify where the need is greatest.



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