

Bringing New Hope

Anne has been working as a counsellor at Home and Family Counselling since 1996 and is the counselling team leader at Mt Eden. Anne believes counselling can offer people powerful ways of moving forward through difficult times, enabling them to gain inner strength, learn new skills and generate change.

We feature her work.

WORKING WITH DAVID AND STACEY

David and Stacey first came to counselling in a last effort to save their marriage. They told me their four year relationship had become increasingly difficult and Stacey had moved out a week ago. Counselling was a very new situation for them and they were unsure how it might help, but both were willing to give it a try. Stacey, a quietly spoken young woman, looked at me calmly as she spoke of her growing self confidence and her new determination to be treated respectfully. She said she cared about David, but at this stage she wondered if he was offering 'too little, too late'. Right now, what she needed was some 'space'. David was very distressed. He spoke nervously of his regret at some of the ways he had behaved and his bewilderment at the changes Stacey was reporting in herself. David said he was falling to pieces and would do anything to have Stacey back.

By the end of our first meeting, David and Stacey had agreed that the relationship would be 'on pause' over the next few weeks of counselling and no major decisions would be made. During this time they would remain living apart but would be in regular contact.



Anne Smith, David and Stacey's counsellor

WORKING WITH DAVID

As the weeks rolled by, David came to see me several times. Together we worked at finding ways for him to contain his anxiety and change some of his pushy, damaging behaviours.

FOCUS ON STACEY

In Stacey's time with me, she learnt how she had tended to "give too much rope" and allow herself to be bulldozed.

WORKING TOGETHER AGAIN

In our last few meetings together, Stacey and David began to experiment with new ways of reaching agreement. They used their new skills to negotiate how Stacey might move back and the different ways they would run the household and finances. They both agreed it would take

time for their new relationship to become strong. David and Stacey left counselling happy with the changes they had made and with new hope for their future together.

ANNE'S COMMENTS

Like David and Stacey, many of the couples we see for counselling come when one person decides to leave. Often the 'leaver' has been frustrated with the relationship for some time until, finally it becomes too much for them and they gain the energy to end the relationship. The one left is often surprised and acutely distressed. Sometimes, like David, they can become highly motivated to work at making things better and, as in this case, positive change can occur.

Unfortunately, it's more common for couples in this situation to come to a counsellor only to discover it is too late. Unhelpful ways of relating may have been occurring for months or years and the damage is irreversible. Sadly, often by this stage, no matter how motivated one partner is to rebuild the relationship, for the other, it is simply 'too little, too late'. Relationship counselling can be far more effective when both partners heed the early warning signs that things are deteriorating and come sooner.

From the Executive Director



Mary Gray

Highlights of the last few months have included running the fourth Counselling Awareness Week, launched for us by our patron the Governor-General the Right Honourable Sir Anand Satyanand. During the week we launched our free E-book written by our children's counsellor Anya Godwin. (See our feature on this)

Other particular features have been running our 26th [New Migrant](#) programme for immigrant women in South Auckland, mostly from India and Fiji. Estelle, Angelika and Muriel continue this valuable work, helping women through experiences of grief, loss and violence.

Our counsellor Jaqui Barrett has started the second [Savvy Seniors](#) group at the Kelston community centre. Both of these groups have extended our work out into the greater Auckland community.

EVALUATING OUR SERVICES

Our most recent quarterly client evaluations provided feedback from 92 clients. 65 (or 71%) found their counselling 'very helpful' and 24 (or 22%) found it 'quite helpful'

(using a 1–5 rating scale). Together, 93% were more than happy with their counselling experience.

Clients also select areas where their lives have changed for the better. Feeling *happier, more motivated and hopeful*, being *more confident and assertive*, thinking *more clearly, feeling less stressed* are results that are most often selected. *Improvements in relationships with family, children and partners and personal changes* all feature strongly. *Greater self-control, being a better listener, learning to relax, greater control of negative thoughts and emotions and less pessimistic* are other changes that people volunteered.

'Happier, less stressed, more calm and settled'

'Enabled me to clear up and deal with separation issues and resolve problems for dealing with our children and property'

IN RETURN FOR A DONATION

At each evaluation some clients comment on the importance to them of our donation system. While we also provide counselling for clients who can and do 'pay their way', keeping our services available for those who would otherwise miss out on the benefits that counselling provides is why we operate. It fulfils our vision of being 'the leading provider of individual, couple

and family counselling ... where no individual is denied access because of financial status'.

KEEPING US GOING

Funding from community trusts remains tight, and we are very grateful to receive \$50,000 from the government Community Response Fund, for our North Shore services. We remain indebted to our fundraising teams, loyal donors and supporters who attend these events and respond to our appeals. These combined efforts maintain our thriving services.

Our annual party!

Our 'new look' AGM promises fun and celebration and features a very special guest [Felicity Drumm](#).

Felicity survived attempts on her life and a complete betrayal of her marriage to a man recently sentenced for murder and gaoled in Scotland. Felicity will tell her story of how counselling helped her through the aftermath of these horrific events.

Wed 24 August, 5.30pm–7.30pm
at St Luke's lounge, 130 Remuera Rd. RSVP to Petra 6308961 ext 3 or petra.page@homeandfamily.org.nz.

All welcome.

LEAVE YOUR STAMP ON THE FUTURE

Only through the wonderful gift of a bequest from an estate were we able to buy our Mt Eden premises. Leave a gift to Home and Family in your Will and make a difference to the lives of future generations.

Gwenda Reid, our Bequest Coordinator is contacting our supporters with more information over the next few weeks, or you may contact her on 027 2227913 or email her at gwenda.reid@homeandfamily.org.nz

Governor-General launches Counselling Awareness Week

The breakfast launch of Counselling Awareness Week 2011 in May by our patron the Governor-General the Right Honourable Sir Anand Satyanand, was a lively event, with 140 people enjoying the occasion. We were delighted that Lady Susan Satyanand also attended.

Guest speaker Melissa Cole told the story of her own arduous



Our patron Sir Anand Satyanand, Governor-General of New Zealand

counselling journey, which she described as 'conquering Everest with her counsellor as her own Sherpa Tensing.'

A major feature for us was the launch of a free E-book written by our children's counsellor Anya Godwin. 'Say NO to bottom games' provides a guide for parents on how to talk to young children about keeping themselves safe from sexual abuse. We have made this available free to 730 people so far. With more requests coming in the book is going out to people worldwide.

The week elicited significant publicity, helping raise awareness. Congratulations to Antonia Hunt, winner of the Counselling Awareness Week



Antonia Hunt receiving her prize from Sam Fairhall

Slogan writing competition. The winning slogan, 'Reach out, talk it through, feel supported, be understood.' reflected all aspects of counselling.

Warm thanks to NZAC for sponsoring the printing of flyers. Supporting agencies this year included Lifeline, Youthline, Anglican Trust for Women and Children, Problem Gambling Foundation, Relationship Services, Friendship House, New Zealand Christian Counselling Association and New Zealand Association of Counsellors.

Our Bouquet of Thanks

Early this year, Muriel Castelino, our multicultural counsellor who has been part of our 'family' for 15 years resigned to enjoy time at home and pursue other interests alongside a small private practice.

Muriel has been an asset through the years. She pioneered Home and Family Counselling's work with New Zealanders of different ethnicities and has been our voice, promoting counselling in cultures which knew little about it.

Muriel's passion for working with refugees and migrants led us to start the "New Migrant" therapeutic group programme that has run now for 13 years. Muriel's wide counselling repertoire includes work with children, adults and families. She became

the agency's expert on Family Court programmes for women and children who have experienced family violence.



The in-house training she provided for staff, particularly in

cross-cultural work and around the agency's family violence programmes has been invaluable.

Muriel has been our spokesperson in the ethnic media, and her speaking abilities have touched the hearts of many, convincing those who hear her to support us as volunteers or donors.

Her warmth and supportive nature has endeared her to her colleagues and we are delighted that Muriel continues her ties with Home and Family Counselling, facilitating the New Migrant Programme.

You have been valued and loved at Home and Family Counselling, Muriel, and we thank you from our hearts for this wonderful gift of service over the years.

Supporters Group News

VISIT TO ZEALANDIA SCULPTURE GARDEN

9 April

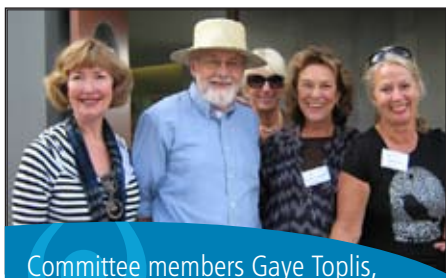
Visitors who supported us in this unique fundraiser were enthralled to see the artwork by renowned New Zealand sculptor Terry Stringer. The event was a huge success made outstanding by the personal tour conducted by Tim McWhannell who also delighted the guests with an organ recital lending a high note to the morning.



Simon and Yvette Feasey with Terry Stringer

WARM THANKS TO OUR WONDERFUL SPONSORS

Terry Stringer & Tim McWhannell of Zealandia Sculpture Garden, Bakers Delight Remuera, Dilmah NZ, Maxwell & Williams, New World Remuera and potter Peter Lange.



Committee members Gaye Toplis, Christine White, Linda Charlebois, Barbara Fava with Tim McWhannell (not in photo Jo Connor, Elizabeth Collins and Kathryn Sinclair)

SEEKING A HANDYMAN!

We need a volunteer handyman to assist with occasional odd jobs at our Mt Eden property. If you can help, please ring Penny Doggett at 6308961 ext 2.

CORPORATE CHARITY GOLF DAY

Muriwai Golf Club 5 May

A big thank you to all players and sponsors for supporting us in our Corporate Golf Day 2011 which raised nearly \$12,000. The perfect weather and enthusiasm of all players made this day perfect. Congratulations to the Airco team (below) which won the Hawkins Cup.



Tonni De Geeste, Grant Green, Paul Stewart & Gordon Shute with Mary Gray

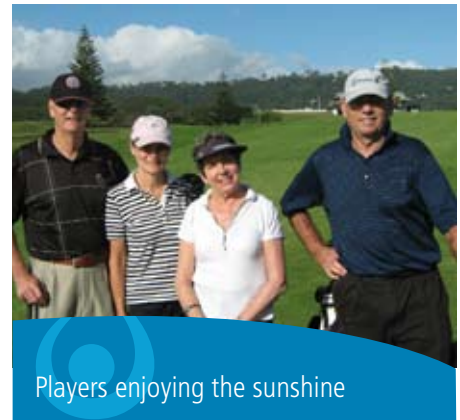
The date for next year's event is Thursday the 8th of March at Muriwai Golf Club and those who wish to participate either by playing or sponsorship can ring Petra Page at 6308961 ext 3 or email petra.page@homeandfamily.org.nz.

WE EXTEND OUR HEARTFELT THANKS TO OUR WONDERFUL CORPORATE GOLF DAY SPONSORS

Gold Sponsors

Hawkins Construction & Hugh Green Group

Bakers Delight, Bella Rakha Retreat Centre, Bunnings Warehouse, Dish Magazine, Eye Magazine, Fairfax Media, Fusion Electronics, Harcourts Campbells Bay, Holyoake Industries, KC Loo, Liquorland Mt Eden, Mary Gray, Microdesk, Muriwai Golf Club, NovaDown, Pak'n Save Royal Oak, PlaceMakers, Planhorse Systems, RocPac International, Safe NZ, Temperzone Limited, The Mad Butcher, Waiwera Water.



Players enjoying the sunshine

Upcoming Events

TETE-A-TETE WITH JULIE LE CLERC

Wakatere Boating Club
Narrow Neck Beach, Devonport
Friday 8 July, 10.30am
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. Tickets \$45 include wine, finger food and entry into a charity auction. Phone Petra at 630 8961 ext 3.



ANNUAL WOMEN'S GOLF DAY

Monday 31 October
Pukekohe Golf Club
Diarise this date now for this year's Annual Women's Golf Day at the new venue. Please phone Robin Yates at 5202884 or email her at rsyates@plankwall.co.nz for details.