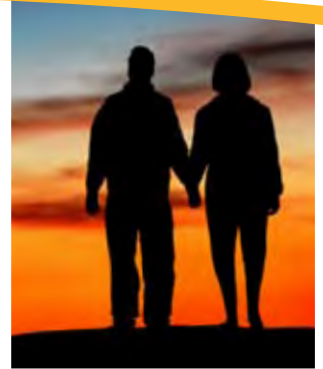


Counselling - the key to life's survival kit



Hi. This is Terry & Catherine. We wish to share our story to give you hope in your relationships. The pressures of life placed heavy demands on us as a couple. When the odds were so heavily stacked against us, it became almost

impossible to cope. Counselling gave us the key that unlocked our vital survival kit. Now we are armed for life! We say today that the scars are worth it... but we would like other couples to seek help before they are scarred.

This is Catherine and Terry's story... but it could be any couple's reality.

Both were broken and alone when they met. They were drawn together by their mutual understanding of the hurt and emotions that they carried around with them from previous marriage breakups. They shared the rawness of their aching hearts, understanding each other's loss and pain.

In 2008 Catherine's young pregnant daughter was diagnosed with cancer. This news plunged Catherine into a whirlwind of horrific emotions as she supported her daughter through the pregnancy, delivery, surgery and chemotherapy. Catherine felt stressed and emotionally wiped out.

Shortly after, Terry was diagnosed with multiple sclerosis and started drinking heavily. Arguments broke out, reaching an explosive level physically and verbally. Their emotions became raw, angry and dysfunctional. A huge breakdown of communication occurred. They became two people living a volatile life in the same house.

Depressed and unable to resolve things, Terry walked out of Catherine's life.

Terry recalls

"That seemed the best thing to do. The air was so thick together you could cut it with a knife. However I realised that deep down I still felt love for Catherine.

Shortly after I left I decided to move closer to Catherine and rent a bach. Catherine, too, had felt alone and numb after I left and knew she still loved me. We connected and had a blissful week together reuniting. But before then, she had already decided to move to Auckland, and left. It was then my turn to be alone.

We stayed in touch and knew we both needed help. I contacted the Family Court who put us onto Shelley.

While we lived apart, our journey back to each other started with counselling.

I came away from counselling often feeling raw, sore and exposed, but Shelley helped tackle all the rotten mess beneath the surface and I became responsible for my own actions."

Catherine speaks

"When Terry walked out on me, there seemed no future for us together; but I knew I still loved him. Though we started communicating again, we both had to sort ourselves out.

Counselling made me take a good long hard look at my thoughts, feelings and reactions. Not only had I been traumatised by forces beyond my control I also carried baggage from my past. Shelley was professional and quick to get down to the nitty-gritty of our issues. She helped expose the abrasive sides of our relationship to reveal the true beauty of our love.

Shelley was completely non-judgemental of our new-found relationship with God. We learnt to forgive each other with true unconditional love.

We realised it's okay to have different opinions from each other or feel hurt, but to communicate more specifically without blame to avoid misunderstandings."

Terry and Catherine found counselling at Home & Family so beneficial that it has equipped them with the necessary tools to rebuild their lives.

From the Executive Director



Mary Gray

2011 is well under way and promises new ventures and connections for Home & Family Counselling.

Demand for our counselling services on the [Hibiscus Coast](#) is growing and we are hopeful of being able to extend our hours there later in the year, once we have some external funding in place.

Our [new youth groups](#) (with funding from our ASB Community Trust partnership) are set to go. Selwyn College will be hosting 2 programmes, the first central Auckland school to take up our programme. As well, North Shore and other central Auckland schools are being signed up for these new programmes.

Another new initiative this year is our [Sensational Seniors group](#). This is an initiative by Jaqui, one of our counsellors who has run a pilot 20 session group over the past year. The group brings together, well isolated seniors. It aims to combat loneliness

and build friendships and connection through a fun programme.

Jaqui will be running a second group starting in May, meeting here at our Mt Eden offices. For further information go to our website or phone our reception on 6308961.

We are keen to expand our younger support base and are seeking a partnership with Rotaract Auckland to join us to organise a new fundraising event – a [Frisbee golf tournament!](#) We are hoping that this fun event, that we plan to run in the lead-up to Christmas, will attract younger corporate supporters.

Our [Women's Golf](#) in December was another rousing success, and we are now recruiting new team members, as Robin and most of her team are standing down after three energetic years running this, our most successful fundraising event.

Our [Corporate Golf](#) team has drawn in some new members who have brought in some lively ideas to grow and expand this event and our Mt Eden team continues to come up with inspiring art-focused events. Meanwhile the North Shore team's upcoming event picks up on our current craze for fabulous food – so buy your tickets and come along to '[An Evening with Julie le Clerc](#)'.

[Trust funding](#) has been tight over the past year and we are exploring new

COUNSELLING AWARENESS WEEK, MAY 9-15

Our leadership role in Counselling Awareness Week continues and this year we are thrilled that our Patron, Governor - General Hon Sir Anand Satyanand will launch the week at the breakfast celebration on Tuesday 10th of May at Sorrento in the Park.

Invitations will be posted out later , so do diarise the day.

The week will feature a Slogan Writing competition as well as talks to service clubs.

FAREWELL TO MURIEL CASTELINO

Sadly, Muriel Castelino, our Indian counsellor is leaving Home and Family Counselling after 15 years of counselling work, group facilitation and support work, especially for the migrant and refugee communities. We will cover more about her farewell and contribution to our agency in the next issue.



funding streams to lessen our reliance on this area of funding. If you have any ideas please contact me.

We are very grateful to all of our loyal event supporters and donors, and to the Trusts who have continued their support of us.

LEAVE YOUR STAMP ON THE FUTURE

Only through the wonderful gift of a bequest from an estate were we able to buy our premises at 344 Mt Eden Road!

Leave a gift to Home and Family in your Will and make a difference to the lives of future generations. Your legacy leaves a lasting gift.

Contact Gwenda Reid at 027 2227913 or leave a message with reception at 630 8961 ext 0.

Survey reinforces strong support for the work we do

We were thrilled at the response to the survey we sent out last year. Thank you.

Here are the results

31 % knew we have been operating for 117 years and 85 % knew we were not-for-profit

68% knew our counselling was on a donation only basis and 59% knew no one is turned away because of their financial situation

61 % heard of Home and Family through friends, family or colleagues.

A few examples of responses to "what motivates you to support us?"

"Without Home and Family there would be a lot of lost and desperate people."

"The knowledge that you do a good job."

"The good and much needed work being done in the community especially in supporting families."

"A well established service."

ACTING ON OUR SURVEY FINDINGS

- 29 people opted to change from post to email.
- More people in the 61 - 80 age group than we thought use internet, so we will plan to use e-communications more.
- A surprisingly large number have not made a will. An encouraging number of people indicated they intend to leave a bequest to us. In the coming months we will provide information you might need to make a firm decision about bequests.

Our Bouquet of Thanks

Taking over as convenor of the Annual Women's Golf committee is a daunting task for anyone, but when Robin Yates stepped into this role in 2008, there were two challenges to cope with. New Zealand was heading into recession and in 2009, we lost the support of the longstanding sponsor of the tournament, Tony Everitt of Maxwell and Williams.

Robin Yates and her committee not only coped, but also set new records for this very successful fundraising event. "We took over a legacy of outstanding success" says Robin "but we needed to work hard to overcome the financial

challenges that set in during those years. We worked hard to find a higher number of tee sponsors to cover the loss of our major sponsor, and increased the players' entry fee slightly. Cumulatively, they made an impact.

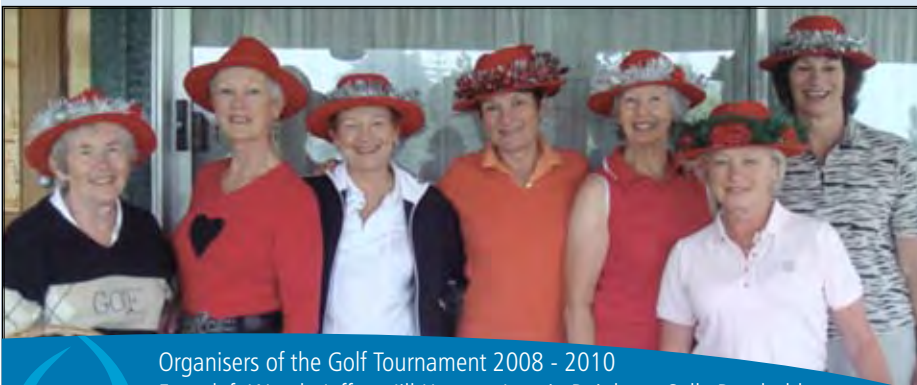
"We have been lucky to have Wendy Jeffrey as the bridge between golf committees since its inception in 1996 and her input has been invaluable. Wendy ensured that the committee had all the elements for a successful tournament in place and also organised the players' registration on the day. The committee has been marvellous in their efforts at getting

new sponsors, updating the database and in organising the day and the team spirit was energising."

Robin and her team infused a freshness and Christmas festive feel to the tournament by introducing "Best Dressed team" and "Best Named team". They also enhanced the value to the sponsors by acknowledging their logos on placemats. "To this day I recall Tony Everitt, our main sponsor joining in the fun and festivities during the 2008 prize giving and refusing to hand over the prize to the winning team unless they sang 'Hark the herald angels sing'.. and when they did sing and everyone joined in, it was a special moment."

Robin and her innovative team feel a huge sense of achievement in raising significant funds for such a great cause. "That really is the motivation that keeps us all going."

Home and Family Counselling thanks Robin and her committee for helping provide much needed funds to ensure all clients have access to counselling when required.



Organisers of the Golf Tournament 2008 - 2010
From left Wendy Jeffrey, Jill Huston, Leonie Rainbow, Sally Rumbold,
Robin Yates, Di Mellor and Karen McNeill

Supporters Group News

ANNUAL WOMEN'S GOLF DAY

Friday 10 September 2010

The Annual Women's Golf Day was once again a rip roaring success raising \$23,495.00. Our warm thanks to the Golf Committee who organised such a wonderful day enjoyed by all.



The winning team : Seated, Carol Bearsley, Hillary Dodunski. Standing, Allison Odin, Pauline McLafferty

SPONSORS FOR TEES, AUCTION ITEMS, PRIZES & GOODS

Accent on Wine, Adorno, Allpress, Aotea Bakery, Art A Face Skin Science, Bayleys Remuera, BNZ, Bardebbs Family, Barfoot & Thompson, Beattie Matheson, Box@Home, Brumbys, Richard Buchanan & Co, RL Button & Co, Cable Bay Vineyards, Canopy Group, Cavit & Co, Cellini, Citta Design, Mickey Carolan, Convex Plastics, Lizzie Coote, Cuisine, Dawson's Catering, Delmaine, Dish Magazine, Dovecote, Fairfax Media, Farro Fresh Food, Sandra and George Foote, Forsyth Barr, Fullers, Garden Décor, Glengarry, Steph Gowan, GrandiFlora Flowers, Gubba Products, Pattie Hargrave,



The best dressed team : Santa's Chimney Sweepers: Mary Kelly, Marie Leggins, Mary Staples and Anne Heise

Hedgerow, Gill & Graham Hubble, Jack Lum & Co, Jazzprint Corporate, Jonathan Grant Galleries, KBB Music, Kate McLean Home Care, Lejose Fashion House, Leuschke Group, Craig and Lisa Lindberg, Living At Home, Market Kitchen & Bar, Mary Kelly Kilims, McDonalds, McNeill Family, Microdesk, Ray McVinnie & Associates, Nelson & Simich, New World Remuera, Nicola Keast Design, Obex Medical, Olette Hair Salon, Party Mad, Pascoes the Jewellers, Julie Paul, Perpetual Portfolio Management, Planhorse Systems, Plankwall Merchandising Systems, Pokeno Bacon, Poynter Agencies, David Rishworth, Linda Robert, Rosenfeld Kidson, Rub A Dub Car Wash, Sabato, Glenda Sloane, Andrew South, Jenny Smith, Spatial Beauty, Marie Taylor, The Aromatherapy Co, The Corporate Box, The Golf House, University of Auckland, Wheelers Bookshop, Zarbo Delicatessen & Cafe.

Upcoming Events

AN EVENING WITH JULIE LE CLERC

Wakatere Boating Club
Narrow Neck Beach, Devonport
Thursday 17 March 2011
6.00 pm - 8.30 pm

Don't miss this unique opportunity when award winning author, celebrity chef and food stylist Julie Le Clerc will share her secrets on how to dazzle your guests with stylishly presented food. Autographed cookbooks will be on sale. Tickets at \$50 will include wine, canapes and entry into a charity auction.

VISIT TO ZEALANDIA SCULPTURE GARDEN Mahurangi West Road, Warkworth Saturday 9 April 2011

Only 40 minutes away is 'Zealandia,' the exquisite sculpture garden established by Terry Stringer and this is where our next magical fundraiser will be held. Tickets at \$75 include the coach trip, guided tour of the Gallery and Enclosed Garden, a scrumptious morning tea and a chance to roam at your leisure.

CORPORATE CHARITY GOLF MURIWAI GOLF CLUB Thursday 5 May

This tournament will be an 18-hole 4-ball Ambrose competition played at the very popular Muriwai Golf Course. We are promoting corporate teams to 'call out' other businesses for a head-to-head golf challenge.

For more information and tickets to all upcoming events, please contact Petra Page at 630 8961 ext 3 or email her at petra.page@homeandfamily.org.nz

TAX REBATE ON YOUR DONATIONS

Don't forget that you can claim back 33% of all your donations to Home and Family Counselling. To make your claim, complete an IR 526 form, attach receipts and mail to IRD before 31st March.