

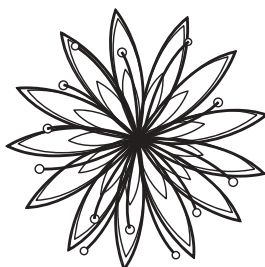


Look what you've done this Spring!

Spring at RASNZ was a season filled with creativity, hard mahi and incredible generosity. Here are some recent snapshots of a few fabulous RASNZians! From left to right

- **Michael Park School** is a long-time supporter of RASNZ. This month, a select group of students painted a mural in our art shed at Mangere. The tui you see below is just a sample of the piece, which also features a morepork, tuatara, native flora and more. The centre of the mural is a chalkboard for children staying at Mangere to decorate each intake. Gorgeous!
- **Auckland Cricket** have visited Mangere each Thursday afternoon for the past 6 weeks, introducing new arrivals to the game. You can read more about this (very popular!) initiative on their website by clicking [here](#).
- The **ANZ Staff Foundation** granted us \$4,000 last month to produce a short video about our work. We'll be filming this in early February and will email it to you once it's finished. Watch this space!
- Thanks to the wonderful members of **Rotary Club Lynfield, Hillsborough & Mt Roskill**, our RASNZ Youth centre on Dominion Road has undergone a re-vamp. A fresh lick of paint, a few trips to the refuse centre, and a re-arrangement of the furniture means the youth team are now ready to take on the summer!

**Thank you to everyone who's supported RASNZ these past few months in so many ways
- we're so grateful to have you as part of our beautiful whanau!**





Thanks to You, Our Girls are Ready to Hit the Field in Style

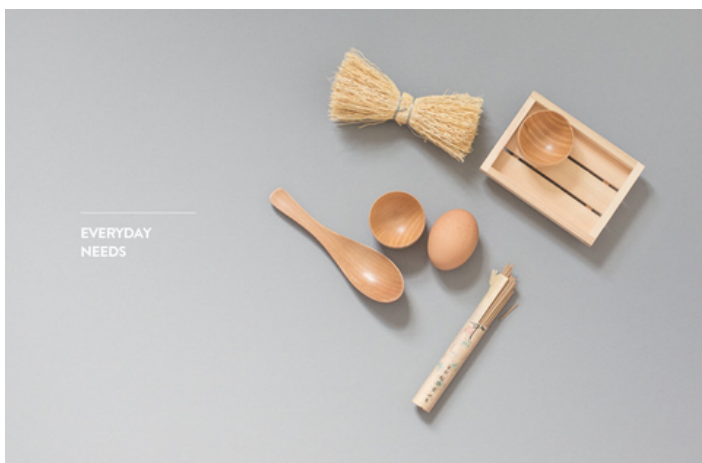
Back in April, we established our first RASNZ Youth women's football team and, since then, we've grown from 4 to nearly 30 regular players! The team is led by RASNZ Youth staff and some incredible volunteer coaches.

This Sunday, our ladies will be taking part in their very first tournament, the Communities Football Cup...and thanks to the generosity of people like you, they'll be donning snazzy new uniforms on the day!

Our Givealittle page raised an amazing \$1,755 (our goal was just \$1,100), which we added to proceeds from October's World in a Cup coffee festival event at Crave cafe. This means we have funds leftover, which will be put towards the year-round sports programme at RASNZ Youth.

For these young women, all of whom come from refugee backgrounds, Monday night football practice is a chance to socialise, build connections across different cultures and keep fit. **This is so much more than just a football team, and we can't thank you enough for your support!**

Please join us in wishing the girls good luck this Sunday!



Get your Christmas List Sorted & Support RASNZ!

This Friday is "Black Friday," traditionally one of the busiest shopping days of the year. In an effort to promote charity this silly season, the team at Auckland ethical goods store, Everyday Needs, are taking **20% off of their prices across the store...10% for you to enjoy and 10% for RASNZ!**

Their beautiful range of high-quality goods includes homewares, office supplies, clothing, outdoor gear and baby needs. In other words: **perfect Christmas gifts!**

To take advantage of this one-day offer (and support RASNZ's refugee community work), **enter the code: 10FORYOU10FORGOOD when you make an online purchase this Friday, November 23rd.**

You can also visit their physical store at 270 Ponsonby Rd, Ponsonby.

Check out our team's top picks below for stunning gift ideas!



Visit www.everyday-needs.com

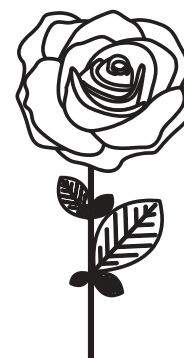


Auckland Training for Health & Allied Professionals

RASNZ is a specialist mental health agency that works with former refugee clients based in Auckland. Keeping with our goal of supporting services working with former refugee clients, we are delivering a **one-day training for health and allied professionals who support clients from a refugee background.**

This full-day workshop will cover:

- The refugee journey
- Understanding trauma in the context of the refugee experience
- An experiential definition of trauma.
- The impact of trauma on the brain, the body, and families
- What we bring to our work
- Understanding vicarious trauma and self-care.
- Discussion of a cross-cultural, trauma-informed framework.



Date: Friday, November 30th

Time: 9am-4:30pm

To purchase tickets, visit: <https://www.sspa.org.nz/events/sspa-workshops>

Vietnamese cà phê đá (Iced Coffee)



Last month, we hosted The World in a Cup, a mini-coffee festival celebrating unique brewing methods from a variety of refugee background communities.

The delightful Michele and her mum (pictured below) came along to prepare cà phê đá, traditional Vietnamese iced coffee. At home, Michele's family uses a small drip filter called a phin cà phê to create their brew. You can buy these online if you want the truly authentic experience, but Michele notes that espresso shots work beautifully.

If you're really stuck, simply steep **2 tbsp ground coffee** in a heatproof container with **3/4 cup freshly boiled water**. Let it sit for 4 minutes (you want it a bit bitter), then pour through a sieve to remove the grinds.

Fill a glass with ice and pour in your coffee. Next, add up to **2 tbsp of condensed milk**, give it a quick stir, and you're away!

To fully complete the experience, serve with bánh cam (chewy fried balls of rice flour dough, stuffed with red bean and coated in sesame seeds) from your local Asian bakery. Divine!



RASNZ is a charity and we rely entirely on philanthropic donations to fund our community work. Your gift will support school holiday programmes, sports teams, youth leadership forums, women's groups and more.

To make a donation, visit www.rasnz.co.nz/get-involved/donate/