

## "Nobody understands me"

### Counselling... hope for a child's despair

Leigh was 8 years old and his world was upside down. He was lonely and misunderstood in the midst of a caring family. He felt emotionally abandoned and was very angry and very very sad.

The aggressive behaviour he displayed towards his 3 year old brother and new born twin brothers had reached a peak and his family's tolerance towards him was at breaking point.

His mother had postnatal depression and couldn't cope. There really seemed to be no hope ...until they came to Home and Family Counselling.

Counselling at Home and Family gave them a new perspective. Leigh was happier, related better with his siblings and life was not as daunting for the family anymore.

"When Leigh's mother came to me for help for Leigh she hadn't realised that she had post natal depression", says Anya Godwin, children's specialist counsellor.

**"It is a shocking reminder of how children suffer when they are living with depressed parents"**.

"I arranged for a counsellor to meet her, while I worked with Leigh". I had some joint sessions with Leigh and his mother to help assist with healing the bond between them.

It is now some years on and Leigh has recently been diagnosed with Asperges Syndrome. As with many Asperges children, Leigh is finding it challenging to create relationships with others. He has returned for more counselling with Anya to work on his social skills. He is fortunate that his parents have continued to be committed to his development.

Leigh is a gifted artist. He has

flourished with the drawing and storytelling therapy with Anya in the children's room. In both the story and the drawing of 'Koru and Wahine', Leigh shows through the metaphor of the two creatures that he has empathy and caring and is able to imagine making loving friendships.

The story and drawing are full of hope for friendship and love and may it be that he goes on to create it in his life.

#### KORU AND WAHINE

By Leigh (13 years old)

Once upon a time there was a big whale called Wahine.

She was swimming around South America rainforest region when she got stuck on the rocks against a coastal cliff. She cried for help for hours and hours. She felt scared and afraid that she might be stranded and die.

Finally a little parrot called Koru who was eating berries in the forest heard her calling and flew to rescue her. Wahine began to feel hopeful when she saw the brightly coloured parrot. Koru could see the rocks everywhere



around the whale and he felt scared and worried for the whale's

safety. Far up above the sea from his bird's-eyeview, Koru found a passage through the rocks that he could direct Wahine to safety.

From that time on Wahine was just so happy and overjoyed that someone actually cared enough to save her. Ever since that day, Koru and Wahine have been best friends. Wahine travels many miles each year to visit her loved friend who is always, always delighted to see her.

# From the Executive Director



Mary Gray

Our client story this month is about little Leigh and how counselling helped him and his family turn their back on painful times.

As we draw close to Christmas, a time of special significance to children, we would like to highlight the huge difference counselling has made to many like Leigh whose world had turned upside down. For these children, counselling has been a lifeline.

We have been delighted that the

Ministry of Social Development has identified our counselling services as one of the 'essential' services under their 'pathway to partnership' programme. This will enable us to sustain our ability to attract and retain staff with competitive remuneration and maintain our donation-based client service.

You will note a new meaningful opportunity in our initiative 'In Memorium' to acknowledge loved ones on days of significance in their lives by making a donation.

We have received a generous offer from Herbert Insurance through our treasurer, Ian Jagger who is CFO there. Please read the enclosed flyer and consider the offer as your insurance comes up for renewal so put the flyer on your pinboard.

Warm wishes for a great Christmas and New Year.



## Farewell to Bruce Connor

Bruce's six years as Chair of Home and Family Counselling has seen the agency accomplish significant changes including a change of name, rebranding, renovation of the Mt Eden villa, establishing our North Shore branch and acquisition of superb premises at 2A Seaview Avenue.

Bruce has been an inspirational chairman, bringing a unique blend of personal and professional attributes to the role which led to furthering the modernisation of Home and Family.

Having retrained as a counsellor after an outstanding career in the building industry, Bruce brought an extremely valuable set of skills to the chair's role. He attended to both material areas of accommodation and provided professional expertise in people management and motivation.

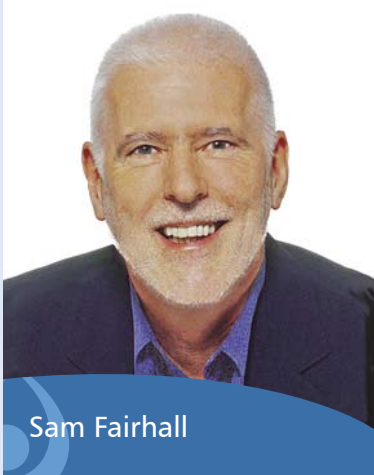
"Bruce was a wonderful leader providing both direction and support", commented Mary Gray Executive Director.

Our sincere thanks to Bruce for his great contribution to Home and Family Counselling.



Our new Board: From left back; Carol White, Robin Yates, Eric Allan, Michael Adams, Michael Perry. Front: Sam Fairhall (chair), Anne Hargreaves (vice chair). Absent Ian Jagger (treasurer), Edwina Pio.

## Meet our new chair



Sam Fairhall

Sam is Managing Director of The Business Farm Limited, a company that works to assist small to medium enterprises to increase profitability and company value. Prior to this, he was an executive at TVNZ working in various management and business development roles, the last of these as Managing Director of TVNZ Satellite Services Limited. Sam is also currently chairman of TalkLink, a Charitable Trust which was established in 1991 to provide assistive technology services for people who have communication difficulties.

Sam is an experienced senior executive who brings his expertise in negotiation skills, in strategic planning and in all aspects of management to the Home and Family Counselling Board.

### IN MEMORIAM DONATIONS

Honour the memory of your loved ones in a special way. Make a donation to Home and Family Counselling. Your loved one will be acknowledged in our newsletter with your permission. To make 'In Memoriam Donations' please call Petra Page at 630 8961 or email her at [petra.page@homeandfamily.org.nz](mailto:petra.page@homeandfamily.org.nz)

# Our Bouquet Of Thanks

Marian Cornwell has been a stalwart of the Mt Eden Supporters group since 1994. She chaired the group from 2002 for a period of two years. We have been fortunate to have her undaunting support and invaluable time, at times as much as 16 hours a week when she was fundraising. On top of her busy schedule as a midwife, this must have come as a huge demand on Marian, but she says "Its been worth it".

"My interest in counselling stemmed from my professional experiences as a midwife with women who have reaped the benefits of counselling.

I chose Home and Family Counselling because I was touched by your work with immigrant and refugee women. Also, there are very few agencies out there who operate on a donation only basis.

### WARM THANKS

Our sincere thanks to Eden Epsom Lions for painting our counselling room and to Resene Paint for donating the paint.

Our thanks also to Michael Perry for renovating our outdoor furniture.



I have gained tremendously from my time with Home and Family Counselling.

I've loved every moment and have made meaningful friendships with a wide variety of people.

It's not easy. It's a challenge to go out and ask people to buy tickets for a fundraiser. My confidence when I am promoting an event comes from the fact that I know it's for a worthy cause."

### REUNION!

We are planning a reunion to be held in March 2010. All who have had connections with Home & Family are invited to join. To indicate your support, please email Lorraine Taylor [b.taylor@talk21.com](mailto:b.taylor@talk21.com) or phone her at 8455510.

### ***In Memorium***

***of Betty Gray on her 20th anniversary***

***a generous donation has been received***

***from The Gray family***

# Supporters Group News

## FIRST OF THE SUMMER WINE SUNDAY OCTOBER 19

These pictures say it all! Glorious weather, brilliant views, charming hosts and guests, lively entertainment and delicious food and wine!

The event raised over \$11,000 which will go towards funding the after hours counselling service in North Shore.

Warm thanks to our hosts Genevieve and David Becroft and our valued sponsors: Montana Wines, Lion Nathan, Ika Lodge, AKSamba Band, Aroha Mahoney, Corporate Direct, Earth Angel, Fifth Avenue Diamond Jewellers, Super Liquor Glenfield, Goldwater Wines, Harcourts, Liquorland Mt Eden, Liquorland Wairau Road, Liz Jewell, Logical Office Ltd, Nelson & Simich, Margaret Lawlor-Bartlett, Onion Johnny Bistro, Rockford Wines.

## NORTH SHORE MOVIE EVENING

The dramatic movie Closing the Ring held on August 24 at the Bridgeway Cinema raised \$1412.00. Thanks to the wonderful organisers Ruth Patterson and Natasha Loh.

## MT EDEN MOVIE EVENING

Brideshead Revisited was the enthralling movie screened for our patrons at the Rialto Cinema. A total of \$1800 was raised from this event organised by Jan Hope and her band of happy ticket sellers.



Gracious hostess Genevieve Becroft with North Shore Mayor, Andrew Williams



Jane Thompson and Kay McCabe enjoying the spirit of the evening



The AKSamba Band in full swing

## Upcoming Events

### PARTY WITH US AT RANNOCH

Invitations will be strictly limited to this late summer party on Wednesday March 4, to be held at James Wallace's renowned Rannoch in support of Home and Family Counselling. Join us for drinks, food and music while you explore the treasures of the Sculpture Forest. Later the doors to the house will be opened for guests to view James' extensive art collection. This will be followed by a brief fundraising auction.



Tickets will be available from Petra Page end of January 2009. Phone her on 6308961 ext 3 or email [petra.page@homeandfamily.org.nz](mailto:petra.page@homeandfamily.org.nz)

### ANNUAL WOMEN'S GOLF TOURNAMENT

This much sought after event is being held on Monday, December 8, 2008 at the Onewhero Golf Club.

To book your team, please contact Robin Yates on 520 2888, email: [rsyates@plankwall.co.nz](mailto:rsyates@plankwall.co.nz), or Di Mellor on 520 2333, email: [mellor@xtra.co.nz](mailto:mellor@xtra.co.nz)

Our warm thanks to Maxwell & Williams who is the major sponsor of this event for the fifth year.

