



**GRAEME DINGLE
FOUNDATION**

Profile



“ **A civilised society takes care of its young and vulnerable; it nurtures its children to purposeful and fulfilling lives. In this way a nation prospers; nations that don’t take care of their young and vulnerable cannot truly prosper.** ”

Sir Graeme Dingle
Co-founder of the Dingle Foundation

Our Vision, Purpose & Values

- Vision** Aotearoa will be the best place in the world to be young
- Purpose** Providing our children and young people with the tools they need to conquer life’s obstacles and succeed
- Values** Caring – Manaaki, Courageous – Māia, Collaborative – Tūhono

Graeme Dingle Foundation’s programmes are delivered by licensed Community Partners. Our programmes reach over 27,000 young people each year in 11 regions in over 40 communities, across New Zealand.

Contents

- 04** Our Story
- 06** New Zealand Rugby's Charity of Choice
- 08** The Challenge: Making a Difference
- 12** The Transformational Journey
- 13** Specialised Programmes
- 15** Proving What We Do Works: Research and Evaluation
- 16** Growing Great Local Communities
- 19** What People Say





Our Story

New Zealand mountaineer and adventurer, Sir Graeme Dingle and his wife Jo-anne Wilkinson, Lady Dingle, tell the story of how they were inspired to help improve the wellbeing of New Zealand's rangatahi (younger generation) after a trip to the Arctic in the early 1990s...

The poverty and the societal dysfunction we witnessed in some Arctic communities made us feel lucky to be Kiwis. But when we returned to Aotearoa, we discovered our statistics in similar areas were not good.

In fact, New Zealand's statistics were some of the worst in the OECD.

Many of us are unaware that despite living in one of the world's most beautiful places, we have an underbelly of suffering in New Zealand. There are thousands and thousands of vulnerable Kiwi kids who are bullied, depressed and who lack confidence. They need help.

In 1995, we started Project K with an aim to treat the cause of the suffering, not the symptoms -- helping transform and guide these precious young lives towards a positive future.

Today, the Graeme Dingle Foundation offers a range of programmes including Kiwi Can, Stars, Career Navigator, Project K, MYND and Kiwi Tahī. Our programmes are focused on prevention and bringing about positive change. Since 1995, over 270,000 Kiwi kids have transformed their lives through our programmes and we're now reaching over 27,000 tamariki (young people) every year to become their own heroes.

We work closely with Community Partners who are the heartbeat of the organisation. Through them, we collaborate with hundreds of schools, businesses and community organisations throughout Aotearoa, working to inspire our young people and improve outcomes for thousands of Kiwi kids.

At the heart of the initial project was the wellbeing of our rangatahi, and that has not changed.

Now, we are aiming higher, as are other like-minded organisations we work with, to help make Aotearoa the best place in the world to be young.



New Zealand Rugby's Charity of Choice

The Graeme Dingle Foundation are delighted to have been chosen as the official charity of choice for New Zealand Rugby (NZR) and its national teams, including the All Blacks, Black Ferns, Maori All Blacks and Under 20 All Blacks, Black Ferns Sevens and All Blacks Sevens.

“As New Zealand's national sport we have a responsibility to do what we can to have a positive influence on the community.”

Nicki Nicol
NZR



The partnership is a three-year deal with members of the All Blacks and Black Ferns having been personally involved in the selection process to help ensure there was a genuine connection.

The kids at Pomaria School in Henderson, where the students benefit from the Foundation's programmes, got to meet and get involved in some challenges with Black Ferns, Victoria Subritzky – Nafatali and Sosoli Talawadau when the news was officially shared. They also had the chance to get a look at the NZR silverware, including the prestigious Rugby World Cup.

Chief Executive Officer, Jenny Stiles, said being selected was an amazing opportunity and would help raise the profile of the work the Graeme Dingle Foundation do in New Zealand communities.

“Rugby is at the heart of so many of the communities we work in and we know our kids are going to love the opportunities this offers them. On top of that of course, is the ability for us to go even further with our work to help young Kiwis thrive and grow in their resilience, and self-belief. It's a huge win all round.”

Nicki Nicol, NZR Chief Operating Officer, said the Foundation's programmes addressed many of the challenges faced by New Zealand children and teenagers, and NZR was keen to help reach an even bigger audience.

“The Foundation's mission is to help make New Zealand the best place in the world for children, young people and their families. That's hugely inspiring, and aligns closely with our rugby values,” says Nicol.

“As New Zealand's national sport we have a responsibility to do what we can to have a positive influence on the community. Building self-esteem, goal setting and finding a positive path are challenges many of our players of all ages can easily relate to. We are all excited to start working together and do what we can to help New Zealand children and young people live their best lives.”



All Blacks Joe Moody, Cody Taylor and Aaron Smith with Kiwi Can students.

INSIDE IS
GREATER
THAN ANY

“ Kiwi Tahi was my sanctuary, it was a program about me and not my brothers. I felt special and included, finally something for me.

The program was about encouraging me to believe in myself, encourage good social skills, develop positive relationships and be independent. ”

Q'wy
Kiwi Tahi student

The Challenge

Making a Difference

We believe that every single child in Aotearoa should have access to conditions that help them thrive and belong. Our tamariki and rangatahi should feel empowered to contribute meaningfully, but despite living in one of the safest and most beautiful countries in the world, too many lives are falling through the cracks.

We want every child to know: what you have inside is greater than any obstacle. We want to help all tamariki and rangatahi develop mental fitness and resilience through self-belief that is born out of conquering challenges – physical, social and emotional.

A 2012 Infometrics Research Report 'Growing Great Futures' found that our programmes are consistent with current best practice around life-course related intervention. In 2019 Infometrics reviewed our results and we are pleased that our contribution to the economy has increased to \$7.80 for every dollar invested.

While early childhood development is key, life prospects are also strongly

influenced by socio-economic skills (physical and mental health, perseverance, attentiveness, motivation, self-confidence) skills that continue to be malleable into the early twenties.

Worldwide studies show that adverse childhood experiences like abuse, neglect and domestic violence correlate with poor adult health, high medical care costs, increased depression and suicide rates, alcoholism, drug use, poor job performance and social function, disability and impaired performance of subsequent generations.

At the Graeme Dingle Foundation, we help our tamariki and rangatahi develop true self-confidence and real skills for later life through community-focused, positive

experiential learning and mentoring programmes. We empower them to find their own purpose and direction in life.



Sir Edmund Hillary Youth Achievement award winner, Acer Ah Chee-Wilson with Sir Graeme Dingle

“ **Kiwi Can is a great place to think and learn... and learn about excellence, respect and whakaute... and honesty.** ”

Patira, Waikato
Kiwi Can Student



Since
1995

Over

270,000
young people have participated
in our programmes¹

Every **\$1.00** = **\$7.80**
Invested in Graeme Dingle Foundation programmes
Return to New Zealand²

80%

of the Graeme Dingle Foundation's national expenditure directly supports young people in programmes³

The Graeme Dingle Foundation research findings provide strong evidence that our programmes transform young lives forever.

The Graeme Dingle Foundation conducts in-house research and evaluation as well as inviting independent assessment in collaboration with New Zealand tertiary institutions, in particular the University of Auckland and Massey University.

1. Based on the total number of annual programme participants since inception.

2. Infometrics Report – Growing Great Futures – Whakatipu Tamariki Ora in 2019 found that every dollar invested in Graeme Dingle Foundation programmes results in an average long term benefit to New Zealand of an estimated \$7.80.

3. Estimated national average – Actual programme expenses have been used for the National Support Office and for many of our Community Partner trusts, representing the largest combined costs in terms of expenses. For the balance, typically being the smaller Community Partner trusts, a conservative estimate has been made based on our knowledge of the programme costs and their operating models. Programme expenses include direct programme costs and costs associated with supporting programmes, such as; training; programme manuals; uniforms; quality assurance; and research and evaluation. Other costs, such as; marketing; fundraising; IT; accounting; and other administration, are considered 'Admin expenses' and are therefore not included in programme expenses.

The Transformational Journey

Graeme Dingle Foundation’s aim is to have our young people transition through all of our school based programmes – Kiwi Can – Stars – Career Navigator – from age 5 through to 18 as a transformational journey that sets them up with a strong platform for adult life and a career.

Developmental Programmes

● KIWI CAN
5-12 year olds

Delivered to every child each week of their primary school life. Age + stage appropriate. Promotes respect for self, others, property, enhanced relationships, increased attendance and reduction in bullying.

● STARS Year 9s with mentor aged 16-18

Facilitates successful transition to high school for entire Year 9 cohort. Through team building, weekly group peer-mentoring. Creates sense of belonging and positive school community. Young people stay, engage and achieve. Peer mentors develop confidence, lifelong leadership skills.

● CAREER NAVIGATOR
15-18 year olds

Assists students to become work ready and have a purposeful pathway when they leave school. Also involves employer groups to create training and work opportunities.

Developmental Programmes	Values, Life Skills	Stay in School & Achieve	Career Path	Leadership
KIWI CAN	●	●		●
STARS	●	●		●
CAREER NAVIGATOR		●	●	



Specialised Programmes

Young people with a specific profile are selected or referred through to our specialised programmes. Project K, MYND and Kiwi Tahi are proven to transform young lives forever.



PROJECT K

14-15 year olds

Project K is a 14-month programme designed for Year 10 students. It involves three parts (wilderness adventure, community challenge and an individual mentoring partnership with a trained mentor), and the programme focuses on building confidence, teaching life skills, promoting good health and encouraging a positive attitude.



MYND

14-17 year olds

MYND is for young males who are referred to the programme for offending. It is a highly successful 'intervention' programme with a proven track record of significantly reducing youth re-offending. MYND is community-based, providing mentoring, life skills and goal setting for these young men to put them on the right path for their future.



KIWI TAHI

8 -12 year olds

Kiwi Tahi is an early intervention programme for young people aged 8 – 12 years which aims to reduce the number of young people engaged in anti-social behaviour and/or the youth justice system.

Specialised Programmes	Values, Life Skills	Stay in School & Achieve	Career Path	Leadership
PROJECT K				
MYND				
KIWI TAHI				

PROJECT K




MYND



KIWI TAHI





“ Before Project K I had no self confidence and I couldn’t speak up for myself... I doubted myself and wouldn’t have the motivation to try new things, because I didn’t believe in myself and I couldn’t talk to people I didn’t know. Now I am determined to do well and have set and achieved goals. ”

Project K student

Proving What we do Works

Research and Evaluation

From inception, we have had a strong commitment to research and evaluation and believe it is key to what we do, allowing us to stay at the leading edge of child and youth development.

Evaluation enables us to prove our results and informs programme delivery and development by helping us to understand what aspects of our programmes are truly transforming our young people and what aspects are in need of improvement.

Our research shows that our programmes are highly effective. Among our findings are:

- Reduced offending
- Improved attitudes and behaviour at school and home
- Improved academic outcomes
- Young people set and achieve more goals
- Greater self-confidence, resilience and wellbeing
- Reduced truancy rates and risky behaviours, such as substance use
- Young people are more positive about the future.



Stars teamwork activity



Stars Community Project
Fairfield College

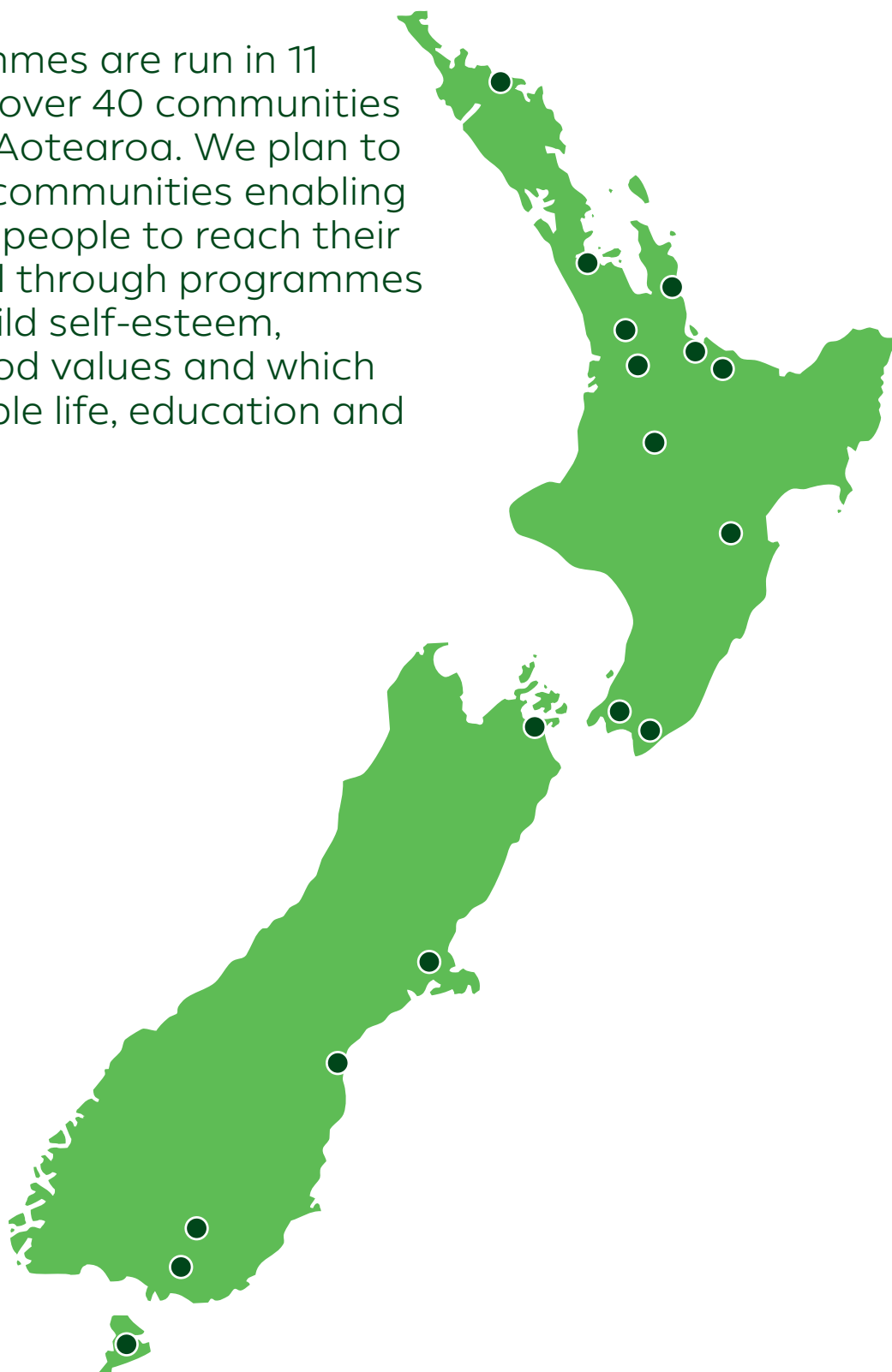
Growing Great Local Communities

Hapai ana nga hapori

Our programmes are run in 11 regions and over 40 communities throughout Aotearoa. We plan to grow these communities enabling more young people to reach their full potential through programmes that help build self-esteem, promote good values and which teach valuable life, education and health skills.

● OUR REGIONS

- Whangaroa
- Auckland
- Waikato
- Coromandel
- Bay of Plenty
- Rotorua
- Hawkes Bay
- Wellington
- Marlborough
- Canterbury
- Southland





“ Career Navigator has been very helpful with work visits – allowing us to have a real insight in the different workplaces and possibilities out there, if we are willing to take that extra step, it can truly open our minds and see that anything’s possible. ”

Career Navigator student

What People Say

“This programme isn’t just a year long – It’s a lifetime, it has changed my life. I honestly with my whole heart don’t think I would be alive today if it wasn’t for Project K. Project K saved me.”

Jessica Collins

Project K graduate, Sir Edmund Hillary Youth Achievement Award (2017), Prime Ministers Exemplar Award (2019)

“I genuinely believe that I would not be the person I am today, without having had the opportunity to interact with my Stars class. I not only teach them, but be inspired by them. The Foundation and the Stars programme have had nothing but a positive impact on myself as a person and my perspective not to mention my constant evolution as a leader.”

Fiona Blaser

Stars Peer Mentor

“My schooling life has been an interesting journey, difficult at times, hard to see the point and disconnected with the system but at the same time, very rewarding. I honestly continue to wow myself... Mentoring has been very useful, with a lot of one on one. A time to interact with everyday people and learn first-hand what the workforce is about. Advice from those who voluntarily and genuinely want to help whom take the time to guide, change and shape our lives.”

Rea Toma

Career Navigator student

“The Police in Counties Manukau West (Otahuhu, Mangere and Papatoetoe) have seen a significant decrease in youth activity in and around the Mangere Town centre. What is also evident is that those on the Kiwi Tahī programme are not frequenting the town centre at all – something that is creating a “diffusion of benefits” effect in other areas within a close proximity to the Mangere Town centre.”

Steven Smith

Community Services Manager,
Counties Manukau West, NZ Police

“I am passionate about Kiwi Can, most importantly because of the impact it has on our young Tamariki. I believe that it is our moral responsibility to empower students so they are able to become effective members of society. In my understanding, empowerment comes with the holistic development of a child; not just intellectual, but social, emotional, physical and cultural learning as well. Through Kiwi Can I see our children learning these holistic skills, and through this learning, watch them becoming empowered.”

Principal of Fenworth Primary School,
Southland

“Our kids are working together and playing together in the playground. They’re learning to negotiate and communicate rather than resorting to violence to solve their problems.”

Jim Stafford-Bush

Principal Pukekohe North School

Not all childhoods are created equal.

The Graeme Dingle Foundation helps Kiwi kids build resilience and self-belief to discover what's inside is greater than any obstacle.



GRAEME DINGLE FOUNDATION

Empowering kids to overcome life's obstacles
Whakamanawatia ngā tamariki kia eke pānuku

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