

Let's Talk

July 2010

Home&Family
Counselling
Newsletter



I can see the road ahead better now....

In the summer of 2008 Chris* was made redundant from the job he loved at the bank.

And while it was warm, sunny and bright outside, Chris suddenly slid into a world of desperation that was cold, wintry and dark.

“You can never imagine what being made redundant does to a man unless you’ve been there. You can’t see the road ahead of you.” says Chris.

“I felt shattered and worthless. I took the next job that came along, just to make ends meet, but it was a huge mistake. I was in a position that made me feel inadequate. From being independent in my position when at the bank, here I was in a job where I had to refer to a script when talking to a client. My self-esteem was so low, it affected my behaviour with my family and friends and I was in depression.” Six months later, he had spiralled

down and hit rock bottom. “I contemplated suicide and had a nervous breakdown,” he recalls. “I ended up in a mental health clinic and then was at a respite home for a week. I was referred to Home and Family for counselling.”

“As is the case with any learning the main hurdle is passed when you come for counselling with a will and determination to be in a better place. Counselling has been for me learning new ways of behaving. My life had a pattern.... whichever road I took it would end in a ditch. It was Jaqui, my counsellor, who made me aware of this and helped me change how I responded to situations. I started acting more positively.

Counselling does not change the world, it only changes the way in which you react to what’s happening. Within the first three sessions with Jaqui, my wife and friends started noticing the change in

me. I was positive and less frustrated. I had started the trudge back uphill. I left the job that was wearing me down so much and had the courage to take on something new – something different from a desk/office job which I had grown up thinking was the only way to make a living. I am a truck driver now and I enjoy being on the road.

I never knew what made me happy and what drove me to despair and unhappiness until I came for counselling.

I know now that being made redundant had nothing to do with me... it was my position that was being made redundant. My wife and I are happier than we have ever been before. I am confident that though I earn less than I would at an office job, our home has solid foundations of strong emotional bonds.”

*name changed

From the Executive Director



Mary Gray

WITHSTANDING THE RECESSION

The recession may be past for the business community but here in the not-for-profit sector it is hitting us harder than last year. Trust funding is proving very hard to come by and clients continue to increase the size of our waiting lists.

Our client story highlights the impact of the recession at a personal level – the devastating toll that being made redundant can take on a person and their family. Helping people like Chris deal with his depression and see a way forward in life is what Home and Family Counselling is all about.

PROACTIVE APPROACH

We are responding by taking a long rather than a short-term view, increasing services to contain client demand, which we foresee continuing to increase. We are reviewing our longer term fundraising strategies aiming for less reliance on Trust funding in the future.

FUTURE DEVELOPMENT – WHANGAPARAOA OFFICE

We have launched our Future Development fund and are pleased with the support that it has started to attract. One project to benefit from this fund is setting up a counselling office on the Whangaparaoa peninsula. After thorough research of the needs in this area, we are setting up services initially one day a week. As client demand and resources allow we expect to expand the hours. Our plan is to open this office by the end of July.

OUR CLIENTS

As we prepare the next annual report I am aware of the client facts and figures that most of you don't get to hear about as they usually only appear in the annual report.

In this past year our counsellors provided services to over 2,000 clients – men, women, teens, children, couples, families and teenage groups. We held 6,600 counselling sessions and 100 group sessions. Lots of valuable work that all who support us through their time and donations can feel that they contribute to!

BRING A FRIEND TO OUR 2010 AGM

We extend a warm invitation to all our readers to attend our AGM and to bring your partner or friend who may be interested in knowing more about us.

If you would like a written invitation to be sent to them, do ring me and I will arrange it for you.

ANNUAL GENERAL MEETING

Venue: St Lukes Lounge, 130 Remuera Road.

Date: Wednesday August 25 (Please note the change in date of our AGM).

Time: 5.30 pm to 7.00 pm.

Schedule: Canapes & drinks followed by AGM.

Guest Speaker: Edwina Pio

Edwina is a member of the Home and Family Counselling Board and is an Associate Professor at the Business School of AUT University, Auckland, NZ and Visiting Professor at Boston College, Massachusetts, USA.

She will be speaking about her new book 'Longing & Belonging' which explores the ethnic diversity of Aotearoa New Zealand today.

Edwina is a fantastic speaker and will offer insights into migrants, their heritage, employment, identity and cultures.

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.

Celebration Reunion

March 27 & 28

The Celebration Reunion was an occasion planned to acknowledge and thank our supporters, volunteers and staff, past and present as much as it was a time for reconnecting. The open day at Mt Eden was a great opportunity to browse through photographs and refresh memories of yesteryear.



Our warm thanks to Jo Lusk for her tireless efforts in compiling the photo display

We have had great feedback regarding the event and there are some marvellous photographs available on the 'Past Events' page at www.homeandfamily.org.nz. Viewing the video of the opening of the Mt Eden property (thanks to some great editing by Dave Mullan) brought back nostalgic memories.

To order this special video phone Dave Mullen at 09 402 8071.

Bev Mullen won the draw for 'Reminiscence Competition' and we thank all those who shared



From Left: Elizabeth Wright, Amanda Banks, Mary Gray, John Banks and Edwina Pio

their valuable memories with us.

Bob and Freda Narev shared the heartwarming story of the reason for their involvement with Home and Family Counselling with the media. We are grateful to the Reunion Committee for the hard work and effort put into planning and executing this very successful event.

Our Bouquet Of Thanks

Diana Fenwick was irrevocably committed to Home and Family Counselling after hearing Bronwyn Fletcher speak of how counselling enabled her to cope with her husband's death. The occasion was a luncheon hosted by Marian Owen and Pat Gilberd in 1994 as part of a campaign to raise \$300,000 for Home and Family Counselling.

The afternoon raised more than just money.....it laid the foundation for the Mt Eden Supporters Group, a pillar of support to raise funds for Home and Family Counselling and help people like Bronwyn face life after trauma.

"I was moved by her story and how counselling helped... and I knew this is where I could use my experience in profile - building and fundraising to really make a difference", says Diana. "So when Marian rang me as a follow up a

few days after the luncheon, I committed to getting involved."

Diana motivated the formation of a highly committed band of supporters and chaired the Mt Eden Supporters Group, raising more than \$30,000 in the first three years. "Fashion parades of yesteryear, lunches, film premieres and bridge days ...to name a few events that we organised were unique and highly successful events", says Diana.

"I've gained so much from my time volunteering with Home and Family. Being involved with so many good women volun-

teers made the journey so rewarding and though I am no longer on the Supporters Group given my other commitments, I continue to support Home and Family as much as I can."

"Helping organise the Celebration Reunion held in March this year was a great opportunity for me to reconnect my ties with the agency. I very much enjoyed catching up with people I have worked with previously."

Home and Family Counselling have benefitted hugely from Diana's professional experience and expertise and we value immensely the time she has taken from her very busy schedule to assist us in serving the community.



Diana Fenwick QSO

Supporters Group News

GIBBS FARM & SCULPTURE PARK

The visit to the Gibbs Farm & Sculpture Park at Kaipara was an unforgettable experience for those who were privileged to go.

Specially created for the sites the sculptures were outstanding. To view the artworks log on to www.homeandfamily.org.nz and follow the link to our Past Events page.

The day raised over \$9,000 and all proceeds will go towards counselling services.

The guests enjoyed a scrumptious lunch and afternoon tea prepared by the hard working committee.



From Left: Diane Howe, Sarah Andrews, Rosita Francevic, Russell and Gaye Toplis

Our sincere thanks go to Jo Connor, Linda Charlebois, Elizabeth Collins, Barbara Fava, Kathryn Sinclair, Gaye Toplis and Christine White for their outstanding effort.

Warm thanks to our sponsors of this event : Artist Helena Blair, Brick Bay Sculpture Trail, Gordon



From Left : Ross & Liz Jewell, Linda Charlebois and Bruce Connor

Harris, KC Loo Fruitcentre, Maxwell & Williams, Mt Eden Village Fish Shop, Ross's Super Meat Store, Russell Toplis, Wentforth Design & Print, Waiwera Water NZ, Wild Wheat Ltd.

NORTH SHORE MOVIE

'The Last Station' was a gripping account of the last year in the life of the great Russian novelist Count Leo Tolstoy. The acting, costumes and cinematography was superb.

The movie was well attended, raising over \$1,800.

CORPORATE CHARITY GOLF DAY

Brilliant sunshine greeted the players at the Annual Home and Family Counselling Charity Golf Day 2010 on the scenic course at Muriwai. Nineteen teams entered the competition for the Hawkins Shield which was appropriately won by Clive Smith, Greg Ward, Craig Stokes and Chris Fields of the Hawkins team. The day raised \$12,238.

Our thanks goes out to Hawkins Construction, Airco Service and Safe who have been proud sponsors of this day for the past 4 years. Thanks also to the following sponsors and prize sponsors who made this event a success.



Altar Cafe, Bella Rakha Retreat Centre, Bunnings Warehouse, Colliers International, Dominion Constructors, Eden Foods, Fraser Cars, Fusion Electronics Ltd, Gen-I, Harcourts, Hirepool, HRV, Hubbard Foods, Hugh Green Group, Ian Hunt Floorings, Kinetic Recruitment, Liquorland Mt Eden, Maltbys, Muriwai Golf Club, PlaceMakers, Planhorse Systems Ltd, Richard Burton, Signature Homes, Smith & Davies Limited, Tasca Dominion Road, Temperzone Ltd.

Upcoming Events

ANNUAL WOMEN'S GOLF TOURNAMENT
MONDAY 29 NOVEMBER 2010

This popular event is being held once again at the Onewhero Golf Club. Invitations and details will be sent out later, but please do diarise the date in your calendar.

100% of funds raised from these events is spent on providing counselling services. This vital source of support allows us to continue to be "affordable and available for anyone who walks in through the door". Thank you for your support in organising, promoting and attending these events.