

Kids with
Arthritis
nz



Kids With Arthritis NZ Charitable Trust NEWSLETTER JUNE 2022

WWW.KIDSWITHARTHRITIS.ORG.NZ

JOIN IN THE FUN – MEET OTHER FAMILIES

UPCOMING - JULY is JIA AWARENESS MONTH

As July is Juvenile Idiopathic Arthritis (JIA), International Awareness Month, we want to raise awareness of ALL auto-immune diseases by educating and informing friends, family, schools, employers, and the greater population about JIA.

- JIA affects not just joints, but it can affect other organs too!
- JIA is **NOT** like Osteoarthritis in old people.
- JIA is the immune system attacking a child/teenager's joints etc, causing swelling, and stiffness.
- JIA is an auto-immune disease.
- JIA is diverse and can fluctuate from morning to afternoon to night, and from day to day. No two days are the same!

Kids With Arthritis NZ is running a competition in July. Entries close 31st July 2022 at 5 pm.

Submitted messages will be selected at random to receive a prize.

We would like for those affected by JIA and other auto-immune disease, including their KWANZ family members, to write a short message, that we can publish, on: -

- How has KWANZ helped you on your health journey? OR
- How have you benefited from the support of KWANZ?

Email your message to the Secretary:-

executive.kwanz@hotmail.co.nz

KWANZ Expression of Interest – Board of Trustee Position

The term of office of the Kids With Arthritis NZ Board of Trustees ends at the AGM in August this year. There are two vacancies that we are wishing to fill for the next two-year term. This is a unique opportunity to get involved with running our organisation that supports NZ children with arthritis and other autoimmune conditions, and their families.

If you have a passion for making a difference to others it would be great to have you as part of our enthusiastic team.

We are very keen to offer these positions not only to parents but also to any of the young adults who have been part of our organisation during their own journey with arthritis. This is a great opportunity to gain experience in being on a Board and assisting with the running of a registered not-for-profit charity - good to have on the CV. More diversity on the Board will result in better decision making and better outcomes for the families who we support.

The Board meets by Zoom every two months, sometimes more frequently if required.

Please provide a short overview of your background and what you could contribute to Kids With Arthritis NZ Charitable Trust.

Applications close on 30th June 2022. Send to the Secretary: - executive.kwanz@hotmail.co.nz A copy of the Trust Deed is also available from the Secretary.

Looking forward to receiving your application.

Hugo Charitable Trust generously sponsors
the Kids With Arthritis NZ Events
throughout New Zealand



Teens, come sail away on Spirit of Adventure

This special 3 Day voyage provides an opportunity for physically challenged young New Zealanders to take part in an adventure of a lifetime. Thirty young people from around New Zealand, that are **aged 16-35 years**, come together to face challenges outside of their usual boundaries, gaining confidence and achieving tasks that previously might have looked impossible. The annual Inspiration voyage is sponsored by the combined Lions Clubs of New Zealand, led by the Karori Lions Club.

The cost per person for the year 2022 is \$840.00. Funding may be available through the 'Halberg Trust Sport Opportunity Fund'. Visit www.halberg.co.nz for more information.

An example of voyage dates: -
VOYAGE DEPARTS 19th Feb 2022
Out of Tauranga
VOYAGE RETURNS 22nd Feb 2022
Tauranga

Inspiration voyage participants are partnered with a support person (usually one to three ratio). Support personnel are recruited from experienced Spirit volunteers who have participated in 10 Day voyages. They offer support and personal assistance to the participants as required.



Unique voyage focuses on the following life skills activities

- building self-confidence - climbing the mast, swimming alongside
- developing leadership skills - putting up the sails
- communicating with new people
- learning to be resilient - helping clean the ship
- working in teams - rafting ashore
- dealing with close confines - sleeping in bunks
- learning new skills - sailing the small boats

To find out more out more and register your interest visit: -

www.spiritofadventure.org.nz/voyages/voyage/inspiration

PLEASE NOTE

Kids With Arthritis NZ will assist you in preparing your application. KWANZ will be your Nominating Organization

For assistance contact: - Phil Donnelly

treasurer.kwanz@gmail.com

Koru Care NZ - California Adventure

The FREE trip is 2 weeks in duration in October and the group consists of 26 children and 15 caregivers with each caregiver assigned 2 children. The Annual Koru Care California trip is for 7-14-year-olds. Applications to Koru Care will be accepted at any time during the year.

Parents cannot attend.

The Koru Care application form is found on the Koru Care NZ website. On your application form please add "Referred by KWANZ" www.korucare.co.nz/california-adventure/

The group has a 3 day pass at the "Happiest Place on Earth" – Disneyland and California Adventure.

Universal Studios, Knott's Berry Farm, SeaWorld in San Diego and the San Diego Zoo are also on the itinerary.

The California Highway Patrol in San Diego and the LA Coast Guard Air Station are more fun places they visit.

With all this activity the kids have a chance to relax. They can spend the afternoon relaxing by the hotel pool or head down to Venice or Huntington Beach, they can also go shopping, Target, Walmart and Toys 'R' Us are not far away.



Due to
Covid-19
this
event
is on
hold.

Many of our KWANZ children have experienced this wonderful trip with Koru Care NZ

Get the BUZZ on our HONEY Fundraiser

The sweetest way to Fundraise

Tui Bees Honey is 100% pure, unpasteurized, New Zealand honey with nothing added. Tui Bees Ltd have provided a wonderful fundraiser that Kids With Arthritis NZ can be part of. Every time a KWANZ supporter purchases a pot of Tui Bees delicious honey, and nominates our organisation when placing the honey order, KWANZ will receive 20% of each sale. It is a great FUNDRAISER for KWANZ, plus you will have delicious healthy honey for your family.

- ♥ KANUKA/MANUKA honey blend 500gm for \$12.95
- ♥ KANUKA/MANUKA honey blend 1kg \$21.95
- ♥ MULTIFLORA MANUKA 40+MG honey 500gm \$17.50
- ♥ MULTIFLORA MANUKA 40+MG honey 1kg \$31.95



You can order your TUI BEE honey now by clicking [HERE](#) or go to their website <https://shop.tuibees.co.nz/>

HONEY is LIQUID GOLD

Honey is one of the oldest known antibiotics, tracing back to ancient times. Honey contains hydrogen peroxide which may account for some of its antibacterial properties. It is also a good source of antioxidants and micronutrients. It also has a high sugar content, which can help stop the growth of certain bacteria. Additionally, honey has a low pH level. This works to pull moisture away from bacteria, causing the bacteria to get dehydrated and die off. To use honey as an antibiotic, apply it directly to the wound or infected area. (Ask your medical professional before using it on a wound). Honey can help kill off the bacteria and aid in the healing process. If possible, opt for raw Manuka honey. This form of honey offers the most health benefits. You can also ingest honey to aid in the treatment of internal infections. Simply swallow a whole tablespoon or stir it into a warm cup of herbal tea for a soothing treat. Honey is generally safe to use on the skin or in the body, though you should never give honey to an infant under 1 years old or those with a Bee allergy.

HONEY AND LEMON DRINK RECIPE

There is nothing like a hot honey and lemon drink.

Did you know? The lemon juice helps cut through congestion, it is a vitamin C boost and the honey soothes the throat and has antibacterial properties. Ginger can help reduce inflammation of the airways.

- 1 Tablespoon lemon juice
- 1 or 2 tablespoons honey
- 1/2 cup or more hot water
- (Optional - fresh ginger)



Practical tips for a painful or unpleasant procedure



Before you go to have a medical procedure may involve needles or discomfort, such as giving blood, or taking medication, make a clear plan with your child and be ready to share it with your medical provider. Sometimes people think that having a medical procedure means giving up control, but feeling empowered with a plan is an option, and it makes for a much better experience. When people young or old, know how to face a challenge, it is easier to feel in control.

Below are a few tips to help you build a plan. Having a 'comfort plan', your child will decide what they want to do, to be more comfortable, and how to minimise feeling pain from a medical needle procedure. Remember to try out and learn the selected technique at home, before it is needed.

- **Distraction:** You know how hard it can be to get your child's attention when they are deeply focused on a TV programme, playing a game or on a smart phone. Use that same tool to direct their attention away from anxiety and pain. Let them choose what they want to do to distract themselves before and during the procedure. A few ideas include telling a story, reading a book, (Using an I Spy book like Where's Wally? This is a great book that keeps a child's mind distracted as they are hunting for Wally), play a game on your phone or tablet device, use a spinner toy, sing a song and watching a funny video. You can also get your child to focus intently on something in the room. Find a picture, poster, or a sign on the wall. Concentrate on the details: If you and your child are looking at a painting, get them to count the number of flowers in the garden, cows in the field. For older children: create as many new words as you can using the lettering on a sign. Distraction in general reduces pain by up to 50%.
- **Breathing:** Have your child practice taking easy, slow deep breaths in and out. Breathe all the way down into your belly, making it rise. Take a big breath through your nose, and then blow out through your mouth. It calms them down and lowers their body's reaction to pain. You can help them by breathing along with them. Blowing bubbles, balloons or pinwheels also can help slow their breathing and distract them from the procedure. Do this before, during and after the Procedure.
- **Vibration:** Most people don't realize that pain is actually processed in our head. When our body feels a possible threat, it sends a warning along nerves to the brain. But there are ways to stop the signal from reaching our brain. One way is to use vibration on the skin to create a traffic jam in the nervous system. It's the same idea when you rub a bumped knee or elbow. When we place a vibration tool on the arm or leg just above where the shot is given, it overloads the nervous system and changes the sensation and reduces the feeling of pain. (BUZZY 4 shots is a vibration tool)
- **Icepacks:** Cold packs can help to decrease pain. The BUZZY 4 shots, has blue gel ice wings that are re-useable.
- **Holding / Hugging:** If your child likes the idea of being held there are many ways you and your child can sit that makes them feel safe, still and comforted by your touch and closeness. Your touch and the comfort positioning change how the body processes pain signals. It can work for older kids, too. Sitting up, not lying down. Positions can be: - (1) Child sits in front of parent on the parent's knee. (2) Child sits on parent's knee facing parent – tummy to tummy. (3) Child sits on parent's knee, child's legs and body facing to the side.
- **Massage:** There is plenty of research extolling the virtues of massage therapy in reducing anxiety, and it can also be highly effective in relaxing a child before and during a needle procedure. Giving a simple hand, neck or foot massage can help calm their nervous system response by easing both physical and emotional tension.
- **Tapping:** Tapping is like acupuncture and acupressure but NO needles. Tapping can prove to be a very useful technique to help children deal with their fears, stress and anxieties and in physical relief for children having medical procedures. It has been clinically proven to reduce cortisol levels. These are a few of the tapping points: - (1) Tap at the beginning of the brow, just above and to the side of the nose. (2) Tap under the eye, on the cheekbone – on the bone under the eye. (3) Tap on the side of the hand, down from the little finger. When tapping use two fingertips and repeat the tap for approx. 5 mins or longer. Tapping is a gentle technique.
The tapping technique works the same as vibration and rubbing techniques. Tap close to the painful site, between it and the brain.

- **Crossing arms:** Crossing arms across the middle of your body can mix up the brain's perception (confusing the brain) of pain signals and can help reduce the intensity of pain sensation.
- **Numbing creams and sprays:** Ask your child's Doctor about an anaesthetic numbing cream such as EMLA cream or the EMLA dermal patches or AMETOP GEL. They are used to numb the area of the skin before a medical needle procedure.
- **Cough:** Research shows that coughing once before and once during the needle procedure can help some people feel less pain.
- **Squeezing:** Before your child gets a needle procedure, have them squeeze their hands together or around a stress ball; squeeze and hold for five seconds, then release. Repeat this 3 to 5 times. If this works well, you can also try tightening other parts of the body and then releasing. For example, close eyes tight and scrunch face for five seconds, then release. Start with the face and work down to the toes.
- **Music:** Sing or listen to soft music. Have your child listen to their favourite music/band.
- **Comfort object:** Take your child's favourite doll or a stuffed animal to a medical procedure. The toy can have the same procedure done to them as your child is having. The toy gets an injection, sticking plaster etc. the same as the child. Take their comfort object, such as a blanket along. Familiar things often make a child feel more comfortable and less anxious.
- **Virtual Reality Technology:** Virtual reality (VR) is an especially effective method for older children who aren't as easily distracted by books or videos. Children wear VR headsets and enjoy an entertaining, immersive experience that can make them feel transported to another space entirely. Because VR integrates visual, auditory, tactile and even olfactory sensory distractions, people have fewer 'sensory resources' to dedicate to the sensation of pain and may not feel it as intensely, if at all.
- **Role play:** Role play using a toy doctor set. They could use it to practice giving you a shot or using their toys to practice on. In play you can help to explain the procedure. Reading age relevant picture books on having a needle procedure can also be helpful.
- **Positive Role Model:** A child can benefit from seeing a parent or someone they know, who does well with shots get one in real life.
- **Reward their courage:** Discuss with your child what reward or incentive they would like after a needle procedure. Write them on paper and put them in a box. Make it a lucky dip. E.g., visit to the park, baking together, playing a board game, a later bed time, or a favourite snack. Thinking about picking a reward may help distract your child.
- **General Anaesthetic:** If your child is having a General Anaesthetic and they are feeling very anxious, consult with the Paediatric Rheumatologist or Surgeon, to see if it is possible for your child to be prescribed a sedative before the procedure.

Note for the Parents: -

- Be honest, and reassuring to your child.
- How you, the parent/caregiver behave, react and respond has a big effect on how your child will experience pain.
- Be on time for the appointment and do not rush.
- Make sure your child is warm, relaxed and hydrated. For a blood test being hydrated makes it easier to draw blood, because it puts more fluid in the veins.
- Parent, stay cool, calm and collected. Smile, your attitude is more important than you may realize.
- Have your child's 'comfort plan' ready for the needle procedure.
- Timing is important. This will depend on the age of the child. A little advance warning is a good thing. You know your child better than anyone, so use your instinct as to how much notice you give them.
- Talk about their fears, if they have any. Help them understand the reasons why they need a medical procedure.
- Be sure to let the Doctor or Nurse know that you and your child have talked about choices and share your plan.
- Lots of positive praise
- Ready with a reward



BLUE is the international colour to represent Juvenile Idiopathic Arthritis Awareness Month.

What can you do in July to raise awareness in your community about JIA?

Contact our KWANZ Secretary executive.kwanz@hotmail.co.nz if you would like resources to put up at your work place or in your classroom.

Have a 'Wear Blue Day', for JIA at your school or work!



Ronald McDonald Family Retreat House - Rotorua

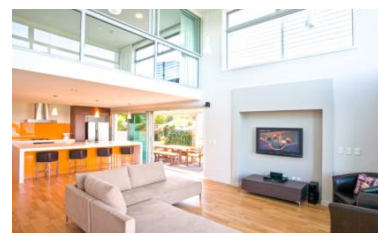
Ronald McDonald Family Retreat provides **one week of free holiday accommodation and activities** for families who have experienced the impact of a chronic/long term illness or bereavement in their family.

For the many families who have gone through weeks, months or even years preoccupied with their child's medical journey, RMHC New Zealand can provide a welcomed break so these families can spend some time together at our beautiful Ronald McDonald Family Retreat.

The Family Retreat consists of two houses which are situated on the shores of Lake Rotorua – R & B Lodge and Lions Lodge. Both houses are identical and located on the same property. The accommodation sleeps up to 8 people.

Many of our KWANZ families have enjoyed this wonderful opportunity, spending a week of quality time and fun together.

Visit the website for more details: - <https://rmhc.org.nz/stay-with-us/family-retreats/>
OR contact Robyn for more details kwanz.executive@gmail.com



Hugo House - Arrowtown



“The Hugo House, situated on the shores of Lake Hayes very close to Arrowtown, was set up for the purpose of making it possible for people to have a holiday when they would find it difficult to do so otherwise. We also welcome our family and friends, Friends of Hugo and the families and volunteers of the charities we support to use the house. The name Hugo House is in memory of Maryanne’s father the late Hugh (Hugo) Green.”

The Hugo House is available for all KWANZ members to spend a relaxing week in one of New Zealand’s top tourist areas at no cost, other than your travel to get there and your day-to-day expenses. The house is four bedrooms and sleeps eight people and was built to cater for people with limited mobility. There is also a vehicle you can use if you wish.

If you would like to be considered for a week at the house the following process applies:

- Send an email to Phil at KWANZ (treasurer.kwanz@gmail.com) with a short summary of your family’s personal circumstances. i.e. outline why it would be beneficial for you to have some time away from the usual routine at the
- Phil will then forward your application to the Hugo Trust for their consideration.
- The Hugo Trust will then advise Phil if your application was successful.
- Phil will then provide you with further information about the house, and the contact details of the Hugo Trust staff.
- You can then contact the Hugo Trust directly and provide them details of when you would like to stay with back-up dates, and the number of people who will be staying. From this point on you will sort out all details with the Hugo Trust.

For more information on the Hugo Trust
Visit the Hugo Charitable Trust Website:

<https://www.hugocharitabletrust.nz>



Lifetime Dream Days

If you are a family who has a child with an illness or disability and would welcome a day out of fun with one of our donors then we'd also like to hear from you. If you could send us a profile of your family including details of any organisations you belong to as a part of your child's illness (for example Canteen, Heart Kids, Kidney Kids, Child Cancer, etc.) then we'll register your interest and when available make the connection with a donor family/business. Please include a photo, age, siblings, and interests or future goals of your child.

“Walk with the dreamers, the believers, the courageous, the cheerful, the planners, the doers & the successful people with their heads in the clouds and their feet on the ground, let their spirit ignite a fire within you to leave this world better than when you found it.”

E-mail us your info at: - dreamdays@lifetime.co.nz

For more information on 'Lifetime Dream Days', visit their website:

<https://www.lifetime.co.nz/about-us/dream-days/>



These are the Kids With Arthritis NZ uninterrupted services and resources available to families/Whanau.

- Facebook (group) [kidswitharthritis kwanz](#)
- Facebook (page) [Kids With Arthritis New Zealand](#)
- Facebook (closed group for KWANZ parents) [Kids With Arthritis NZ Parents Support Group](#)
- Instagram [@kids_with_arthritis_nz](#)
- Kids With Arthritis NZ website www.kidswitharthritis.org.nz
- JIA School Presentation Pack – Teaching Teachers about JIA – request a pack from Robyn
- KWANZ Newsletter – monthly editions are emailed to you.
- One on One support. KWANZ can connect you with a family with the same type of JIA and often living in the same area. *(It is important to remember when talking with other parents about your child's JIA or other autoimmune conditions and treatment that every journey is unique, and the way it is managed can be different).*

As always, please give Robyn a call at any time for a chat; never feel alone in the JIA journey.

Mobile 021 1704 257

Dillon Scholarship

The Dillon Scholarship is for people of all ages that have their home base within the Bay of Plenty area.

Applications for the Dillon Scholarship open between October and December each year.

If you have any questions please call or email Yvonne on 07 578 6546 or yvonne@baytrust.org.nz.

To apply for the Dillon Scholarship, follow the link below:

<https://baytrust.smartygrants.com.au/Dillon19>

4 Quick Facts About The Dillon Scholarship

1. The scholarship provides financial assistance to people who have **significant disabilities** and who will be undertaking tertiary education
2. Scholars may receive up to \$5,000 per annum for 4 years full-time study
3. Applications are open only between October and December
4. Bay Trust operates and funds the Dillon Scholarship

Are You Eligible to Apply For The Dillon Scholarship?

Yes, if you have a significant disability

Yes, if you are *planning* to go to University or Polytechnic (or another New Zealand based institution recognised by NZQA, or equivalent)

Yes, if you are *already* going to University or Polytechnic (or another New Zealand based institution recognised by NZQA, or equivalent)

Yes, if your home base is within the [Bay of Plenty area](#)

What Else You Need to Know About The Dillon Scholarship

Applications should be made in the year **prior** to the year of study.

The amount of the Scholarship is at the discretion of the Trust, up to \$5,000 per annum for 4 years full-time study. Part-time students may be given a Scholarship for up to 5 years.

Scholarship funds will be released to successful applications on receipt of all required documents and proof of registration at the tertiary institution of their choice.

There is no age limit for applicants.

All applications will be assessed by the Scholarship Committee.

The Trustees' decision is final and no correspondence will be entered into.

<https://www.baytrust.org.nz/dillon-scholarship#Dillon>

KWANZ NOTICEBOARD

Donations to 'Kids With Arthritis NZ Charitable Trust' can be made through our Give-A-Little page by scanning this QR code:



Kids With Arthritis NZ Charitable Trust

Our charity registration number is
CC58068

Any support by way of donation, or sponsorship is always greatly appreciated. If you would like to support Kids With Arthritis NZ Charitable Trust in this way, please send your donation to: -

Kids With Arthritis NZ
ASB 12 3072 0525491 00

Make sure to email our Treasurer and provide us with your details, so we can issue you a receipt for your donation.

You can claim 33.33 cents for every dollar donated, on donations of \$5 or more, when you make a donation to Kids With Arthritis NZ.

Kids With Arthritis NZ Up-coming events

As we are all aware COVID-19 can rear its head in New Zealand at any time.

Kids With Arthritis NZ Charitable Trust is committed to ensuring the well-being of our families and our team members.

It is our hope that we will run events as the COVID-19 alert level allows, and with the guidance of the Ministry of Health.

We will keep you updated on the events we will be running, but it is with the understanding that events may need to be postponed if the alert level does not allow gatherings of large numbers of people.

KWANZ recommend visiting the COVID-19 official NZ Government site or Ministry of Health for reliable and up to date information and recommendations for keeping yourself and your loved ones safe from COVID-19.

Kids With Arthritis NZ Charitable Trust has our Annual General Meeting on Monday 15th August 2022, at 7.30pm. The AGM reports and a Zoom invitation will be emailed to all KWANZ families. All are welcome to attend the KWANZ AGM by Zoom.

Teaching teachers about JIA

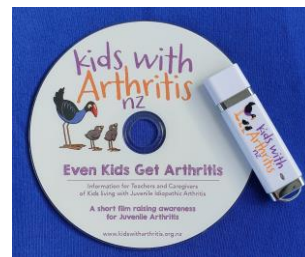
With the start of a new school year and possibly a new teacher or school for your child, you may like to have a Kids With Arthritis NZ – Juvenile Arthritis Awareness Presentation Pack.

This pack helps educate your child's teacher about JIA and the possible effects it might have on your child.

To request a pack:-

Contact Robyn:-
kwanz.executive@gmail.com

OR
Mobile: 021 1704 257



Kids With Arthritis NZ Wristbands

The KWANZ silicone wristbands are a great way to let people know that, 'EVEN KIDS GET ARTHRITIS'.

Email the Secretary if you would like some wristbands: -
executive.kwanz@hotmail.co.nz

The adult sized silicone wristbands have a circumference that measures 20cm and is 0.5 inches wide.

The child sized silicone wristbands have a circumference that measures 17cm and is 0.5 inches wide. These would be suitable for children 4 to 10 years approx.

The cost of each Wristband is a gold coin donation.

Please indicate in your email order, the quantity of ADULT & CHILD KWANZ wristbands you would like, along with your address they can be posted to.

Deposit your Wristband donation into the Kids With Arthritis NZ, ASB Bank Account.

12 3072 0525491 00

Add bank reference = Wristbands & your Surname



THANK YOU FOR SUPPORTING - KIDS WITH ARTHRITIS NZ CHARITABLE TRUST

FUNDRAISING FOR KIDS WITH ARTHRITIS NZ

A great way to spread the word around New Zealand about Juvenile Arthritis and other auto immune conditions is to support Kids With Arthritis NZ and run an awareness fundraising activity.

Giving your time and energy to fundraise can be rewarding and fun, especially if you get your family, friends, child's school, sport club or work colleagues involved.

Please also contact KWANZ if you know of a company that would like to sponsor a KWANZ project.

100% of all money raised will go back to the KWANZ children.

FUNDRAISING IDEAS

There are many exciting ways you can fundraise. You can run a coin trail, mufti day, car wash, sausage sizzle, busking, quiz night, GO BLUE at work, BLUE high tea, BLUE cupcake stall – the ideas are endless.

Together we make a difference for our **CHILDREN WITH ARTHRITIS and OTHER AUTO IMMUNE CONDITIONS.**

Kids With Arthritis NZ Board of Trustees & Committee

Chairperson – Dr Nathan Harris

Treasurer – Phil Donnelly

Secretary – Robyn Clark

Trustee – Karen Derrick

Trustee – Sarah King

Trustee – Sheena Harris

Committee Member
Klayre Derrick

Juvenile Idiopathic Arthritis Presentation in Schools

Kids With Arthritis NZ commissioned a video to educate teachers about the challenges that children with arthritis have when attending school.

The presentation pack that you would leave with your child's school includes a Flash Drive of the video, more information about arthritis in children, and details of the support that KWANZ provides.

This is an excellent resource that we would like to present to as many schools as possible. KWANZ offer support in taking the pack into your child's school and suggestions on how to present this fantastic resource.

We also have ideas on the things you could discuss with your child's teacher to make school easier.

Contact Robyn: -
kwanz.executive@gmail.com
OR
Mobile: - 021 1704 257

Hugo Charitable Trust has generously sponsored the Kids With Arthritis NZ Christmas Parties throughout NZ. Kids With Arthritis NZ Charitable Trust gratefully acknowledges the Hugo Charitable Trust as our Major Supporter in 2017/18, 2018/19, 2019/20 and 2020/21.

A very big thank you to Hugo Charitable Trust.
www.hugocharitabletrust.nz

