

A mother and daughter's counselling journey

"My daughter Bella (15) has always been strong willed, a risk taker and a little rebellious. The serious rebellion kicked in with truancy. Bella had been arriving at school late almost everyday. When Bella began skipping classes in the middle of the day the school counsellor believed that she might be suffering from depression. After some counselling at the Kari Centre it was determined that she was not depressed. This left me with the question "why was Bella being truant?"

Bella began sneaking out in the middle of the night. I panicked. While on the phone with the police - Bella just walked in through the front door as if nothing was wrong. The next day I was on the phone to Home and Family Counselling. It would be a month before an appointment became available. In that interim Bella continued to sneak out of the house at night, putting herself in ever increasing danger, not caring about the consequences.

Previously harmless teenage outbursts became violent attacks at everyone in our family.

I couldn't sleep. As far as she was concerned, Bella didn't have a family. I had reduced my working hours to supervise Bella's attendance to and from school. My sons Alex (17) and Jack (14) had become so frustrated that they were just waiting for something bad to happen.



" MY DAUGHTER BEGAN SNEAKING OUT IN THE MIDDLE OF THE NIGHT..... "

If one more thing went wrong I would have given up completely.

But I knew that Bella had not come to this space all by herself and that working through this was more than I could handle alone.

At the first day with the Home and Family Counselling appointment I felt anxious. I had been a child of violence, a daughter of abuse, a ward of the state and not accustomed to trusting anyone, but the counsellor, Anya put me at ease. After conveying my relationship with Bella, my fears for her safety and the pressures this had all placed upon our family, Anya

discussed a plan to begin sessions with Bella and myself.

I wasn't sure if Bella would be cooperative but she was happy to return for weekly appointments.

We needed a clear head to mediate between us, and that was what Anya did. She helped me to put into clearer focus where things had gone off track and why.

I could see that at counselling, Bella had been learning ways to curb her outbursts. We weren't always successful, but we kept trying.

This time last year, I would have said that we were losing Bella and had no idea how to get her back. Now I can say that life is better, and we are taking it one day at a time. I can say that Bella is no longer truant. Bella is spending more time with the family talking and laughing over the silliest of things.

Though it is winter outside, inside spring has come early with only the occasional overcast day.

That works for me. And I am happy to say that it is working for our family also."

From the Executive Director



Mary Gray

Counselling Awareness Week was once again a great opportunity to publicise the wonderful results that clients can achieve with counselling support. Some of our clients' stories were featured in the suburban newspapers and our counsellors also had articles appear in several publications, including the national 'Tots to teens'. Shelley featured on

two TV morning shows and Peter on talkback radio A marvellous effort to reach out to the public with our message of 'it's better to talk'.

Client numbers have built up as individuals and families come under stress with the harder economic times. At the same time donations are down, so that we are needing to keep a close eye on the budget. Greater efforts are going into seeking out Trust funding sources and investigate other funding opportunities. We continue to be thankful for the loyal support we receive from our regular donors and welcome new donors and event supporters.

An opportunity to connect with past members and supporters is coming

up in our Reunion Weekend in March 2010 and we wish to enlist your help to enable us to reach as many of these as we can.

ANNUAL GENERAL MEETING

Showcasing our counselling stories

Thursday 20 August

5.30 - 7.00 pm

Drinks & Savouries

St Lukes Lounge

130 Remuera Road

Come and bring a friend

CAN YOU PUT US IN TOUCH?

Below is a list of former staff and supporters whom we have lost contact with. We are very keen to tell them about our upcoming Reunion in March 2010. Please send us their contact details or let them know that we are keen to hear from them. Thank you for your help.

Julie Abbott	Sylvia Gregory	Kay Moffett
Carol Amos	Jenny Grouby	Ann Newbold
Zita Bateman	Erin Hale	Glenys Oliver
Ra Biddle	Peter Hancock	Betty Ringiao
Sheryl Bourke	Joyce Howie	Keith Rogers
Susanna Brobyn	Pamela Johnson	Michelle Schick
Michael Buckenham	Terry Kennaway	Bob Sharpe
Ruth Buckenham	Merle Kennerley	Cheryl Smith
Alice Crosbie	Allison Mann	Ann Sturgess
Vicki Cullen	Doreen Marsh	Wendy Talbot
Jules Fenwick	Pat McConville	Glen Weir
Ingrid Ferman	Cher Megson	Julie Wornell

Reunion Weekend 27 & 28 March 2010

Its all go for a grand reunion of former staff, volunteers and supporters of Home and Family! We plan to showcase our work and the changes over the years, along with our exciting plans for the future.

Events will centre around open days at both our offices and a Sunday luncheon and will be open to all past and present supporters.

SO MARK YOUR DIARIES NOW!

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.

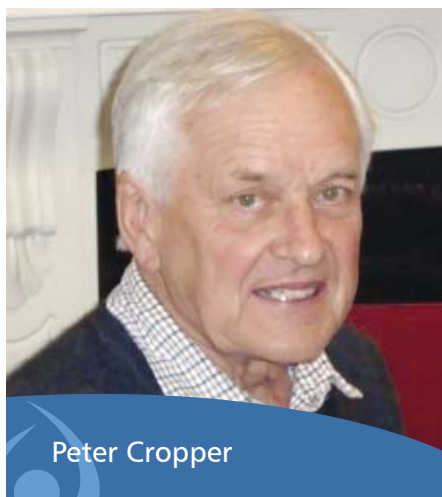
Contact Petra Page our Funding Coordinator for more details at 630 8961 ext 3.

Our Bouquet Of Thanks

Having lost his father when he was young and spent years in boarding school, 'family' has meant a lot to Peter as an adult. "When I retired, I was looking for something worthwhile to do," says Peter. "The opportunity to support Home and Family Counselling was the worthy cause that hit home for me when Jon Ibbotson in 2000 asked me to join him.

Jon Ibbotson was an Executive Committee member from 1998 to 2003. Having himself contributed to this organisation, his introduction of Peter Cropper to Home and Family Counselling was a great benefit in several ways.

Peter was actively involved as an Executive Committee member till 2006 and he also convened the marketing committee. "During these



Peter Cropper

years, the Executive Committee consciously shifted its strategic focus to increasing income for the agency. We realized that though it was a 'not for profit agency' it was essential to have sufficient funds to enable continued service to the community.

A significant contribution Peter

made was in introducing Rosie Horton and Pat Wright to the agency. With their expertise, they were able to nudge the agency on its way to a change of image.

"I have really enjoyed meeting the people I worked with here, especially Bruce (ex chair) and Mary (executive director)".

Though Peter is no longer an Executive Committee member, he continues to play a very active role in fundraising events and is brilliant at selling movie tickets. He has been a committee member for the past two years of the Corporate Golf Day, an increasingly popular fundraising event.

Peter is now involved in being a "Big Buddy" to a 10 year old boy and is enjoying this commitment hugely.

Counselling Awareness Week

Increasing support for Counselling Awareness Week initiated by Home and Family Counselling was evident at Sorrento in the Park on May 22nd when Minister for Social Development and Employment Paula Bennett addressed an audience of 171 supporters and professionals from all major counselling agencies at a breakfast celebration.

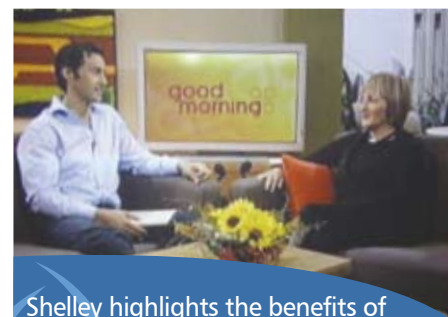
She applauded the role of community services and acknowledged the importance of counselling for the

well being and mental health of New Zealanders.

Shelley Anderson, counsellor and Manager of North Shore Home and Family Counselling launched the week on Sunrise on TV 3 as well as on the Good Morning Show on TV One. She highlighted the benefits of counselling in trying economic situations.

Auckland, Manukau and North Shore Libraries extended the scope of the

week by running a T-Shirt Designing Competition. The tally of entries as we go into print is encouraging and its great to see community involvement growing during the week.



Shelley highlights the benefits of counselling to Brendon Pongia on the Good Morning Show (TV1)



From left Anya Godwin, Mary Gray, Paula Bennett, Sam Fairhall (our chair), Loren Bolton & E Bruce Smith at the breakfast celebration



Shelley speaking to Oliver Driver and Carly Flynn on Sunrise (TV3)

Supporters Group News

AN EVENING AT RANNOCH
MARCH 4 2009



Janet and David Horton, Di and Peter Mellor and Sylvia Rishworth

The guests to this exclusive fundraiser were delighted to view the James Wallace art collection, the largest private collection in New Zealand. They were enthralled to view the works in the sculpture forest and the marvellous artwork inside Rannoch.

CORPORATE GOLF DAY
APRIL 23 2009



Gordon Shute, Jeff Skipper, Peter Cropper and Mary Gray

This fun filled Golf Tournament teed off at The Grange in Papatōetoe. The team from Kinetic Recruitment helped at the busy registration counter. Twenty teams vied for the newly initiated Home and Family Counselling Shield sponsored by Hawkins Construction which was eventually won by Gordon Shute and his Airco team.

Golf Manager Jeff 'Skippy' Skipper played the part of auctioneer raising

The organising committee out-did themselves in their culinary skills with delightful hors - d'oeuvres. Our special thanks to them. We couldn't have done it without you!

Guests also tasted a lovely selection of wines from Crossroads Winery and The Crossings. Entertainers Grant Chilcott and The Grammarphone Jazz Quintet created a warm ambience. A lively charity auction was conducted by Phil Hayes of Bayleys Real Estate. The evening raised \$10,500 towards providing counselling for couples.

OUR WARM THANKS TO

James Wallace and The James Wallace Arts Trust for the use of this wonderful venue Rannoch and the following sponsors of auction items and other donations. Adam Design Studio, Altar Cafe, Bayleys Real Estate, Clarins,

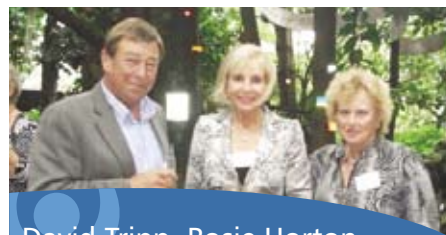


Scott Yates, Carol White and Robin Yates

valuable additional dollars for Home and Family. The tournament raised over \$ 16,000 gross. Special thanks to Nicki Gee and Tracey Standing of Hawkins for their wonderful input.

OUR SINCERE THANKS TO THE FOLLOWING HOLE SPONSORS AND PRIZE SPONSORS

Altar Cafe, Brookfield Multiplex, Colliers International, Dean Lonegan Events, Gen - 1, Hirepool. House of Travel Milford, HRV, Jeff Skipper, Langham Hotel, Mainzeal Construction, Peter Cropper, PlaceMakers, Premier Bacon, Quest Carlow Park, Safeworx, Signature Homes, SkyCity, Smith & Davies Limited, Sporting Contacts, Vector Arena, Vodafone.



David Tripp, Rosie Horton and Martha Tripp



Carol Herdson, Robin Yates, and Marian Cornwell.

Crossroads Winery and The Crossings, Fracture Media Syndicate, Lion Nathan, New World Remuera, Robin Yates, Parnell Tennis Club, Phil Hayes, Telecom, The Diamond Shop, The Lost Spring, entertainers Grant Chilcott and Val Leemon and The Grammarphone Jazz Quintet.

Upcoming Events

AN EVENING OF ELEGANCE
SEPTEMBER 17, 2009
6.00 PM ONWARDS

The North Shore Committee is busy planning an exciting fundraiser to be held in the Jerry Clayton BMW showrooms in Takapuna. It will feature an exquisite women's fashion collection from Phoenix Rose of Takapuna set amidst luxury cars.

Tickets at \$50 will include champagne, wine and a finger food followed by a charity auction.

Please contact Petra Page at 630 8961 - Ext 3 for information regarding this unique fundraiser.