

Look what you've done!

At RASNZ, we can't get enough of the folks in our wider community who show generosity and compassion towards people from refugee backgrounds every day.

Here are some recent snapshots of a few of our fabulous honorary RASNZians! From left to right:

1. **Summit Point School** in Takapuna invited RASNZ to speak with students about the refugee journey in June. We were blown away by the level of curiosity and empathy these students demonstrated. Also, even though they're a very small school, they managed to collect more than **\$80** towards RASNZ's work with former refugee families!
2. Our first ever Street Appeal took place in Ponsonby on June 16th. This "mini appeal" involved **7 stupendous volunteers**, who collectively raised more than **\$700!!!!**
3. Last week, representatives from the **Auckland Chinese Presbyterian Church** visited us at the Mangere Refugee Resettlement Centre for a tour. They brought with them donations of sports equipment and a guitar for us to use as part of our work with refugee background youth.

A few weeks ago, two of our team members visited Year 9 students at **Kelston Girls' College** to talk about the refugee resettlement experience. The students responded by creating these STUNNING welcome cards (photo bottom right), which we've distributed to adolescents on site at the Resettlement Centre.



Dr Hasina's Spiced Saffron Tea

We recently held RASNZ's first ever cooking class, led by the formidable Dr Hasina Dilawari. Attendees learned how to make Afghan dumplings (mantu), salads, sauces and sweet, sticky jalebi. Yum! Here's a little recipe for fragrant saffron tea to warm your cockles over the chilly winter months...

(Makes 3 cups):

Ingredients

3 cups water
2 cardamom pods, crushed
1 cinnamon stick
2 cloves
4 tsp loose-leaf green tea
4 pinches of saffron
Honey to taste (optional)

Instructions:

Place spices (minus saffron) and water into a small pot and bring to boil. Add tea, reduce to a low simmer and allow to steep for 10 minutes.

Meanwhile, soak saffron in a little water.

Strain tea and add saffron liquid. Mix in honey (if using) and serve.



Check out these photos from our July Youth Leadership Forum...

This July, 30 young people aged 18-24 from refugee backgrounds attended RASNZ's 4-day intensive Youth Leadership Forum in Clevedon.

Highlights included: Public speaking workshops, dance and music performances and psychosocial group activities...not to mention loads of laughter and wonderful new friendships!

Thank you to our wonderful community of donors for making this happen (the entire RASNZ Youth programme is philanthropically funded), and special shout-out to crafting company Stampin' Up for donating journals and other creative materials used during the forum!



Meet RASNZ Body Therapist, Claire Duggan...

My name is Claire and I'm a Body Therapist at RASNZ. Body therapy is one of the ways we support the health and wellbeing of people from refugee backgrounds, both at the Mangere Refugee Resettlement Centre and through our mobile service.

Sometimes people think body therapy is just about nice massages, but there's actually a lot of science behind what we do. As you can imagine, refugees have often been through traumatic experiences. When somebody is exposed to a threat, the body detects this stimulus before the person is even aware of what's going on – this is the "fight, flight or freeze" mode that you probably learned about at school. Continuous or extreme danger can result in trauma being locked in the body's tissues, resulting in (for example), things like tight muscles, increased blood pressure, hypersensitivity and the shutting down of the digestive system.

Some clients can be trapped in a vicious cycle, with their brain constantly being told that the body is in "threat" mode. This can lead to increased stress, anxiety, depression and many other symptoms of post-traumatic stress.

This is where body therapy comes in. My colleagues and I help people from refugee backgrounds with injury recovery and the resolution of embedded trauma. The relaxing nature of body therapy helps make people feel safe and enables emotional and mental composure. We also give correct movement, posture and breathing education to clients. The combination of psychological support and body therapy that RASNZ offers helps people recover from trauma so that they can experience compassion, kindness and altruism towards themselves and others.

