

Counselling was liberating in more ways than one!

When James scribbled these words on a piece of paper and left his work place, he was turning his back and walking away from not just colleagues and a boss who were constantly humiliating and degrading him, he was also walking away from the way he had been treating himself. He had reached a point when he said to himself "I won't take this crap anymore, not even from myself."

James is an 18 year old young man with Attention Deficit Hyperactivity Disorder (ADHD). But that was not the biggest of his problems. He was smoking an alarming 2 grams of marijuana a day. The effects of this, combined with Ritalin, the drug he was on for ADHD was disastrous. He lost his friends as well as his focus. After completing school, at an age when most young people are bursting with plans for a university and career, James chose to remain in his room... isolating himself from friends and family.

"All I did was drag myself out to work, because I needed the money to buy weed".

James had earlier been to a few sessions of counselling at a drug rehab clinic, but it didn't touch the wall he had built around himself.

"I knew I wanted to stop...but I wasn't able to take decisions or have the clarity of thought I needed to take steps to do so. I was lucky that my GP recommended John

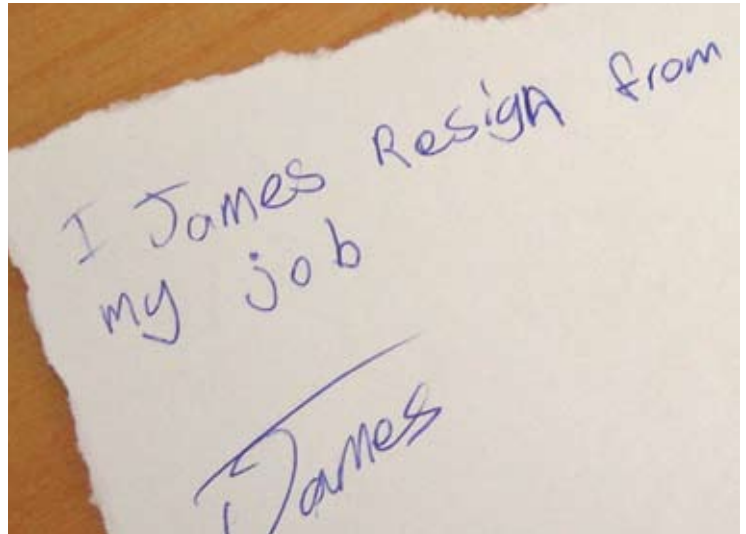
from Home and Family Counselling.

After a few sessions with John, I found myself able to talk about what really upsets me.

John took me on a journey within myself and I suddenly realised that I was putting up with a load of nonsense at work.

And suddenly, one day when I was about three months into counselling, when I was teased and bullied at work, I found myself writing those memorable words on a piece of paper and quitting.

Standing up for myself and quitting the job was only the beginning. I was not going to put up with me treating myself the way I did and abusing my body with drugs. I had decided to work at quitting my dependency on marijuana and I can proudly say I have almost succeeded. There is still



more work to do, but I am confident and a different person. My friends have reconnected with me and I am spending time with my family which I am enjoying. I don't seek smoking weed as an escape mechanism anymore.

Counselling has not just helped me with tackling my problems – it has paved a path for my way forward in life. John helped me to search myself and I realised I was interested in art and painting. I have now enrolled in a course in furniture and cabinet making. I have found a job and this time round I will be using my money in better ways!

Counselling has changed my life around.

I have managed to convince one of my friends to also try it. I have a long way to go, but I have begun my journey in the right direction.

From the Executive Director



HIBISCUS COAST OFFICE

Our great news is that our Hibiscus Coast counselling service is up and running, working Mondays only at this stage. Shelley, our North Shore manager and our new counsellor, Greg Dunne are the two counsellors working there. We shan't be expanding our hours there until we can secure some solid financial support for it, which we are exploring. We will hold a formal opening in the New Year.

We have rooms located alongside another social service at 575 Whangaparaoa Road, Stanmore Bay (opposite Placemakers).

What is especially noticeable in the clients that the counsellors are seeing here is that all are very stretched financially and making even a small donation towards their services is an 'ask' for many of them. We have tapped into a very specific counselling service need.

NEW YOUTH GROUP PROGRAMMES

Another new initiative in the pipeline is a partnership with ASB Community Trust to expand our youth group programmes. We are one of seven organisations that the ASB Community Trust has chosen to partner with in their new initiative to support Auckland youth.

Currently each year under a contract with Child Youth and Family services we provide two programmes in schools for 65 young people on the North Shore.

ASB Community Trust is providing funding for three years to double these numbers, develop a new Life Skills programme and extend these programmes into central Auckland schools. ASB has contracted consultants to support the preparation of a business plan for this project and provide ongoing support to all seven selected organisations.

We are thrilled to be one of the participants of this programme and are enjoying the collaboration and networking with the other youth providers.

ANNUAL GENERAL MEETING

Our AGM in August featured a stimulating interactive talk from

Edwina Pio, one of our Board members on her book 'Longing and Belonging' – new migrants' experiences in our country. We also awarded Life Membership to **Anne Hargreaves** who stands down after ten years of active service on the Board including four years as vice-chair (we will formally give this award to Anne at the Board Christmas party as she couldn't attend the AGM). We were pleased to welcome **Christine Fenby** to the Board, and to congratulate our new vice-chair, **Robin Yates**. Robin is in her fifth year as a Board member and has coordinated the Women's Golf committee for the past three years - a wonderful service!

Warm thanks to all staff, volunteers and supporters. Our best wishes for a happy and restorative Christmas and New Year.

ARE WE HITTING THE MARK?

We are sending out a survey shortly to seek your feedback.

Please let us know your views.

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 leaves a lasting gift.

Contact Gwenda Reid at 027 2227913 or leave a message with reception at 630 8961 extn 0..

Enabling our work to continue for years to come... announcing our Endowment Fund, Bequest programme, and introducing our Bequest fundraiser.

Home and Family has been making a lasting difference to individuals and families since 1893. As the need for affordable counselling grows, we are committed to continue to respond to ongoing community needs.

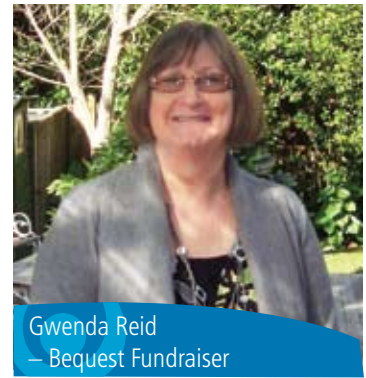
We are setting up an **Endowment Fund** as one of the ways to guarantee financial stability and security for Home and Family Counselling for generations to come. This Endowment Fund will act as a ring-fence for the bequests left to Home and Family Counselling,

Gwenda Reid has joined us as our new Bequest Fundraiser. We can now highlight the benefits that bequests provide, especially for those who are unable to give now

as generously as they would like. Remembering us in your will can help ensure that our work continues to respond to needs within our Auckland community for generations to come.

Gwenda is planning to run small morning or afternoon tea parties with up to six guests from the local community in supporters' homes. Guests will hear about how bequests make a significant difference to our work and how they can support us into the future. The meetings will be informative and a great way to meet others who too support us.

If you are unable to attend a meeting or would prefer to discuss the bequest programme with Gwenda



Gwenda Reid
– Bequest Fundraiser

by yourself, she is happy to arrange a personal meeting with you. All bequests are confidential, unless you wish it to be otherwise. Gwenda will be phoning people to ask if they'd like to attend and

Would you like to help?

also to identify a host for each area. We will be delighted to hear from willing hosts. Home and Family Counselling will be providing the refreshments. Please phone Gwenda Reid at 027 222 7913 or reception - 630 8961 ext 0 to leave a message for Gwenda.

Our Bouquet Of Thanks

Ten years of association with Home and Family Counselling on a voluntary basis in an active role indicates a very strong commitment and belief in the effectiveness of the work we do. That is precisely why Anne Hargreaves has given her time as Board member for 10 years, the last four years as Vice Chair. "Counselling helped us through a tricky patch as a family during the years that our children were teenagers and I appreciate the value of not allowing a situation to fester," says Anne. "I am distressed that so many New Zealand families are struggling and I believe in encouraging families and couples to seek help in time. That is why I like Home and Family's tag line "Talking it Through" so much, because that is what counselling is all about. It is not judgemental instead it is very empowering."

Anne's association with Home and Family began in 1990. "I knew Pat Gilberd and of the work she did. On one occasion, I heard Muriel Castelino, the Indian counsellor at Home and Family speak of the work she did with refugee and migrant women and I was moved to tears. I knew then and there that I wanted to contribute to this organisation."

As chair of the Marketing sub-committee, Anne has piloted Home and Family through several strategic decisions which moved us forward and consolidated our position as a professionally run agency. The most significant of these was the rebranding in 2007 when we adopted a new name and logo. Anne played a big role both as a donor and mentor during these changes.

Anne's personal networks have brought



Anne Hargreaves

several connections for Home and Family. One especially valuable one was her introduction to us of Bruce Connor who served as chair for six years.

"I am involved with many charities, but Home and Family holds a special place in my heart."

Our heartfelt thanks goes to Anne and her husband Paul Hargreaves who has been supporting Anne in her work with us through the years.

Supporters Group News

'THE HOT SHOW'

Friday 10 September 2010

The highlights for the guests on the night of the Hot Show was being guided by Peter Shaw, the curator of the Fletcher Trust Collection and the interesting insights that Angus Fletcher, Chair of the Trust, gave into the history of the collection. The unanimous comment about the evening— "It was fantastic."

More than 100 guests supported the evening which raised \$8600 for much needed counselling services.

The organising committee outshone themselves in providing such delicious canapes for the guests to enjoy.

Once again we owe so much of the success of the evening to our wonderful sponsors and organising committee. Thank You!

OUR WONDERFUL SPONSORS

The Fletcher Trust Collection and curator Peter Shaw

Adam Design Studio

Arya Day Spa

Capitol Cinemas

Crossroads Winery

Di Button

Eden Park Redevelopment Board

Goodman Fielder NZ

J Lum & Co

Jo Connor

Meadow Mushrooms

Molten Restaurant

Murray Smith



From Left: Willie Poynter, Jenny Paine, Sam and Joan Fairhall



From Left: Lawson Sue, Katy Yiakmis and Murray Smith



Peter Shaw with Denise Biggs



The organising committee, from Left: Jo Connor, Elizabeth Collins, Linda Charlebois, Petra Page and Kathryn Sinclair

New World Remuera

New Zealand Rugby Players Association

Linda Charlebois

Liquorland Mt Eden

The Candyman

The Crossings

The Diamond Shop

The Lost Spring

The Mulberry

MT EDEN MOVIE

'MADE IN DAGENHAM'

Monday 1 November 2010

No wonder this movie was an absolute sellout, having received rave reviews from the critics. We would like to thank you all for your wonderful support.

Upcoming Events

ANNUAL WOMEN'S GOLF TOURNAMENT

Monday 29 November 2010

This ever-popular annual event is filling up fast and is being held at the Onewhero Golf Club. To book your team or sponsor a tee, please phone Robin Yates at 520 2884 or email rsyates@plank-wall.co.nz

FINE FOOD TASTING!

We are so excited to announce that celebrity chef and award winning author of numerous cookbooks, **Julie Le Clerc** will be the highlight of our next fundraising event on the North Shore early next year. We will keep you informed!

WE VALUE YOUR SUPPORT

Every dollar raised from our fundraising 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 through the door". Thank you for your support in organising, promoting and attending these events.



www.homeandfamily.org.nz

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