

# YOUR 2025 IMPACT REPORT



“I am not a survivor.  
**I am a conqueror!”**

Seven years ago, Tim was in prison. Because of you,  
**HE'S NOW STUDYING PSYCHOLOGY AT VICTORIA UNIVERSITY.**

**Before, Elijah felt trapped.**

**Now, he's OPENED UP and found A SAFE SPACE**

**Three years ago, Pacey was lost and broken.**

**Now, he's HAPPILY MARRIED and a PROUD FATHER.**

**Last year, Detroyt was alone and anxious**

**Now, he's a LEADER for others.**

***Read more inside about all of these precious lives that you have forever transformed.***

# 2024 AT A GLANCE

**"I enjoyed my counselling sessions because [they] saved my life, and just opening up to her helped a lot."**

- Graduate

**TAI ORA**  
**36**

Participants  
(ongoing, weekly programme)

**"The support has helped me by giving me a solid foundation to stand on when things get tough, but also by showing me positive people."**

- Graduate

**TAI WHAKAORA**  
**22**

Participants  
(over 3 intensive programmes)

**"I'm not stuck at home having temptations to get high."**

- Graduate

**"I don't have to be scared. I can open up and talk about anything."**

- Graduate

**"Thank you for not giving up on him."**

- Whānau of Graduate

**TAI WĀTEA**  
**25**

Participants  
(over 3 intensive programmes)

**"This programme has taught me ways to deal with problems, also how to be out of trouble."**

- Graduate

**"I can't thank you enough for reaching out to my son. Thank you for bringing out the best of him. For eight months before he started the programme, he couldn't talk to us without getting angry. After the programme, he can talk to me properly and this has certainly brought us closer than before."**

- Whānau of Graduate

**"When I am out surfing, all my worries on land disappear, and nothing else matters."**

- Graduate

**TAI TAUTOKO**  
**46**

Participants  
(ongoing, long-term support)



**"If I hadn't done this course, I probably wouldn't be alive."**

- Pamana, 17



# TIM: FROM PRISON TO PURPOSE

## Tim now has purpose. This is the impact you have made.

Five years ago, Tim was a 21-year-old young man who felt hopeless, and he was giving up on life. He had attempted suicide and was struggling to have any purpose in life.

*“I was marginalised and pushed down. I was the lowest I could ever go and I didn’t have the support that I needed.”*

Growing up, Tim experienced significant childhood trauma for many years and as a result he was in and out of many foster home placements. At 17, he was sent to prison where he spent over two years. Prison was a challenging time for him where he experienced even more trauma.

Shortly after his suicide attempt in 2020, Tim’s lawyer referred him to Live for More. Tim engaged right away and jumped onto a Tai Wātea programme starting that week.

Tim excelled on Tai Wātea, taking every good opportunity presented to him. He really came out of his shell and grew in confidence, having found a place where he belonged; a place that accepted him for who he was with no judgment.

At his Tai Wātea graduation in November 2020, Tim gave a powerful speech and shared that *“I have a dream to study psychology and help others who are struggling with mental health.”*

Five years later, and Tim is now doing just this! He is in his first year at Victoria University in Wellington, majoring in psychology. He recently shared proudly how he is “getting A’s!” on his assignments and is also a class representative. He feels he has truly come out of his shell and that he is proud of who is he; he reports he no longer has a need to mask himself from the world.

Tim reports that he is building his healthy future – full of purpose – and how he now has so much hope. He reports that *“nothing can stop me!”*

and is firm on the fact that *“I am not a survivor. I am a conqueror!”*

Thank you for believing in Tim. Your support has empowered Tim to heal from his past; to chase his dreams; and to proudly walk towards a purposeful future of helping others.



Tim at Victoria University, 2025



Tim surfing on Tai Wātea, 2020



Tai Wātea graduation, November 2020

**3 OUT OF 5** Live for More graduates report they would be in prison if they hadn’t done Tai Wātea

# TAI ORA

## Waves of Change

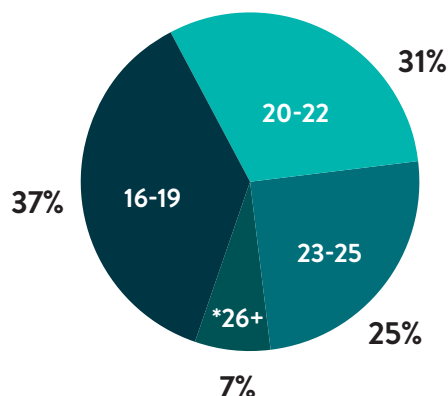
You're making a difference in the lives of troubled young men who need support and a chance to see that they can live for so much more.



## CLIENT DEMOGRAPHICS

- 100%** male
- 7 OUT OF 10** are of Māori descent
- 1 OUT OF 5** have spent time in prison / youth prison
- 74%** are engaged in illegal activity
- 3 OUT OF 5** grew up around gangs

### AGE



\*these are past graduates who have still received support years after graduating

So many troubled young men are lacking hope and the ability to see that they can live for more. Their perspective of what life can be is often limited because of their environment, all they have been exposed to, and what has been their “norm” growing up.

All new clients at Live for More step into a safe, non-judgmental environment where they can be themselves. They are accepted as they are and brought into a loving whānau of support who believes in them so they can learn to believe in themselves. For those who are motivated to work on themselves and make positive changes, the support is available thanks to you!



LIFE  
**BEFORE**  
LIVE FOR MORE  
for young men  
like Tim...

**7 OUT OF 10**  
are caught up in the  
justice system

**6 OUT OF 10**  
have been suicidal  
or attempted suicide

**9 OUT OF 10**  
have grown up exposed  
to alcohol and drugs



**“I feel happier and more motivated to find a new and more meaningful path for my future.”**

# TAI WĀTEA

## Waves of Freedom

## ELIJAH'S STORY - Abridged from graduation speech

“Kia ora everyone, I’m really proud to be standing up here speaking today. My name is Elijah Borell and I am 16 years old. I was born in Brisbane, but I am currently living in Tauranga Moana. Before this course, I was in school but dropped out because school wasn’t for me. After I dropped out, I was using marijuana every day. It was controlling me and my everyday life, and I would get angry without it. I felt trapped; I couldn’t live for more.

I am so glad that I have met Live for More and joined the Tai Wātea programme. During my time here, I have been able to meet new people and make positive connections. The Live for More space has been a safe place where I have been able to open up and have good conversations, which has helped me to release a lot of stress and anxiety.



Elijah sharing some surf stoke, 2025

Surfing has been another new experience for me on the Tai Wātea programme. I was stoked the day I was first able to pop up and ride on the waves, and really felt like I achieved something. When I am out surfing, I feel like all my worries on land disappear, and I feel like nothing else matters when I am out there.

Overall, I think that if I did not join Live for More, I would still be spending my time smoking; without a job and without a positive direction in life. Over these last eight weeks, I have found that my body has become stronger. I feel healthier with more energy and passion to do things.

The support and tools I have received have also helped me to strengthen my mind. I feel happier and more motivated to find a new and more meaningful path for my future. I would like to thank the Live for More team. You have shown me a lot of love and support on my journey in this programme. I would also like to thank all of the boys for being on this journey with me and for the real connection we have. I am proud to be a part of the Live for More whānau, and I am excited to start a new journey on the Tai Whakaora programme.”



Elijah at his graduation, 2025

## TAI WĀTEA OUTCOMES

- 84%** who started **completed** and graduated
- 75%** have a **MAJOR** increase in **cultural identity and knowledge**
- 85%** have a **MAJOR** improvement in **overall mental health & wellbeing**
- 90%** have a **MAJOR (50%)** or **MODERATE (40%)** development in **pro-social & life skills**

LIFE  
**WITH**  
LIVE FOR MORE

**9 OUT OF 10**  
are doing less crime  
and illegal activity

**9 OUT OF 10**  
have less suicidal  
thoughts

**8 OUT OF 10**  
have reduced their drug  
use or quit



# TAI WHAKAORA

## *Waves of Healing*

**"I have grown in confidence.  
I'm no longer trapped."**



*Because of your support, Detroyt has grown strong within himself and is now a tuakana (leader) for other young men at Live for More. He is giving back and empowering others!*



*Tai Whakaora graduation, February 2025*

## DETROYT'S STORY

*- Abridged from graduation speech*

"Kia ora, my name is Detroyt Hati and I am 19 years old. I grew up around a drug and drinking environment and to me that was just an everyday thing. This was my normal. I was influenced from my surroundings and peers, thinking it was cool to use drugs and alcohol, which I fell into at a young age.

Before, I didn't have much going for me. I had bad anxiety, and this would stop me from going out in public because I thought people were staring and talking about me. I started isolating myself from the world and would just stay at home and sit in my own head. My thoughts were all over the show and were eating me alive. I honestly felt trapped and knew I needed to get help but didn't know how. I didn't want to live my life this way.

Surfing has helped me a lot with my mental health and has given me something to do. The mindfulness breathing before surfing also helps me to clear my mind before getting in the water. I feel happier, healthier and a lot more motivated to get out there and do something with my life.

I'm no longer trapped. I now have good positive people through my Live for More whānau and brothers. I feel happier now that I'm out of the house doing something positive. I have grown a lot in confidence which has motivated me to start thinking of getting a job. If I didn't do this programme, I most probably would have been still sitting at home isolating and blocking myself off from the world."

## TAI WHAKAORA OUTCOMES

- 93%** have a MAJOR increase in **physical health & wellbeing**
- 100%** have a MAJOR increase in **mental & emotional health**
- 86%** have a MAJOR increase in **work readiness**
- 93%** have a MAJOR development of **pro-social & life skills**
- 72%** have a MAJOR (29%) or MODERATE (43%) **reduction in drug & alcohol use**



# TAI TAUTOKO

## Waves of Support



*Your generosity allows young men like Keegan to have never-ending support; a door that is always open to them so they can come back when they need assistance.*

*Ongoing support is always available for any and all past graduates who need it. The guidance and support for them **NEVER ENDS!***

For Keegan, this never-ending support has been a safe space that has provided consistency and ongoing care for him over the years, allowing him to re-engage with Live for More when he has faced challenges and needed guidance to get on track again. It has meant so much to him that he decided to get “Live for More” tattooed on his arm!

The weekly Friday Tai Tautoko programme is one of the major ways graduates can stay connected and access needed support. Some young men graduated many years ago, while some have just recently graduated. Regardless of when they graduated, these young men come along on Fridays to stay connected with the

Live for More whānau, as well as enjoy surf therapy, a shared meal and a group therapy session.

It’s a space where the graduates support and encourage one another and the brotherhood remains strong, because “once you’re part of the Live for More whānau, you’re **ALWAYS** part of the Live for More whānau”. The door at Live for More is always open and there is forever support for any young man who needs it. Other support that is available for graduates includes mentoring, court advocacy, one-on-ones, drop-ins, prison letters, and so much more. Young men continue to see there is “more to life!”



Thank you for transforming Keegan’s life and providing him with a “whānau” that shows him unconditional love and support.



“I was inspired to get it because Live for More changed my life. I want to remind myself that there is more in life than drugs and crime, and to live for more no matter what. When life gets hard, always live for more.”  
– Keegan



# PACEY:

“Thank you for helping me heal and become a healthy husband and loving father.”



Pacey surfing on Tai Wātea, 2022



*Your giving is having a generational impact for families like Pacey's.*

Three years ago, Pacey was in a very dark place in life. He was lost; he was broken; he had no real direction and was repeating the dysfunctional cycles he had grown up surrounded by.

Having experienced significant trauma in his life and as a child, Pacey was trying to cope by heavily using drugs and alcohol, but ultimately this was just making everything worse.

One of Pacey's good mates introduced him to Live for More, where he instantly found positive people and a whānau who were keen to support him with no judgment. Pacey joined the Tai Wātea surf therapy programme in 2022 and started to experience hope for a better future. Riding the waves of freedom, he realised that change was possible, and that he could create a better future for himself and his whānau.

Pacey graduated from Tai Wātea in July 2022 and has since come so far in life, chasing after his goals and dreams. He is now married to his beautiful wife and together they

have seven children. Their beautiful children are growing up in a safe home that is full of love.

Pacey reports how he has “broken those dysfunctional chains in my whānau” that he experienced as a child. He also is proud to have healed broken relationships in his life that were causing ongoing pain. Now, because of this healing, Pacey reports he sends out “waves of love” to his whānau and that there are so many healthy, positive ripple effects instead of destructive ones.

Pacey reports that now, “I love my life and it's full of love”.

Thanks to you, Pacey is now a healthy husband and loving father who is full of love for his whānau. He reports he has a very healthy relationship with God, and that this has been a huge part of his journey of healing. Your support has enabled Pacey to come so far in life. He has found true freedom from his past and is now empowered to live a healthy and fulfilling life that is full of love for his whānau.

## CONNECT WITH LIVE FOR MORE

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