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DEGREES TRUST

180



Whāia te iti kahurangi'

Pursue excellence



Current Comment - Nicholas Davidson KC, 180 Trustee

As a 180 Degrees trustee and involved since 2008 I am acutely aware of how hard wired and important its services are into Canterbury. It is a core provider to rangatahi who have needs which reflect severe trauma and those who otherwise need steerage and mentoring at a very sensitive time in their lives. 180 evolves to meet societal need with its unique high country setting and specialised crew of carers staff and trustees led by Jerry Nurse and Chair Humphry Rolleston but right now is competing in a crowded field for financial support from the traditional

central government and charitable sources. 180 is very effective at turning lives around, but needs your backing and endorsement to prosper for the good of these young people and their whanau- and the region . The very high level backing from those who work in the field is a mark of its success and I hope that you now join in the determination to change young lives for the better. I ask that you contribute as you can.



Social Investment: Interventions for Individuals—the efficacy of data

180 works with the most difficult youth in Otatauhi. These traumatised, victimised, abused youth require multiple interventions, from social workers, police, youth courts, and advocates to mentors, teachers and whanau. With this necessary multidisciplinary team in place, it is incredibly difficult to parse out data and understand what will make a measurable intervention with these youth. Their vulnerable state renders them unique. What works for one, may not work for another. The impact 180 has - is to emphasise and improve the other interventions. Mentors follow up on court decisions, ensure youth complete their community hours, find jobs, write CV's, collaborate with whanau to ensure that the youth are capable of improving their lives – and be their advocate.

180 Degrees Programmes and Statistics

22Feb24

Over the last 12 months 180 Degrees has operated four programmes to assist at risk Young People as follows –

Intensive daily and weekly Mentoring – 44 YP

- with outdoor Camps and Expeditions in the Canterbury high country.
- young people (YP) 12-18yrs referred from Oranga Tamariki (OT).
- Fee for Service (FFS) referrals from Police, privately and institutions.
- mentoring ranges from 3 months (mostly FFS) to 12 months (OT).
- 100% *at risk* at the start.
- 34% still considered *at risk* after 12 months.
- 74% did not re-offend while in our care.

Tuhura10 – ten week adventure based programme for schools

- for YP aged 12-15 yrs, including a 3 day camp
- inspiration to engage with their school, building positive connections.
- Letters from the Police and schools endorsing this programme

ENGAGE – 12 month programme with the Ministry of Education

- 6 YP enrolled at their schools but not satisfactorily engaging.
- 5 YP positive outcomes after 12 months one YP left the country.
- 43% Positive Wellbeing Increase across the year.
- 33% of our clients Thriving at the end of the year.

180 Base Camp 1 – 10 Day high country Camps and Expeditions

- 7 Southern Alps Traverse 5 day trips, average 5 YP per trip.
- 6 Camps ranging from 2 – 3 days, average, 6 YP per trip.
- Multiple 1 day trips.
- 98% success rate for YP completing trips.

Summary

Young People
over 12 months

Intensive Mentoring, including FFS	44
Tuhura 10	40
Engage	6
Camps and Expeditions	<u>65</u>
Total YP per 12 months	<u>155</u>

Clients

NZ European	58%
Maori	30%
Other	12%

Gender

Male	72%
Female	24%
Transgender	4%



Police Minister,
the Hon Mark Mitchell,
& Joseph

Joseph's Story

I live in North Canterbury and my mentor is Ken. I look forward to seeing him each week as we go out and do cool stuff.

Going on the Craigieburn Range

Traverse in February for four days was a bit scary as it was the first time I had been away from my grandparents who I live with. I was a bit home sick but

pushed through it. On the first night I could have stayed in a tent like the others but I stayed in the hut. On the second day I couldn't get myself going. Should have eaten more and think I forgot to drink enough water. Ken carried my pack up the steep bits, lucky me. We met Jeremy and some others at the Cass Saddle Hut. At the Korimako Hut I wasn't too tired. I'm really proud that I achieved this huge climb and my grandparents are proud too. Looking back it was fun, people should do it, I would again.



The 'Tūhura 10' Adventure-Based Learning Program

Tūhura means to discover, unearth, explore or investigate. We support Rangatahi to discover and learn in the outdoors while having lots of fun and growing leadership potential. This is for Rangatahi in the Year 7 to Year 11 age range who need support to improve communication skills, teamwork skills and develop greater self-confidence and resilience.

Group referrals can be made by Schools, Ministry of Education or NZ Police.

This 10 week programme includes a 3 Day Camp in the high country and builds strong group dynamics.

'The Circle of Mana' wellbeing model is employed which consists of teachings of these themes:

Belonging, Mastery, Generosity and Independence

Tūhura 10 - Hornby High School Camp

February 2024

'Tūhura 10' 3x Day Camp – Hornby High School

A group of 10 x Year 9 Hornby High School students were selected for Term the Term 1 Tūhura 10 programme.

They are a fantastic diverse group who have shown an excellent level of enthusiasm for each session we have had to date.

Recently, 180 took the group away for their 3 day Camp in the Craigieburn Ranges, staying at Korimako Lodge (The Canterbury Environmental Education Centre). The days were jam packed with various games and team building activities, with a tough slog up to Helicopter Hill on Day 2. Lots of laughs and good competitive challenges made this a really successful trip. Jonny (T10 Program Lead) would like to thank Sophie, Mac and Ken for their contributions to this camp.



A swim at Lake Pearson

Team Leader,
Jonny Waters



Problem Solving at Korimako Lodge



Games



Down the shingle scree

Craigieburn Range Traverse

February 2024 - climbing in to Cass Saddle

In February 180 Degrees Trust took four young people on a new expedition—the Craigieburn Range Traverse.

This four-day expedition started on Glenthorne station and made its way up at the Harper river, traversing behind the Craigieburn range, over the Cass Saddle and down the Cass river to Grasmere station. We then rafted down the Waimakariri river, staying at Toby Hill Farm, then biked back into Chch, finishing at New Brighton beach. This completed our journey from the Craigieburn peaks to the ocean.

The expedition was a success with all four young people completing the journey. We were met at the finish by whanau, supporters and Minister of Corrections, Police and Emergency Management the Hon Mark Mitchell who took time out from responding to the Christchurch fires to welcome the young people and congratulate them for their accomplishment. Some young people struggle to understand the magnitude of their achievement and having senior members of parliament praise their resilience, achievement and fortitude helped them understand what they overcame.

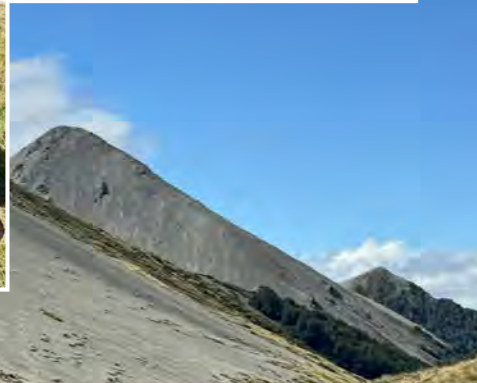
The commitment of 180 staff in working with these young people to overcome homesickness, pain, mental and physical health problems is unique and precious. Working reliably and safely in the outdoors with this fragile cohort is a niche area which 180 Degrees occupies.



Mac Stephenson, Trip Leader



Volunteer Bella,
Sophie & team



Ken, "the pack horse"



Sophie, loaded up



Minister of Police,
the Hon Mark Mitchell



Keith Jessop, Mac Stephenson,
Chris Stagg & Ciaran O'Dwyer

Keith Jessop and Flow Kayaks

Mac Stephenson, Adventure180 Coordinator and Flow Kayaks have worked together to purchase a kayak for 180 Degrees, enabling 180's young people to compete in the annual Coast to Coast event. Keith Jessop of EMDA has stepped in and financed the purchase of this amazing world class kayak which retails for \$7,055. Truly amazing, thank you Keith. Before working with 180 Degrees Youth A, (let's call him Clint), had stolen multiple vehicles, been engaged in ram raids, become addicted to vaping and been arrested for assault and bodily harm. He suffered poor mental health due to a broken home, lack of a future and a cannabis also addiction. He was on a suicide watchlist and needed psychological help. He could not get out of bed and leave the house. Clint worked with Mac to improve his mood, complete his court ordered plan and adopt adult like behaviour. He passed his learner's licence first try and reached out to his mentor to look for work in 2024. Mac found Clint trial employment at Flow Kyaks. He completed his first day at work soon after. He was very proud of himself. His excitement was infectious. **"I can't believe that I did a day of work."**

180 Degrees Trust Outdoor Rock climbing

Our climbing kit has been generously funded by the Sunrise Rotary Club. Outdoor Rock Climbing and Abseiling is one of the best high impact adventure activities we can offer, with the perfect balance of perceived vs actual risk. This experience gives participants a remarkable increase in self-confidence and accomplishment and the powerful experience of overcoming a fear and feeling pride. It can be harnessed towards other positive behaviour trends. 180 will be offering day trips and building rock climbing and abseiling into our camps programmes with the assistance of Francis Streisel, from **Akaroa Rocks** who has come on board as our Technical Advisor to collaborate with in Akaroa. **Hayden Devine, Programmes & Resources Manager**



WorkSafe Auditor Stu Allan

Hayden Devine and Francis Streitel

Salutations

Cilla presenting awards to a successful
Southern Alps Traverse team

Cilla Glasson, MNZM, a founding trustee

Ever since the 180 Degrees Trust had its first meeting 16 years ago Cilla has always brought her energy for life to all aspects of 180's endeavours. Described as a "dynamo", she has led the establishment of the MR Linear Accelerator for St George's hospital in Christchurch. She brings her steady, confident and considered overview to 180's projects and long may we have her as a trustee. As a keen recreational rower she can be found with her quad team swinging across a harbour or up a river reach somewhere around the world. We also take this opportunity to thank **Tim Glasson** for generously supporting 180 Degrees by funding the role of Youth Coordinator in 2008 and 2009. Such support from people like the Glassons has enabled 180 to energise and inspire youth who struggle with life.

Our Funders:

Ada Hensley Estate	COGS	Hornby Working Men's Clb	One Foundation Ltd	Runacres Insurance
Andrew and Karen Wilson	D & D Holderness	Lions Club of Malvern	Oranga Tamariki	Sargood Bequest
Air Rescue	David Ellison Charitable Trust	Mainland Foundation	Pub Charity	Simon & Helen Nutt
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BBC & A Evans	Elizabeth Ball	Nicholas Davidson	Rata Foundation	Sutherland Self Help
Catalytic Foundation	EMDA Ltd	Meadow Mushrooms	RG MacDonald	Vavasour Trust
Christchurch City Council	GJ Healy	Ministry of Education	Rotary Club of Cashmere	
Christchurch Casino	Goldman Sachs	New Zealand Lottery	Roy Owen Dixey	

180 Degrees Trustees:

Humphry Rolleston, Chair, (NZ Institute of Directors), Cilla Glasson (MNZM), Neil Edmond, BComm, LLB, Nick Davidson, KC, Keith Jessop, Glen Stuart, Kiri Howell, BA (Strategic Management), Jeremy Nurse, (Managing Trustee).

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to our online donations page!

Or alternatively our bank details for deposit are: 180 Degrees Trust – 38-9006-0644879-00



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