

## My Counsellor understood my desperation and fear

She fled with her 10 year old son from Christchurch to Auckland one night and put a distance of many miles between them and her husband. But to Gita\*, the distance will never seem enough.

Gita was fleeing from her memories and hurt of a married life of 18 years that had unpredictably turned violent. She was haunted by vivid nightmares of what she had gone through and disbelief about the turn of events. She didn't know how to deal with her emotions.

**It was only through counselling that she found peace within herself, the ability to forget and the courage to move on and make a new life for herself and her son in Auckland.**

"I was young and naïve when I got married and arrived in New Zealand," recalls Gita. "Everything seemed perfect to me. My husband had a great job and my in-laws who I was staying with as is the norm in many Indian families were on hand to help.

18 years is a long time. I thought I knew my husband well. He has always been quite uncommunicative and perhaps that is why I never knew what he was thinking. Maybe he had bottled up his feelings and one day it erupted into violence at the slightest provocation. It took me by surprise that

he could be physically violent. I consoled myself, thinking it could have been a one off.

It caught me by surprise when he hit me again three months later. This time I was so badly beaten



Counsellor Muriel Castelino

up that I had to see a doctor. I was in emotional and physical shock. My doctor advised me to approach the police and make a complaint but I wasn't ready to do so. It was a huge cultural 'no no' as he was the father of my son. My son was witnessing the violence and my own self esteem was getting to be so low that I felt if I didn't get out soon, I might just believe that I deserved this. That's when I decided that running away was the only alternative I had.

I planned my escape meticulously. My sister lived in Auckland, but even speaking to her in privacy on the telephone was difficult. Finding a way to actually pack my things and leave with my son was tough. On reaching Auckland I stayed with

my sister for a couple of days and then sought a protection order.

This fortunately also resulted in counselling which I feel was one of the best things that happened to me.

**Counselling at Home and Family has truly given me a new lease in life.**

I am no longer fearful of my husband and have the courage to convey my decision and reason to leave him. I am stronger in myself and have started planning for the future. I am planning to start my own business.

**Having a culturally sensitive counsellor meant a lot to me.**

Muriel understood my desperation and fear and helped me deal with them. My son also attended counselling. He had issues of anger regarding the violence and separation and problems of insecurity having moved schools and his home. He has learnt to deal with his thoughts and feelings and is now enjoying school with his new friends.

For me, the challenge before counselling was coping with 'Why me, and why now after so long' and 'Where to from here?' I now have a focus, direction and the ability to take tackle life with courage and good cheer."

\*name changed

# From the Executive Director



Mary Gray

Reflecting on the many years that Home and Family has provided services to Auckland citizens naturally brings to mind the very many people who have contributed to the provision of these services during those 117 years. We are very keen to bring together as many of you who have contributed to the life of Home and Family as we can.

Our Celebration Reunion promises opportunities to reconnect and remember the people, work and fun of some of the more recent years. Our open days will have displays and photographs to jog memories; our luncheon will feature reminiscences, but more importantly provide a chance for people to reconnect with friends and colleagues from the past as well as hear about the exciting plans for our future.

Do check our website for details or give us a call, and join us to celebrate our notable past work and people.

## BECROFT COMMUNITY ROOMS

We are thrilled to announce that Genevieve Becroft has agreed to formally inaugurate the new Community Rooms at our North Shore office on February 25 at 4.00 pm. We are naming these rooms the 'Becroft Rooms' to acknowledge the loyal support we have received from David and Genevieve Becroft for our North Shore services since they began.

The rooms are suitable for training, family conferences or other meetings. Do pass on the news about this new venue for hire to friends and colleagues.

## TAX REBATE ON YOUR DONATIONS

Don't forget that now both individuals and companies can claim back 33 % of all donations to Home and Family Counselling right up to the total value of their taxable income. To make a claim, complete an IR 526 form, attach your Home and Family Counselling receipts and mail to IRD before March 31, 2010.

## REMINISCENCES

Thank you to those who have sent in some wonderful reminiscences for the Celebration Reunion.

### SOME EXCERPTS

.....I recall in 1980 the serious financial crisis that brought Home & Family to the verge of closing forever. The AGM in November 1980, chaired by our President, Mayor of Auckland, Colin Kay, About 100 people attended, financial problems were aired and old style executive management condemned. It was a long and bitter confrontation.

From this crisis a new team and philosophy emerged, with only a few dollars in the bank and rent free accommodation offered by the Methodist Mission, the renewed Home and Family started again as a team.....  
'Memories' from Marian Owen

.....I remember the kids sleeping rough in the shell of an old building over the road and the girls who washed their hair in the handbasins in our toilets. I heard that some of the boys who came over to use our toilets had knives in their socks. We were told to keep an eye on them all the time and we had an emergency button to get help from the Mission upstairs if we felt threatened by anyone who came into our office when we were alone. ....

I remember' from Bev Mullan

[VIEW FULL REMINISCENCES ONLINE](#)

## 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

As much as our Celebration Reunion is meant to be a time for our supporters and donors to reconnect, it is an opportunity for Home and Family to acknowledge and honour those who have walked with us on our journey for the past 117 years.

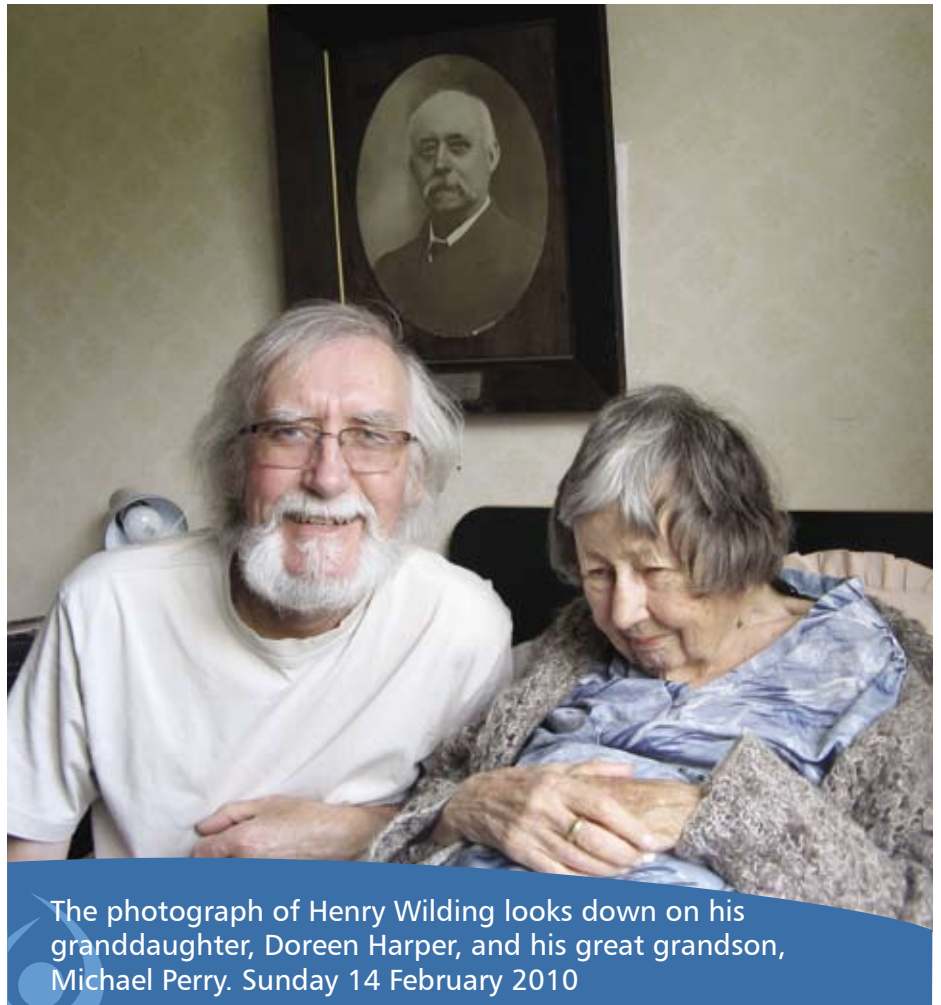
Our bouquet of thanks is dedicated to Doreen Harper and Michael Perry who have continued the legacy of involvement of the Wilding family with the affairs of Home and Family through the years. We are delighted to share with you their thoughts and memories.

Doreen, Henry Wilding's granddaughter has been a Vice President of Home and Family since 1980. She also performed a more active role as a member of the Executive Committee from 1984 to 2002 .

“My early memories of association with Home and Family were of the time when the Society used to hand out food parcels to those in need,” she recalls. “When we moved over to counselling, we felt it was a big leap .

I have always been proud of the fact that my grandfather founded the Society that helped so many in need,” says Doreen. “I respect his foresight and loved every bit of my association with the agency. I have fond memories of working with Pat Gilberd”.

Michael's first involvement with the Society was attending the Garden Party at Government House to mark the 110th celebration in the summer of 1993. “Some years later, in 2003, I was invited to join the then Executive



The photograph of Henry Wilding looks down on his granddaughter, Doreen Harper, and his great grandson, Michael Perry. Sunday 14 February 2010

Committee.” Michael is currently the Minutes Secretary for the Board.

“As the years pass, my experience of the Society's work shows how important counselling is in the community. I am overwhelmed by the plight in which some people find themselves, and it is gratifying to know we can help relieve their distress to some extent.

I care about social conditions, and that historically Home and Family has advocated for issues of equality and protection of the vulnerable. I find my involvement with Home and Family Counselling very worthwhile.

“I feel the responsibility as a

member of the Wilding family, to ensure the continuing viability of the organization and to continue its tradition of charitable good work. I get quiet satisfaction in knowing that my family's involvement with Home and Family is ongoing.

I hope to continue the legacy of involvement with Home and Family Counselling. My two children are members and I am sure as time goes on, they will become more involved.

My goal is to ensure that the Society continues to offer assistance to people from all walks of life, a lobby for social change, and that we monitor and comment on social issues.”

# Supporters Group News

## ANNUAL WOMEN'S GOLF TOURNAMENT

30 NOVEMBER 2009

Not even the rain could dampen the spirits of the players and organisers of this fun annual event at Onewhero Golf Club. All of the 128 players sportingly dressed in the Christmas theme gave the day a truly festive feel. A record total of \$25,092 was raised in spite of the economic climate, which highlights the sterling efforts and commitment of the organising committee and sponsors towards our cause. All proceeds raised will go towards providing counselling for families in need.

## OUR WONDERFUL SPONSORS FOR TEES, AUCTION, PRIZES AND GOODS

Accent on Wine, Allpress, Aotea Bakery, Art A Face Skin Science, Barfoot & Thompson, Bardebbs Family, BNZ, Bishop Head Wines, R L Button & Co, Box @Home, Richard Buchanan & Co, Brumby's, Cable Bay Vineyards, Canopy Group Ltd, Cellini, Citta Design, City Golf, Convex Plastics, John Croskery-Intergolf NZ, Cuisine, Delmaine, Dymocks, Fairfax Media, Farro Fresh Food, Forsyth Barr, Sandra & George Foote, Fullers, Golf Warehouse, Good Water Co, Golf Works, Garden Décor, Guardians NZ, Gubba

Products, Hedgerow, Hide & Chic, Jonathan Grant Galleries, Kate McLean Home Care, KBB Music, Lejose Fashion House, Leuschke Group, Jack Lum & Co, Mary Kelly Kilims, McDonalds (Grange Investments), Karen & Bruce McNeill, Market Kitchen & Bar, Maxwells Golf Retreat, Ray McVinnie & Associates, Peter Mellor, Mint Kitchen, Microdesk, Mitzi Hansen Harcourts, Nelson & Simich, Nest, New World Remuera, NKD Design, Nutritech International, Obex Medical Limited, Olette, Parker & Hedley, Pascoes the

Jewellers, Julie Paul, Photo Remuera, Planhorse Systems Ltd, Plankwall Home Storage, Pokeno Bacon, Poppies Remuera, Poynter Agencies Ltd, David Rainbow, Rosenfeld Kidson Ltd, Rub A Dub Car Wash, Sabato, Sarah Priddy Nails, Simply Flowers on Benson, Scanz Technologies, Wendy Staines, Jenny Smith, Richard Taylor, The Aromatherapy Co, The Bay Tree, The Christmas Store, The Golf House, Thorlos, Treasa Greene, Tuberose, University of Auckland, Walker & Hall, NB & DL Young, Zarbo Delicatessen & Café.



The winning team. From left Mary Pope, Helen Whitcher, Rosie Switzer, Noleen Wigg with sponsor Kay Maxwell

## Upcoming Events

### CORPORATE CHARITY GOLF DAY

Thursday 29 April  
Muriwai Golf Club

This annual event now in its fourth year is gaining increasing support from players and sponsors alike. We look forward to hosting the event at this picturesque golf course. The entry fee of \$75 per person will cover green fees, finger food and player

goodie bag. A charity auction will conclude the evening.

Sponsors, publicise your company with a Hole Sponsorship of only \$200!

To register or sponsor, please contact Petra Page on 630 8961 ext 3 or email [petra.page@homeandfamily.org.nz](mailto:petra.page@homeandfamily.org.nz)

### VISIT TO ALAN GIBBS FARM & SCULPTURE PARK

Friday 16 April

Very limited seats are available for this coach trip leaving at 11.00 am to the exclusive sculpture park on Kaipara Harbour. Tickets are \$150, which includes the coach fare, delicious luncheon and the opportunity to view this wonderful collection at your leisure. Please contact Petra Page at 630 8961 ext 3 for more details.

### YOUR MEMBERSHIP IS IMPORTANT TO US!

As a subscribing member you receive an Annual Report, vote at our AGM and are eligible to join our board, thereby assisting us with your valuable input. Subscriptions are \$10 for individuals and \$20 for families. Subscriptions for the year 1st April 2010 to 31st March 2011 are now open. Contact Petra Page on 630 8961 extension 3 or email [petra.page@homeandfamily.org.nz](mailto:petra.page@homeandfamily.org.nz)