



Stroke Tairāwhiti's double celebration

The charity formerly known as Stroke Tairāwhiti, had two reasons to celebrate this year; 35 years of service to stroke survivors in our community and its amalgamation with the Stroke Foundation New Zealand to create one nationally consistent community stroke support service for Aotearoa New Zealand.

The partnership will benefit our region by providing additional resources, expertise, health promotion and marketing capacity, and the ability to lobby government as once voice.

"With the merger our programmes and services will remain the same, but we now have additional support, leaving us to focus on our important exercise and cognitive programmes," says Caroline Callow, Tairāwhiti Area Manager.

"It can be difficult for some people – especially in a small community like Gisborne – because although you're the same person on the inside, you often present yourself differently after a stroke.

"That's why these classes are so important. They build people's confidence, mobility, and cognition, helping them get back into society."

In New Zealand, over 9,500 strokes occur every year, with Māori and Pasifika disproportionately affected.

Stroke Foundation New Zealand is committed to addressing the inequalities in our region, with a focus on preventing strokes, improving outcomes, and saving lives.

"With their support, we'll be able to work with local iwi to provide education on stroke prevention and health promotion to our society's most vulnerable," says Caroline.

With less than 20% of its funding coming from the Government, the Foundation is reliant on fundraising and donations to keep its vital stroke prevention and recovery services going.

To discuss supporting the Stroke Foundation New Zealand (Tairāwhiti) Endowment Fund, either by donating regularly, through an annual donation, or gift in your will, please contact Glenda on 06 867 7939.

All donations stay local, helping support people and their whānau affected by stroke in Tairāwhiti.

Sunrise Snapshots

Coffee and a chat at the beach

The Gisborne Caravan Club recently took us up on our offer of 'coffee and a chat,' inviting us to meet with them at Makorori Beach. We talked with them about Sunrise and answered lots of questions, whilst being treated to the best BBQ pikelets we've ever had! If your club, business, or organisation would like to meet with us, please get in touch by emailing... glenda@sunrisefoundation.org.nz.



Matapuna Training Centre grateful for grant

Matapuna Training Centre will put their Sunrise grant towards kitchen improvements so they can continue providing daily onsite catering for breakfast, morning tea and lunch. By offering and promoting healthy foods, Matapuna hopes to positively impact their students' academic success.



What a generous community we have!

Whether you donate \$5 per week through regular giving or prefer a larger lump sum donation – every little bit really does make a difference, and we thank you for your generosity. From 1 April '22 through to 31 March '23 we had over \$1.1 million donated, bringing total funds invested to over \$7 million. Ngā mihi nui!



Pictured above are some of the staff, volunteers, funders and stroke survivors who met to celebrate Stroke Tairāwhiti's 35th birthday and recent amalgamation with Stroke Foundation New Zealand.



Leave a lasting legacy

What does Sunrise do?

- We raise funds from donations and legacies
- We invest funds retaining the capital and generating income
- We use income from investments to provide grants for local charities and organisations

Words from Glenda



In the wake of Cyclone Gabrielle, it has been heartwarming to see our community rally around those affected by the flooding. More than \$100,000 passed through Sunrise to those in need, due to generous individual philanthropists and groups wanting to help those in need.

Covid-19 and Cyclone Gabrielle highlight how quickly times change and the importance of growing our General fund. The flexibility of this fund allows us to adapt and ensure our grants are helping those most in need at any given time, whatever those needs may be.

I donate \$20 every week to the General fund through workplace giving. I am happy to give up a bottle of wine once a week, knowing it will help those in need both now and in the future. As staff and trustees, we all have a shared goal of building a stronger future for Tairāwhiti-Gisborne.

Our core business at Sunrise is granting to our community from our annual funding round. This year our funding round opens for applications on 1 June and closes on 18 July. All the information you need, including the application form and funding policy, are on our website. If you have any questions or need help regarding your application, I'm more than happy to help.

In April, Stroke Tairāwhiti held an event to celebrate 35 years of community support, whilst also announcing they were becoming part of the national body Stroke Foundation New Zealand. Any past or future donations made to the Gisborne Stroke Support Endowment Fund with Sunrise, now known as Stroke Foundation NZ (Tairāwhiti) Endowment Fund will remain local, helping those in our community affected by stroke.

And lastly, a thank you to our funders and sponsors. We appreciate your ongoing support!

Glenda Stokes
EXECUTIVE OFFICER

Apply for a grant – NOW!

The Sunrise Foundation understands that every organisation needs different kinds of support to grow and give back to the community. Whether you need help to pay the rent and keep the lights on, to expand key services, to keep great team members or to transform dreams into reality, Sunrise may be able to help.

Charities and community organisations with a charitable purpose in Gisborne-Tairāwhiti can apply for a grant from our General fund from 1 June until 18 July 2023. Applications are invited once a year and are reviewed by our Grants Committee to ensure funds are directed to where they will have the greatest impact and to those organisations with the greatest need.

The beauty of the General fund is that it will always be flexible and allow us to respond to the highest needs of our community, whatever they may be at the time. The more the fund grows, the more we can support those in need.

For a grant application form or to find out more about our funding policy, please visit our website www.sunrisefoundation.org.nz. Applicants will be notified of the outcome by 28 September 2023.

What do you need to apply for a grant?

 <p>Your Organisations Legal Name</p>	 <p>Your Charity Services or incorporated Society Number <small>(if applicable)</small></p>
 <p>Your organisations Bank account and proof of account <small>(eg: deposit slip or screenshot of account details)</small></p>	 <p>Financial Statements</p>

Rangatahi learn, create, and connect through music

In last year's annual funding round The Gisborne International Chamber Music Competition received a grant from our General fund. In partnership with Chamber Music New Zealand (CMNZ) they presented a series of music-based programmes for communities in Tairāwhiti-Gisborne.

Based around three areas of focus; Learn, Create and Connect, the projects were designed to create opportunities for people who have had little or no access to the arts to express themselves through music.

Valérie Paquin, Chamber Music Marketing and Communications Executive, says, "The sharing of music is a wonderful way to build on communication skills and strengthen relationships as well as providing a constructive way in which to have fun with others."

Amongst several projects in 2022, they delivered a three-day creative residency course at Kaiti school where students were given the opportunity to create music using bucket drums. Music tutors also visited Tauawhi Men's Centre to present a series of interactive workshops, each adapted to the age, interests, and skills of the participants.

Another successful workshop took place at Matapuna Training Centre where musicians worked alongside rangatahi creating music using bucket drums, ukulele and violins which culminated in a performance.

One student said, "The best part was learning to play the instruments and doing the programme with friends. I found singing in front of people and writing my own song challenging, but I learnt I could perform."



Cathy Irons, Engagement Artist at Chamber Music New Zealand creates music using bucket drums with students from Kaiti School at a three-day creative residency course.



Empowering Tairāwhiti's most vulnerable

Tairāwhiti Beneficiary Advocacy Trust (TBAT) has been operating since 2003 as a small, independent organisation that assists people to receive the full support they require for basic life necessities.

Shelley Hannah-Kingi, says their team are extremely grateful for the \$8000 grant they received from Sunrise on behalf of The Tindall Foundation, which will be used to offset some of their office rental expenses.

Their office provides a neutral space for people to meet with them and sort through any difficulties they may be facing. Once the team have determined what's most urgent, they then deal with the issues piece by piece before directing people back to other government departments, armed with everything they need to move forward.

"The grant will help us continue operating. We can then maintain our service of assisting people to navigate government departments, and as of late, find emergency accommodation due to the lack of housing available to people," says Shelley.

Shelley says that even though 30-40 houses have been built this year to ease the housing crisis, the number of people contacting them for housing assistance hasn't reduced.

"We appreciate the funding from Sunrise so much as it supports us to keep operating.

It means we can continue providing a service, helping people get housing and providing them with other assistance when they need it."

Tairāwhiti Beneficiary Advocacy Trust, located at 141 Derby Street, is open 9am-5pm on weekdays. Making an appointment is recommended as sometimes they are out visiting or attending appointments.



Shelley Hannah-Kingi shares with Janine McDiarmid (Sunrise) some of the challenges they face at Tairāwhiti Beneficiary Advocacy Trust amidst the current housing crisis.

Our first 'Community Heroes'

Congratulations to John and Shelley Bowers who became our first official Community Heroes after they listed and sold their home with Gisborne Bayleys.

Platinum Sunrise sponsor Gisborne Bayleys have pledged that when someone lists and sells through one of their agents, making sure to mention Sunrise in the initial visit, they will donate \$1000 towards Sunrise's operating costs.

Shelley says, "When we discovered Bayleys would donate \$1000 to Sunrise, it was a 'no-brainer' for us to list with them. It didn't cost us anything and made us feel good knowing that Sunrise would benefit."

Sunrise retains a maximum of 1% of endowment value each year to cover operating costs, meaning 99% of all donations work for our community, so the extra support is much appreciated.

If you or someone you know is thinking about selling a residential, commercial, or rural property, we would love for you to consider listing with Bayleys.

Please, help us spread the word and encourage more people to become 'Community Heroes.'



John and Shelley became our first 'Community Heroes' when they sold their home through Gisborne Bayleys.

Ways to give

Donate now

Sunrise welcomes donations of any size. Your donation can be added to the General Fund or one of our special interest funds, the choice is yours.

Donate now and see your donation working for our community throughout your lifetime.

You can donate by credit card, internet banking or automatic payment.

Leave a legacy in your will

When making a will many people want to give something back to their community, or leave a bequest to their favourite charitable cause. It's a common misconception that only wealthy people leave money to charity when they pass away.

Gifts in wills, or bequests, are not just made by the rich and famous. The reality is most bequests are made by ordinary, hardworking people who want to make a positive difference in their community and to other people's lives.

After providing for family you may consider leaving a percentage of your estate to Sunrise knowing it will keep on giving to our community forever.

Workplace Giving

Sunrise Workplace Giving is an easy way for companies to help their employees give back to our local community with regular donations through their payroll system.

Many people don't have a lot of spare money and a little bit every week or month is a realistic way they can donate.

Donors can give as little as \$5 per week, the cost of a cup of coffee.

It is an easy way for people to donate a little, often, with the added bonus of an immediate tax benefit.

IN THE WAKE OF CYCLONE GABRIELLE

Long-term resilience more important than ever

With many in our extended community facing loss and devastation following Cyclone Gabrielle, it's been humbling to be at the receiving end of so much aroha and support from across the country.

As the rest of New Zealand witnessed images of devastation, many felt compelled to offer financial assistance. They reached out to us at Sunrise, confident we would have a solid grasp of where the greatest need in our community was and how to best respond.

Responding to natural disasters is not our core business, however we understood how important it was that we become involved, helping those in our community who needed it. Over \$100,000 of donations passed through Sunrise, granted to various groups affected by the cyclone.

"Until you walk through something like this, you don't know what you don't know. It's taught us we need to be nimble in terms of our response and has reiterated the importance of growing our General fund," says Glenda Stokes, Sunrise executive officer.

We can't predict what the needs of our community in the future will be, and the advantage of the General fund is that it will always be flexible, able to respond to those changes as and when they happen.

Although Glenda wasn't personally affected by the cyclone, some of her close friends and whanau were significantly impacted. She says seeing first-hand the impact and devastation of the cyclone highlighted the need for long-term resilience.

"If I dared to dream a big dream, it would be that the General fund will grow to the size where we would be making a huge difference to this community every year forever," says Glenda.

'Howzat!' for a fundraiser?

A cricket fundraising event in Queenstown raised almost \$27,000 for sports organisations in our region affected by Cyclone Gabrielle who needed to replace or repair equipment.

The event was organised by the social cricket team Southland Development Squad (SDS) and consisted of 12 hours of continuous cricket for the team. Over the years SDS have formed a strong relationship with local cricket team Poverty Bay Wekas and this inspired them to hold the fundraiser and help.

Charlie Phillips, SDS spokesperson, said, "When we saw the terrible outcome of the cyclone, our team had no hesitation in helping our friends and other sporting organisations get back on their feet."

"It was for such a good cause - we'd do it again in a heartbeat, although hopefully there won't be the need."

SDS asked Sunrise to identify where the highest need was and to distribute the \$27,000 on their behalf.



Southland Development Squad met with Janine McDiarmid and Glenda Stokes from Sunrise before heading off for their annual cricket match against Poverty Bay Wekas.

Let's support them, so they can support us!

Eastland Rescue Helicopter, Gisborne Volunteer Centre, LandSAR, St John Gisborne- Tairāwhiti and SuperGrans each have a special interest fund with Sunrise, and all played a vital role during and after the cyclone.

We'd like to thank them for the endless hours spent helping those in our community who desperately needed them.

We urge people to look to the future and help grow these funds, where they are guaranteed a grant from Sunrise every year forever. This helps ensure they will be there for our community in times of need as we work towards building long-term resilience.



Leave a lasting legacy

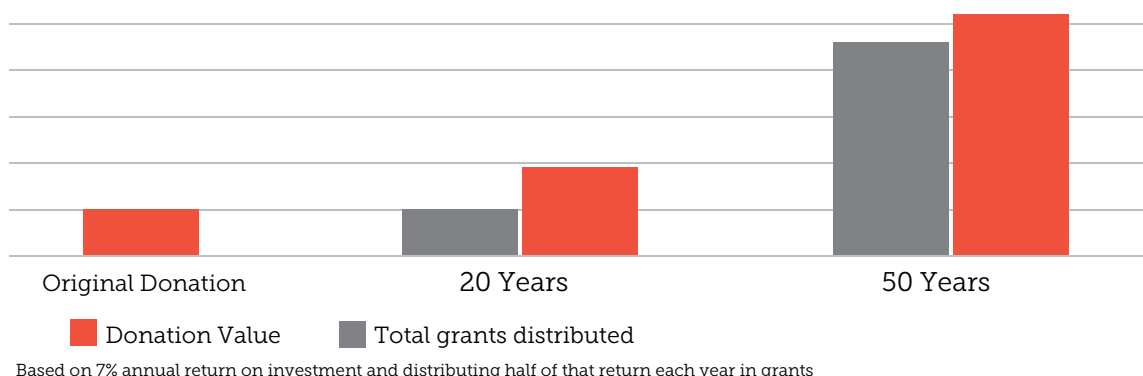
The Sunrise Foundation is a simple and lasting way to support local charities, organisations and causes that are important to you.

You can choose to donate to Sunrise's General Fund or your favourite charity or cause through a special interest fund. You can support causes that are close to home and close to your heart.

Sunrise is an organisation for local people to give for local needs, to help build a strong future for Tairāwhiti-Gisborne forever.

Make your charitable giving have a bigger impact

All donations and bequests to Sunrise are invested in endowment funds in perpetuity (forever). Every year some of the investment income is retained to ensure your gift grows in line with inflation. The balance of the income from investments is distributed to worthy causes throughout the Tairāwhiti-Gisborne District each and every year forever.



Over 20 years your donation will double in size and grants to the value of your original donation will have been granted to worthy causes. Over 50 years your donation and the total grants to our community will be 5 times more than your original donation.

99% of your donation works for our community

As a community foundation Sunrise can only retain a maximum of 1% of endowment value each year to cover operating costs. Until we grow endowments to where we are self-sufficient we are fortunate to have the generous support of our funders Trust Tairāwhiti and Clark Charitable Trust; Platinum sponsors Bayleys Gisborne and Larsen Sawmilling, and Gold sponsors Self-Storage Gisborne, Architects 44 and The Gisborne Herald; and numerous organisations and volunteers that have helped us along the way.

We appreciate the immense support we receive from so many as we strive to build a powerful taonga (treasure) for our community for generations to come.

If you or your organisation would like to help us on our journey by providing sponsorship, practical assistance or volunteer time please get in touch.



Who runs Sunrise?

We have a volunteer board of nine trustees who provide a robust governance and succession model. The trustees are a group of respected and trusted individuals from within our local community.

Our trustees are Rob Dymock (Chair), John Clarke QSO JP, Richard Briant, Colin Christie FCA, David Clark, Alice Pettigrew, Joe Martin, Reweti Ropiha and Whaimutu Dewes.



The Sunrise Foundation

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