

The happiest I've ever been!

When Sarah said "This is the happiest I have ever been for a long time" I took a second look at her. She did look radiant and I tried to comprehend the sadness that had been present through much of her life so far.

As Sarah shared her story, she painted vivid pictures of her traumatic childhood, teenage pregnancy, motherhood and the all-time-low she hit before she came for counselling.

Sarah's story also highlighted her courage and determination in grasping her "last chance for change" as she calls it by attending counselling faithfully and working with the tools that her counsellor gave her.

"Early this year I reached a state when I knew for sure that something needed to happen for me. I was almost at a point of no return and the only glimmer of hope I saw was in counselling.

A few months after my son was born, I realized that I had little feeling for him. I do not know the reasons for it –it may have been a combination of factors that led to it. My partner dropped out of touch when I fell pregnant and though my family took some convincing, they did support me through it. My mother has custody of four of her grandchildren (my brother's children). Their mother was drinking and using drugs when she

carried them and hence they have behavioural problems. I used to help my mother look after them for 4 years. It was draining.

But the one deciding factor why I knew I needed counselling was the memories of my own childhood. My father had been an alcoholic. He was never really present for me as a parent. I started drinking at the age of 14, became pregnant at 18 and I could see that I was following the same pattern and exposing my son to the same cycle of neglect. I knew for sure even at the most depressed of times that I was not going to let that happen ... that's when I decided I needed counselling.



* MODELS USED IN PHOTO

After my first session at Home and Family Counselling, I knew Christine was the right counsellor for me. We worked together for 6 months, dealing with my issues of self esteem, anger, alcoholism and most importantly 'trust'. Learning to trust was a big part of continuing counselling. I had huge issues with trust that interfered with my relationships in the past. I always

destroyed my relationships in one way or another as I was petrified of being hurt. I would hurt others before they got the chance to hurt me. Through counselling I learnt more about myself. I was able to open myself up to people, start healing relationships with family and start to trust others in relationships.

I also learnt to voice my emotions. I was used to tiptoeing around the house as a child. I had conditioned myself to suppress my feelings, usually ending with outbursts that were devastating. During counselling I learnt to handle my emotions and express myself in time before I reached the stage of an outburst. I have started weaning off antidepressants and am no longer using alcohol as a coping mechanism.

I know I love my son to bits and I am certain I will now be the parent I have always dreamed I would be.

I have a focus in my life again. I have had the courage to talk to my father about his alcoholic behaviour and he has quit drinking. I am working towards taking up a job next year ... I want to also complete my education.

Like I said I have never been as happy in my life before as I am today... and its all due to the work I was able to put in as a result of what I learned at counselling."

From the Executive Director



Mary Gray

Client numbers built up earlier in the year with the economic situation creating stresses in peoples lives. Our waiting lists grew markedly. However we gradually acomodated these clients and waiting times are back to a more usual 2 - 3 weeks.

Our fundraising events have felt the impacts of the economic downturn with people being more restrained in their support of our fundraising events. Trust funding has also shrunk, with some Trusts giving us less and some unable to support us for the future. However we have been very fortunate to have received very generous support from the new government Community Response fund. Our Mt Eden and North Shore services received \$50,000 each additional funding, in recognition of increased client referrals and of the Trust funding shortfall we were facing. This is enabling us to increase our client hours on the North Shore in the New Year.

We are also expanding our fundraiser capacity to enable us to build a wider funding base, which can support further extension of our services. You will hear more of this at our Reunion luncheon in March!

Celebration Reunion

It's 30 years since Home and Family Counselling launched its 'Family Line' telephone counselling services. Join us to celebrate this anniversary and remember some of the other highlights of the interim years... moving to Mt Eden Road, growing our counselling service since, supporting the start of Tough Love and Shakti Asian Women's Counselling Services, outreach counselling in women's refuges, our supporters' group wonderful fundraising cocktail parties & golf tournaments, North Shore service opening and our new look ... the list goes on.

We are arranging a Celebration Reunion on March 27 and 28th to honour the people who have worked for and supported Home and Family during the past years. You are all invited.

REUNION WEEKEND PROGRAMME 27 & 28 MARCH 2010 OPEN DAYS – morning or afternoon teas available

North Shore Saturday 27 March
1.00 pm – 4.00 pm.

- Our 6 years on the Shore - photos and stories.
- Meet our counsellors.
- View our new premises including recently outfitted Community Meeting room.

Mt Eden Sunday 28 March
9.30 am- 12.30pm

- Photos and stories
- 30 years since 'Family Line' and the volunteer telephone counsellors
- 20 years since we moved to Mt Eden
- Meet our counsellors
- Changes to our premises

CELEBRATION REUNION LUNCHEON

Sunday 28 March 1.00- 4.00 pm. Venue: Sorrento in the Park, One Tree Hill.

Cost \$48 (Early bird \$42 for bookings before 17 February 2010)

- Exciting programme of glimpses of our past, present and future
- Delicious food and wine.
- Professional photographer on hand to take group photos

Registration forms will be mailed out mid January or can be downloaded from our Reunion website from December. Go to www.homeandfamily.org.nz and click on link.

LEAVE YOUR STAMP ON THE FUTURE

Only through the wonderful gift of a bequest from an estate we were 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 can also leave a lasting gift.

Contact Petra Page our Funding Coordinator for more details at 630 8961 ext 3.

Congratulations Shelley On Your Pioneering Work

Shelley Anderson, counsellor and manager of our North Shore Office recently completed a one year pilot project to provide therapy and support to 6 families in which one or both parents were receiving treatment from one of the local mental health services. Barbara Staniforth of Massey University evaluated the outcomes.

PROJECT FINDINGS

The most significant findings were:

- The mental health of parents improved and there were no hospital admissions of parents throughout their time in the project.
- Several were discharged before the end of the project duration.
- Families were successful for the

most part in achieving the goals they had set for themselves sheet as part of their counselling work.

POST STUDY RECOMMENDATIONS

- More awareness is needed in terms of the number of children who have parents with mental health issues. This could be facilitated by a routine question asking parents about their children upon admission to a mental health service or inpatient unit.
- There was evidence of further support being needed for partners of parents who have a mental illness.
- There needs to be better liaison between Child Youth and Family Services (CYFS) and Mental Health Services regarding needs of



Shelley Anderson

children and parents.

- Intervention with families would best occur at the earliest possible time, following involvement with a mental health service.

The report and recommendations have been sent to the Waitemata and Auckland District Health Boards as well as the Mental Health Foundation.

Our Bouquet Of Thanks

Our bouquet of thanks is warmly extended to the Mt Eden Supporters Group chaired by Marian Cornwell from 2002 to 2004. This group organized some brilliant and outstanding events to raise funds for Home and Family Counselling.

Memorable events included Cocktails and Classics held at John Fernyhough's Classic Car Museum, Cocktails with Prestige at the Giltrap Prestige showrooms and the Annual Ladies Golf Day at Onewhero golf club which continues to be a very popular event.

Trish steered the team following Marian and produced some wonderful costumes for the Fables St Patricks Cocktail Party. Pam and Lindy did a sterling job and kept the finances in order for several years. Judy and Pam were the movie buffs and Jan Hope has continued this role. Penny kept everyone up to the mark with minutes of the



Left to right: Back row, Marian Cornwell, Lindy Knight, Di Button, Trish Jackson, Linda Stevens, Christine White
Front row: Isabella Tedcastle, Pam Stormont, Judy Cameron, Jan Meldrum, Jocelyn Henry, Elizabeth Collins (absent: Penny Blundell and Jan Hope)

meetings and organizing catering. All functions were also well supported by Di, Isabella and Jocelyn. Christine ran the Ladies Golf, paving the way for additional fundraising with hole sponsorships. Linda and Mary took over the reins after her and continued this good work. Jan Meldrum continues to lend her weight to the Ladies golf tournament. Elizabeth also continues

her support for cocktail events. Special mention is to be made of the husbands of our committee members who gave a tremendous boost to the evening functions by their presence and assistance.

We extend our warm thanks to the team for their wonderful fundraising efforts which has supported our work.

Supporters Group News

AN EVENING OF ELEGANCE, SEPTEMBER 17, 2009

Guests thoroughly enjoyed the fun, fashion and fabulous cars of this fundraising event held on the North Shore in September. Phoenix Rose Boutique presented a fashion show of stylish and trendy outfits in the spacious showrooms of Jerry Clayton BMW in Takapuna.



From left, Liz Gillette of Phoenix Rose with guests enjoying the delicious canapés offered by Ruth Patterson of North Shore fundraising committee

The organising committee outdid themselves providing tasteful canapés to the appreciative guests. An exhibition of tango and salsa dancing enhanced the evening. The event culminated in a very lively and well supported charity auction. The evening raised a valuable \$9410 for the North Shore counselling service.



From left, Liz Jewell, Janet Drummond, Margaret Toon, Ruth Patterson, Willie Poynter, Phyl Humphries, Petra Page, Anne Hargreaves

OUR WARM THANKS TO

Rose, Liz and Adele of Phoenix Rose for presenting an exciting fashion show, our venue sponsor Jerry Clayton BMW, Takapuna and our wonderful auctioneer, Robert Tulp from Harcourts, Glenfield.

Our appreciation to the following sponsors who made this event possible: Montana Wines, Ika Lodge, Anya Godwin, Earth Angel, Flowers on Onewa, Hartcourts Milford, Jill Huston, Kinetic Recruitment, Latin Fever, Me Ja Lee, Me Salon, New Zealand King Salmon, Pak'n Save, Poynter Agencies, Rockburn Wines, Super Liquor Glenfield, The Mad Butcher, Vanessa Wilson & Hernan Macedra, Virginia Hewin.

MT EDEN MOVIE EVENING OCTOBER 12, 2009

The highly rated movie 'An Education' was an intriguing and engrossing movie experience. Guests thoroughly enjoyed the evening at the Rialto Cinema Newmarket. Warm thanks to all who attended this fundraising event. Special thanks to our generous sponsors Sabato and Streets Ice cream.

Upcoming Events

ANNUAL WOMEN'S GOLF TOURNAMENT

30 NOVEMBER 2009

This ever-popular tournament is being held at the Onewhero Golf Club just 40 minutes south of Auckland. This event welcomes teams of four players. With overwhelming support from the many Tee sponsors it promises to be a day of fun, sun, great prizes, raffles and auction.

Entry fee of \$75 per player includes lunch. For enquiries please call Robin Yates at 520 2884 or rsyates@plankwall.co.nz

QUILT RAFFLE - A DELIGHTFUL CHRISTMAS GIFT



We are thrilled to raffle a stunning queen size quilt with two matching pillow covers generously donated by Cecily Patterson of More Quilters of Napier.

Tickets only \$ 2.00 each and available now at reception at our offices at Mt Eden and North Shore.

Draw will take place on December 21 and the quilt will be posted to the winner just in time for Christmas!

HELP US SELL MORE

Could you help us by selling these raffle tickets to your friends, work colleagues and family? Please contact Ruth Patterson at 09 476 4446 or 021 633 939 or email ruth@earthangel.co.nz to pick up a raffle sheet.