

## Navigating life's challenges

When \* David took his 'leap of courage' as he calls it, and made 'that first call' to Home and Family Counselling, he was so unwell, he felt it couldn't get worse.

He was struggling to cope with a chronic muscular skeletal pain disorder, a debilitating physical illness that caused his muscles to deteriorate, resulting in huge challenges to his mobility, cognition, memory and coordination.

David was trapped in a whirlpool of pain and frustration due to unremitting physical symptoms and a loss of ability to function as he used to. He felt he was being sucked into its drowning depths.

Soon David woke up to the harsh reality that his physical condition was deteriorating. He knew he needed to find a way to manage his life and his pain.

"I knew I had to find a way to navigate through my challenges and acknowledge emotionally and intellectually that this is what my life would be for a while, till I got better."

"Home and Family Counselling was in a pamphlet given to me by my Health Support Co-ordinator"

"I wondered about whether the counselling would help, but then thought to myself....why not?"

David feels that the person who took his first call made all the difference. "She was very kind and I knew she would make the right fit with a counsellor who would be able to work with me."

"I want to let people know that you just have to have the courage to make that first call. At Home and Family Counselling, you do not get pigeonholed or judged".

He says his counsellor Muriel, is one of the best things that happened to him. "She's very caring, supportive, and skilled. She adjusts each session around how my health is on the day. There are times when I have been able to cope with talking for only half the time. But each week, during

each session, together we go over the week that has been, good or bad. Then we work together to find a way to navigate through the next week. Muriel is a wonderful trusted guide."

"I hope everyone who has physically challenging illnesses seeks counselling. It does not mean you are cured, but it sure makes a huge difference in the way you deal with issues."

"They are professionals who care, and can help you find your inner strength, using the helpful and practical methods of counselling."

With the help of some very good friends, my own determination, and Home and Family Counselling I am getting better. Home and Family is a very special place."

*\* The client's real name has been changed to protect his identity.*





Mary Gray  
Executive Director

## COUNSELLING AWARENESS WEEK JUNE 9-14

Our second Counselling Awareness Week has been another wonderful promotion of the benefits of counselling – ‘It’s better to talk’. Manju Shelke, our Public Relations Coordinator, ensured that we received excellent media coverage leading up to, during and following the week. Staff and client stories featured in 30 different print publications, radio or TV, a truly wonderful effort and marvellous publicity for Home & Family Counselling and our work. Warm thanks to Manju and all the staff and their clients who contributed.

The clients who shared their counselling experiences and the difficulties that led them to counselling find that this sharing can contribute to their own healing. Certainly this is not something recommended for everyone, and it is only those clients that counsellors can see

# Executive Director’s Report

could draw benefits from sharing their story that are asked about doing so.

This year Counselling Awareness Week activities have been a joint effort with all the other major counselling organisations in Auckland. The breakfast launch, open days and Expo in Aotea Sq all illustrated this community participation – see our story elsewhere.

## NEW MIGRANT GROUP IN SCHOOLS

A new venture has been running the New Start therapeutic programme at Mt Roskill Grammar school with a group of refugee teenage girls. The girls are mostly from Somalia and Ethiopia and are getting a lot out of the programme, ably led by Estelle Mendelssohn, Muriel Castelino and Angelika Chisholm. We are indebted to the Good Shepherd Sisters and SkyCity for their ongoing financial support of this programme.

## FUNDRAISING EVENTS

*An Italian Affair* was a runaway success with over 200 people enjoying super food, drinks and conversation in Rosie Horton’s

beautiful Italian garden. The event raised over \$15,000, a marvellous result.

## CORPORATE GOLF DAY

20 teams took to the fairway at The Grange for a great round of golf, supporting our work with families in distress. Warm thanks to the great contributions of Hawkins Construction and Airco Service, the main organizers and sponsors. \$10,000 was raised, a very pleasing outcome.

A huge thank you to everyone who organized, sponsored and participated in these events.

## CONGRATULATIONS TO OUR NORTH SHORE TEAM!

Home and Family Counselling has been awarded the Community Spirit Award 2008 by North Shore Community and Social Services Inc in recognition of their valuable support to families and youth on the North Shore.



Mayor Andrew Williams  
with Shelley Anderson,  
Manager North Shore

## LEAVE YOUR STAMP ON THE FUTURE

Only through the wonderful gift of a bequest from an estate were we 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 leave a lasting gift.

Contact Petra Page our Funding Coordinator for more details at 630 8961 ext 3.

# Counselling Awareness Week

Counselling Awareness Week moved on to wider horizons this year, with the active involvement of 11 agencies; Catholic Family and Community Services, Anglican Trust for Women and Children, Problem Gambling Foundation, Youthline, Mensline, Relationship Services, AUT, Wellington Institute of Technology, Family Works, Te Whare Ruruahu O Meri and New Zealand Association of Counsellors.



At the breakfast launch from left clockwise: Kathryn Sinclair, John Lusk, Jo Lusk, Jaqui Barrett, Gaye Toplis, Wayne Mulqueen, Russell Toplis and John Sinclair

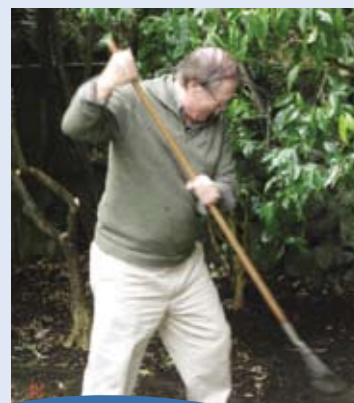


Minister of Health David Cunliffe with guest speaker Frances Edmond, at the Breakfast launch of Counselling Awareness Week

Home and Family Counselling held open days at both Mt Eden and North Shore as did other agencies. An Expo at Aotea Square attracted nearly fifty people who learned about counselling services in the city. Anya Godwin, our children's counsellor gave a brilliant interview on the Good Morning show on TV One and was a great spokesperson for the Counselling Awareness Week.

## OUR BOUQUET OF THANKS

An enthusiastic team of UBS volunteers, arranged through United Way Corporate Community Impact Programme (whereby businesses can arrange for their staff to do voluntary community work) gave our Mt Eden garden a much needed makeover. Our sincere thanks to all involved.



Hard at work clearing the garden, Selwyn Powell, project coordinator .

## Supporters Group News

### CORPORATE GOLF DAY

Eighty players took part in our Corporate Charity Golf Day held at The Grange at Papatoetoe on Friday, 13th of June in perfect golfing weather. It was a day when CEOs and Directors swapped their laptops for golf clubs playing the game to raise a wonderful \$10,000 for families in distress.

### THANKS TO OUR WONDERFUL SPONSORS

Carter Holt, City Law, Custom Fleet, Dominion Funds, Ford Manukau, Herbert Insurance, Hirepool, Holcim, House of Travel Corporate (Milford), Ken

Taylor, Liquorland Newmarket, Mainzeal, Pascoe Audio Visual, Safe NZ Ltd, Safeworx, Sebel Suites Auckland, South Auckland Ford, Telecom/ Gen-I , The Diamond Shop, The Golf House, The Langham Hotel, Tramco Group, Warehouse Stationery, You'll Say Wow Carpet Cleaning.



Celebrating the success of the day from left: Gordon Shute, Bruce Connor and Chris Hunter

The joint organisers and sponsors of Corporate Golf Day - Chris Hunter of



Gordon Shute of



# Supporters Group News

## AN ITALIAN AFFAIR

It was a magical evening in the beautiful garden of Rosie and Michael Horton. An Italian Affair was a huge success, raising nearly \$15,000.

Our warm thanks to all our wonderful sponsors and supporters who contributed so hugely to this evening.

### OUR SPONSORS

Rosie and Michael Horton, Delmaine Fine Foods, Adam Design Studio, Bayleys, Coopers Creek, Dawsons Catering, KC Loo Fruitcentre, Kwik-n-Ezy Canopy NZ, Lion Nathan, Meadow Mushrooms, New World Remuera.

### OUR AUCTION DONORS

The Diamond Shop, Brick Bay Sculpture Park, Caro Wines, Louise Gray Skin Care,



Antipasto anyone?  
Anne Hargreaves, Vice Chair, offering Italian delicacies to Peter Cropper and Jon Ibbotson



Enjoying the late evening sun, bellinis and all things Italian: From left; Pam Firth, Fay Cropper, Shona Hall and Joy Tongue

Manju Shelke, Molemap NZ, O'Sarracino, Paul Collins, Penny Kember Collection, Quest Matakana, Wild Poppies.

## Upcoming Events

### NORTH SHORE PARTY

The North Shore Special Events Committee is hard at work planning a unique garden party on Sunday October 19.

Two exciting events are on offer to visitors to Genevieve Becroft's stunning home and garden overlooking Lake Pupuke. You could choose to linger and admire the interesting sculptures set amidst lush greenery during the afternoon with tea and refreshments or attend a special cocktail party to be held in the evening with live entertainment.

To book your tickets and get more information, please call Petra Page on 6309861 or email [petra.page@homeandfamily.org.nz](mailto:petra.page@homeandfamily.org.nz)

### NORTH SHORE MOVIE EVENING CLOSING THE RING

**Sunday 24 August 6.30 pm  
Bridgeway Cinema, Northcote**

A dying WWII gunner, gives a ring to a local to return to his girlfriend in the USA. Fifty years later, a man finds the ring... Directed by Richard Attenborough starring Shirley MacLaine, Christopher Plummer, Mischa Barton. For tickets please phone Ruth at 021 633939 or email [ruth@logicaloffice.co.nz](mailto:ruth@logicaloffice.co.nz)

### MT EDEN MOVIE EVENING

We are thrilled to announce a private screening of *Brideshead Revisited* in late October in Newmarket.

With exciting young stars Matthew Goode, Ben Whishaw and Hayley Atwell, this movie will stir nostalgia of the thrilling TV series of the 80s. Email Jan Hope for tickets on [hope@ihug.co.nz](mailto:hope@ihug.co.nz) or phone Petra 6308961.



### ANNUAL WOMEN'S GOLF TOURNAMENT

This ever popular event is being held on Monday, December 8, 2008 at the scenic Onewhero Golf Club.

We are delighted that Tony Everitt of Maxwell & Williams will be the major sponsor for the fifth consecutive year.

If you would like to have your name added to the invitation list, please contact Robin Yates on 520 2884, email [rsyates@plankwall.co.nz](mailto:rsyates@plankwall.co.nz) or Di Mellor on 520 2333, email [mellor.fam@xtra.co.nz](mailto:mellor.fam@xtra.co.nz)



### ANNUAL GENERAL MEETING

August 21, 2008 at 5.30 pm, Selwyn Library, 10 St Stephens Avenue, Parnell. All welcome.