

TUMEKE!

tamariki

TAU KÊ!

**FUN JOKES
INSIDE!**

**WHAT IS A
KAIWHAKAMANA?**

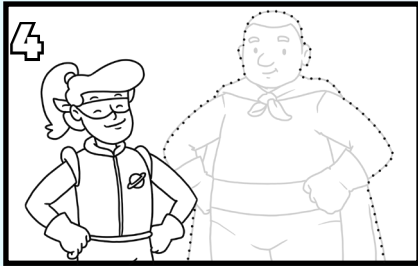
**YUMMY
RECIPES!**

HE REKA!!

**LEARN MORE
ABOUT SOCIAL
WORKERS**

INSIDE:

3 Ehara taku toa!



6 Interview: Patariki

7 My Feelings

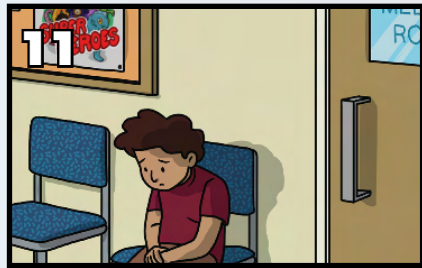


9 Q and A

FUN FACT!

This magazine was created by a group of teenagers and young people who were in care, just like you! We hope you like it!

10 Word Find!



13 Learn about: Social Workers

14 Amazing Maze!

15 Get in touch with VOYCE

Huna me te kimi!

HIDE AND SEEK!

We're hiding in the pages of your magazine! Can you find us all?



Ehara taku toa!

You're not alone!

Since I was little, I have been asked the same question again and again "where are your parents?" For many children, this would be an easy question to answer, but for me when I was only 5 years old, it made me realise that my life was different to many kids my age. My answer would always be "they can't look after me." I never really understood what that meant until I got older.

Many people grow up with a Mum and Dad whether they are together or split up. But for me, Nana and Grandad are my Mum and Dad figures. Growing up with my Grandparents as my parent figures has been normal for me. I don't know any different. They have looked after my brother and me since I was two years old. But that doesn't mean my life has been normal or perfect at all. Difficult situations have come up in my life where I have had to overcome challenges with my Grandparent's help or by myself. As I have got older, I have started to embrace this messy situation I call my life and family.

Life is not perfect for people like us. We have had to explain our backgrounds that we know as normal to hundreds of people that believe life can be perfect. But from the short time I have been alive, I have known many imperfections. For me it is a perfectly imperfect life.

Elise

*This was written by one of our magazine care experienced creators!

Kei te mōhio rānei koe?

Did you know?

There are over 5,000 other tamariki and rangatahi in care, just like you!



There are lots of different types of placements, like foster care, whānau care, whāngai care, religious care, residential or youth justice placements. And there's many more!

Each year, lots of care experienced young people win awards from the Prime Minister!



Just remember, being in care doesn't mean you can't achieve great things!



The Prime Minister Awards celebrate young people who have been in care for lots of different things, their creative skills, school efforts, community service, lots of things!



All of these statistics are from Oranga Tamariki, 31st March, 2022



What is your
superheroes
favourite colour?

RĀKAIHIA
TŌKU ĀHUA!

COLOUR
ME IN!

Don't forget
to give your
superhero a
name!



What powers
does your
superhero
have?

You or your caregiver can send us your awesome picture by
tagging us on Instagram @VOYCENZ or email us a picture at
communications@voyce.org.nz

SUPERHERO CUFFS!

Step 1



Cover your toilet rolls in black paper or colour them in with a black pen or pencil if that's what you have.

Step 2



Cut out a yellow circle and glue it onto the toilet roll with your glue stick.

Step 3



Draw a bat shape on a black piece of paper and cut it out carefully. You can trace ours if you'd like to!

Step 4



Stick the bat shape on the top of your yellow circle.

Step 5



Cut one line down the back of each toilet roll so you'll be able to open it enough to wear!

Step 6



Enjoy wearing your cool Superhero cuff! You can even make two, one for each wrist!!

BONUS!



There are lots of different ways you can design your cuffs! Check out these other designs we made!



TAU KÈ!

You will need:



“He Uiui:”

Ko wai te Kaiwhakamana?

Interview: Meet the Kaiwhakamana

TUMEKE!



PATARIKI!

If you had to explain what a Kaiwhakamana was, what would you say?

I would say, young people have a voice, and when you talk you can hear yourself. Sometimes adults don't hear you when you talk, and Kaiwhakamana are there to help adults listen to you and hear you, and what you have to say about the decisions being made about you and your life.

What are some of your hobbies and how did you get into them?

My favourite hobby at the moment is disc golf/frisbee golf. The reason I got into it is because once you've got a frisbee, it's free. It's a fun activity you can do for free, almost anywhere. I also love the ocean and the waves, so I love surfing and skating.

If you could go back to the 10 year old version of you, what would you say?

I would go back and tell him that what he's going through isn't what family is. Family is caring, kind and loving. Speak up, speak out and be brave.

Who would win in a fight, Spiderman or Ironman?

Spiderman is my favorite out of those two, but Ironman has the resources, technology and the money to win.

What's the biggest challenge you've ever overcome?

A big challenge for me growing up was believing in myself. I had to learn to trust the process and trust people.

Do you have a hidden talent?

Oh my gosh, I was too poor growing up to join in the neighborhood water fights who used water pistols and stuff, and I would have gotten in trouble with my caregivers if I used their buckets or anything, so I put water in my mouth (and I can still do it) and I can squirt water through the gap in my teeth like 10 metres!

How is a Kaiwhakamana different to my social worker?

A VOYCE Kaiwhakamana is an independent person who supports kids like you to express their own opinions and things they want while decisions are being made.

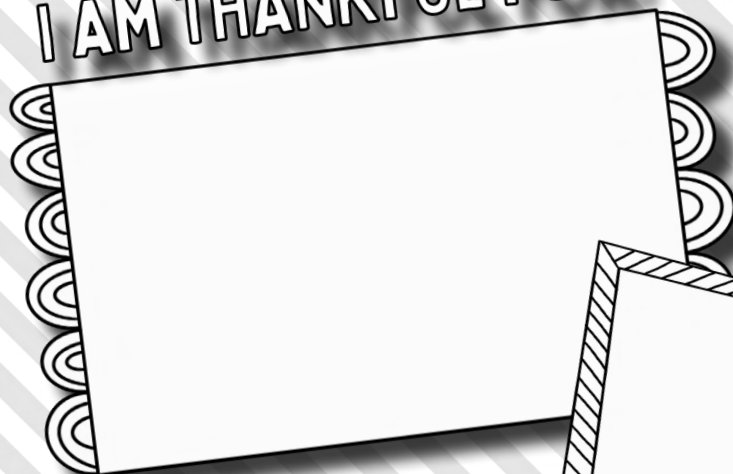
How do I connect with a VOYCE Kaiwhakamana?

If you'd like to work with a Kaiwhakamana, or have some help and support from VOYCE, you or your caregiver will need to get in touch with us! You can message us any way that you like, either on social media, text, email or free phone.

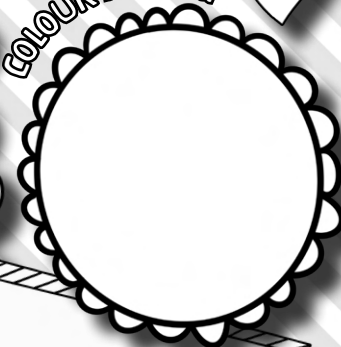


ŌKU KARE A ROTO—MY FEELINGS

I AM THANKFUL FOR:



COLOUR ME IN!!!



I AM FEELING:



Mad

Sad

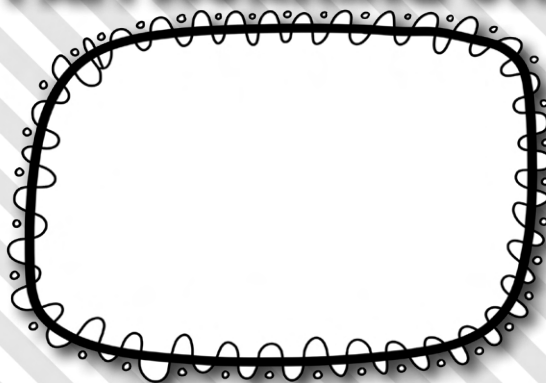
Meh

Ok

Happy

Silly

I AM WORKING ON:



What do you call a bear with no teeth?

Answer: A gummy bear

CAPTAIN AMERICA PANCAKES!

He panikeke nā Kapene Amerika!

HE REKA!!

Step 1



Prep the pancake mix and cut the strawberries into circles.

Step 2



Get an adult to help you to make the pancakes.

Step 3



When the pancake mix has lots of bubbles, it's time to flip it!

Step 4



Decorate the pancake with strawberries and blueberries in the middle.

Step 5



Use the whipped cream to create a star in the middle and a circle around the edge.

BONUS!



If you want, you can try and make this Spiderman pancake too!

HE REKA!!



HE PATAPATAI WERA

QUESTIONS AND ANSWERS!

Is this going to get better?

Being a child and not knowing what is happening in the big world around us can leave us wondering if things are ever going to get better. I always had a negative perspective on life because I was in care, however my trusted adult helped me get through and showed me positive outcomes. This has now led me to have the best of friends and family around me, supporting me with my future of studying at uni. So yes, things get better. Surround yourself with positive and supportive people and things WILL get better!

Is it special to be different?

Everyone is different, that's what makes the world so cool, if everyone was the same, then life would be boring. With being in care, even though it feels different to lots of kids around you, there are lots of kids who grow up living in care. Being in care doesn't make you special, being yourself does! Everyone is special because of their own personality and things they're good at!



Why does my social worker change?

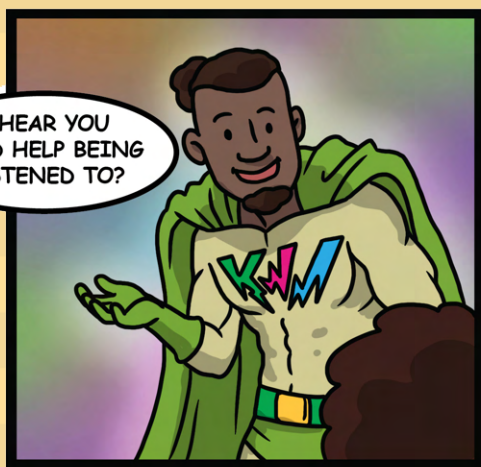
There are lots of reasons you might switch or change social workers. You might have a couple of social workers who help with lots of different things. Your social worker might get a new job, or move towns. They might have too many kids on their workload, and so another social worker has to help them out. It can be really tough when your social worker changes, but remember, it's not your fault!

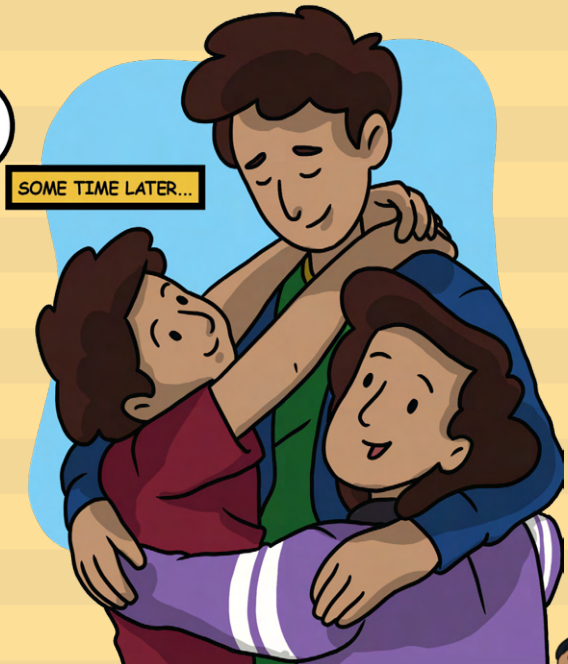
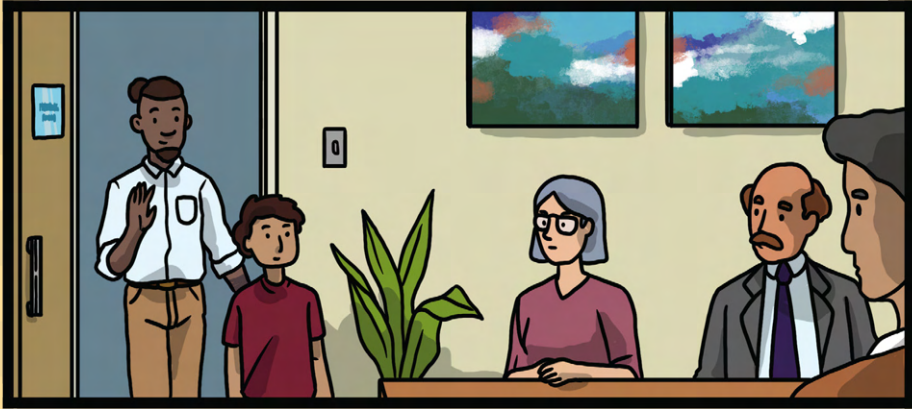
Are there others like me?

Yes there are totally others like you, not only in New Zealand but all around the world. There are lots of kids living in care or with caregivers that are not your parents. It is more common than what you might think. So you're not alone in this journey and you have so many people who support you and other care experienced young people. Organisations like VOYCE are here to listen and help answer any questions you might have!



I'M SCARED...
WHAT'S GOING TO HAPPEN?





TAU KÈ!

What is a cats favourite colour?

Answer: Purr-ple



WORD SEARCH

GOOD LUCK!!

Q	M	A	S	M	H	H	N	I	U	S	F	A	R	T	E	X	J
P	S	P	I	D	E	R	M	A	N	I	R	I	R	A	R	U	S
O	F	B	F	J	U	H	S	U	P	E	R	H	E	R	O	A	Y
W	U	A	R	M	Y	Z	J	A	V	S	L	T	Z	Z	M	S	V
E	A	T	V	B	Y	W	I	U	J	G	K	R	J	J	W	D	M
R	X	M	H	K	A	P	E	N	E	A	M	E	R	I	K	A	I
F	H	A	U	Q	R	Y	P	U	T	I	A	P	U	X	K	R	H
U	T	N	G	S	W	F	E	T	L	B	T	I	P	U	A	Q	A
L	R	S	U	P	E	R	M	A	N	Z	K	O	A	N	G	I	R
U	C	A	P	T	A	I	N	A	M	E	R	I	C	A	M	Q	O
J	I	L	B	R	A	V	E	S	T	R	O	N	G	M	H	F	L
W	W	Z	X	Q	B	G	G	N	C	N	B	Y	K	U	B	B	H

Find the hidden words in the puzzle.

The words are hidden up, down and sideways!

- ☐ BATMAN
- ☐ BRAVE
- ☐ CAPTAIN AMERICA
- ☐ KAPENE AMERIKA
- ☐ KOANGI
- ☐ MIHARO
- ☐ POWERFUL
- ☐ RIRA
- ☐ SPIDERMAN
- ☐ STRONG
- ☐ SUPERHERO
- ☐ TIPUA

We've hidden
superhero words
in english and
te reo here! Can
you find them
all???

Can you find
any bonus
words?



HE TANGATA TAUWHIRO

SOCIAL WORKERS

Social workers help people when they're facing different problems in their lives. They can help heaps of different people, like tamariki (children), people with disabilities, and people who are elderly or sick. This kind of help is called 'social services'.

Social workers can work in heaps of different places, like schools, hospitals, churches and community centres. They can support individuals, whānau (families) and communities who are experiencing social issues (like relationships, housing, employment, financial, or health). They work to improve people's safety, wairuatanga, and well-being.

Oranga Tamariki has social workers who work with tamariki, whānau and caregivers who need some support. If you're in care, your social worker should have talked to you about your plan and they should come visit you to see how everything's going. Social workers can help with lots of things, like understanding important information and going to important meetings. They also help to make important decisions about you and your life.

Kids in care might have different social workers who help them with different things at different times. It can be really normal for social workers to change. Social workers have lots of reasons for moving on, such as changing jobs, having a baby, or moving house. It can be really tough when your social worker changes, but remember, it's not your fault!

VOYCE Kaiwhakamana are independent from Oranga Tamariki. VOYCE don't make any decisions about your care. Kaiwhakamana are just there to listen to what you want, and make sure that the people who do make those decisions hear your voice.

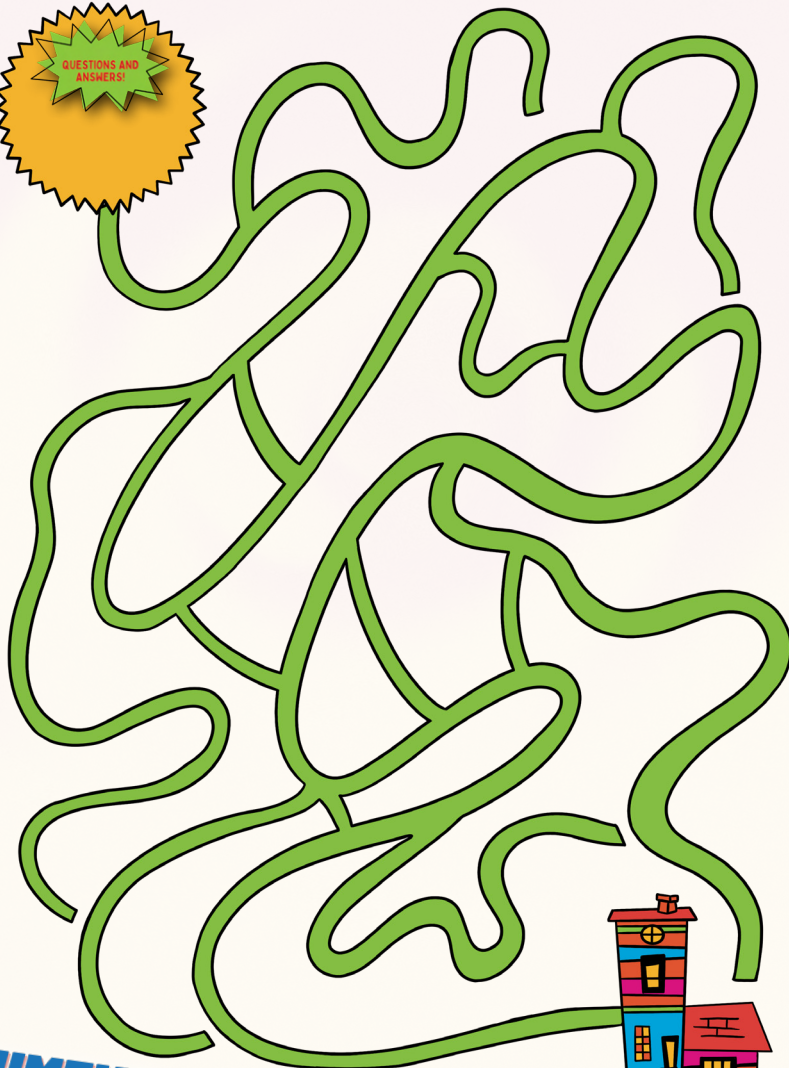
If you want to talk to your social worker, or need to meet with them, you can call them. If you don't have their number, or can't get hold of them, call the VOYCE 0800 number for free, and our Kaiwhakamana can help.

**Call VOYCE for free on
0800 4VOYCE (0800 486923)**



AMAZING MAZE!

Can you help the team make it through the maze to their club house?



TUMEKE!



What can VOYCE help me with?

We can help you with decisions being made about you and your care, making sure what you want is being listened to. We can also help with things like:

- ✓ Seeing your siblings, getting your pocket money
- ✓ Helping you to be heard at a Family Group Conference
- ✓ What you want to do when you leave care



What happens if I call or email VOYCE?

You'll talk with a friendly Kaiwhakamana. They will ask you for your name, what part of New Zealand you live in, and what the best way to contact you. After that call, they'll find the best Kaiwhakamana for where you live, and that person will call you back to sort out an in-person catch up!

What happens if i change my mind?

That's totally fine! If you think you don't want to be in touch with VOYCE, or you don't need our support anymore then you can just let your Kaiwhakamana know. You don't have to do anything you don't feel comfortable with, and it's OK if you want to get back in touch again later too.



Get in touch with us!

Call free 0800 4VOYCE (0800 486 923)

or you can email us at contactus@voyce.org.nz

or visit the website at voyce.org.nz/contact-us

We can't wait to hear from you!

Follow us online:

 @voycenz

 @VOYCE - Whakarongo Mai

TAU KĒ!

