

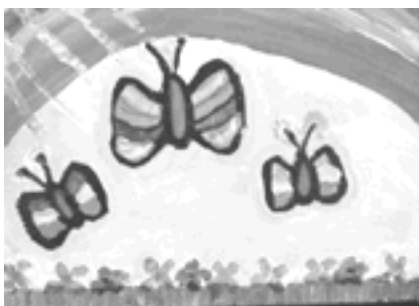


November 2005

FROM DRUGS TO DREAMS...Dianne's Story

"Giving up drugs and coming to counselling saved my family." *Dianne's story about the remarkable turnabout of herself and her children makes for emotional reading. "I would have been dead or the children would have been taken off me eventually."

Dianne openly admits that her life was "completely unmanageable". She was on drugs, had hepatitis C and was very sick. "I was going to die if I didn't come off drugs." She voluntarily booked herself into a detoxification programme and after treatment concentrated on herself. "I needed to get well before I could help my children."



*We're bright, happy
and free*

After she had been away from drugs for three months she went to Home and Family for counselling. Dianne says there was a lot of crying and a lot of anger. "I was a hurt and angry child. Anne taught me over ten sessions to become an adult and to nurture my inner child."

One of the issues that she explored was her relationship with her mother. "I had to accept

that she can't be the mother I want her to be. Now that I accept that it's a lot easier." About a year ago Dianne brought her two daughters for counselling.

"The children and I liked Anya the children's specialist counsellor instantly. She had a soft and arty look. There was no fear." The

girls used artwork as a way of expressing themselves. "Using colour was a way of finding out where they were. I could literally see what was happening," says Anya.

Dianne describes the two girls as having "hated each other" prior to counselling yet they now have a "normal" sibling relationship. What

changed them was the realisation that because one daughter had a relationship with her father and the other daughter did not, there had developed intense feelings of jealousy and guilt. This came to light through the counselling process as both girls had a chance to talk about their feelings and find for themselves what really hurt them.

(contd on page 3)

Mary Gray

DIRECTOR

Staff changes has been a dominant feature of the last few months.

We are sorry to farewell Peter Horide who has been one of the Mt Eden counselling team for the past twelve years. He

has seen the service grow and has provided guidance to counsellors and management. We are appreciative of his quiet strength and readiness to share his experience and thoughtfulness.

We are fortunate in his replacement, Denis Bunbury, who brings his own very extensive counselling and pastoral experience as a former priest. He is pleased to move from management position back into a counselling role.

On the Shore we are about to welcome another very experienced counsellor. Julie Washer, who is also moving from management back into a purely counselling position, brings a wealth of experience especially from the mental health field.

Our Funding and Public Relations team are now at full strength with the recent additions of Petra Page and Manju Shelke. Petra takes over the position of Funding Coordinator and she has already taken on the task of pulling together a team of helpers on the North Shore to organise a garden party. Manju comes from India via Dubai and has extensive journalistic experience. She has already proved adept at getting our stories into suburban papers.

Chinese solo parent group.

A new development initiated by Jing Mei Tai (Joy), our Mandarin speaking counsellor, has been a group for Chinese women struggling to parent on their own. This highly successful support/ parenting programme ran for eight weeks last term.



Another group programme will be run next year. A Cantonese-speaking counselling student, Sue Keung co-facilitated the group.

Donor Circles

Our donor recognition scheme is a new venture to acknowledge you all for the financial support contributed over the years. We invite you in our Christmas appeal, to consider how our counsellors keep the circle of relationships ticking along, supporting it when the circle gets stretched out of shape and helping mend the links when they break.

Warm thanks for the continuing efforts of our Supporters' groups. The Mt Eden team have held a very successful cocktail event and movie and their ever popular golf day is also scheduled to bring great results financially. The team on the North Shore have held several very successful movie evenings.

To the staff and Executive committee, thank you all for your ongoing work. I value the support that ensures our quality of service .

Thanks to our two trainees this year, Gerald Kember and Arlette Diaz and our intern Christine Carpenter for their sound work with clients. While they gain experience in working with clients and being overseen by experienced practitioners as they learn their counselling craft, the agency has the benefit of their free services.

Finally I extend the thanks and best wishes of the staff and Executive committee to you all for Christmas and the year to come. It is the combined efforts of everyone that enables us to continue our high quality counselling to everyone who comes to our door seeking this support.

CELEBRATION MARKS COMPLETION OF BUILDING RENOVATION

Flowers, balloons, wine and good cheer marked the evening of September 7, 2005. The official inauguration of the building renovation and extension by Mr Richard Worth, OBE and Member of Parliament, was an occasion to remember.

The celebration was the culmination of several months of building and renovation and was made possible by the support of a number of organisations who donated their services and products. Mainzeal Interiors produced a great result with additional space being made available for counselling and fundraising. A separate meeting room and improved toilet facilities were also incorporated. The Mt. Eden team as well as our clients have settled into its charming ambience.



Richard Worth MP inaugurating our refurbished and extended premises

From Drugs to Dreams...Dianne's Story (Contd from page 1)

"Something that seemed so little turned out to be so big. I always thought that what you haven't had you don't miss.

"After this realisation, Dianne made contact with her daughter's grandfather and asked for a photo of the girl's estranged father. The girls were then able to talk about fathers and Dianne says the relationship between the girls changed almost overnight.

"It was very healing. My two daughters were then able to bond and love each other again."

Dianne says Anya gave her and the girls tools for dealing with their problems. One daughter had anger that she was able to express by ripping up a newspaper or going into her room and hitting a pillow instead of using verbal abuse or hitting others.

The other daughter was supported to not "feed into" her sister's anger but instead to walk away from it.

The three are now "bringing it all together" by doing family counselling. Dianne says the girls are "100 percent better" than they were and she feels she has been "reborn". She is very grateful to Home and Family.

*"Counselling helped
save my family"*

"I can deal a lot better with the children and day-to-day things. I now have the tools and the tolerance to deal with it."

(Our sincere thanks to the *Snow family for allowing us to share their story with readers.)

* the name has been changed to protect the client's privacy.

'We are all angels with only one wing. We can only fly by embracing each other.'

Luciano de Crescenzo

STRENGTHENING OUR CIRCLE OF DONORS

An ancient and universal symbol of unity, the 'circle' represents wholeness and infinity. Home and Family Society has for more than a century, been the centre of a circle of healing and hope, leading people on to live better lives.

What we feel from the heart has been well expressed by Luciano de Crescenzo. We couldn't have done it without the support of our community and the strength of their nurturing wings. We have indeed flown together to make that circle of love go around. The **Diamond**,

Gold, **Silver** and **Bronze Circles** are our way of acknowledging the level of contribution from our donors. These circles that form our Donor Recognition Clubs inspire and encourage future donations and strengthen the bond Home and Family Society shares with our donors.

The **Bronze Circle** acknowledges donors who have contributed over \$100, the **Silver Circle** encompasses donations over \$500 and the **Gold Circle** embraces donations over \$1000.

Donors who have contributed over \$10,000 to the Society will become members of the **Diamond Circle Club**.

DEAR DONORS

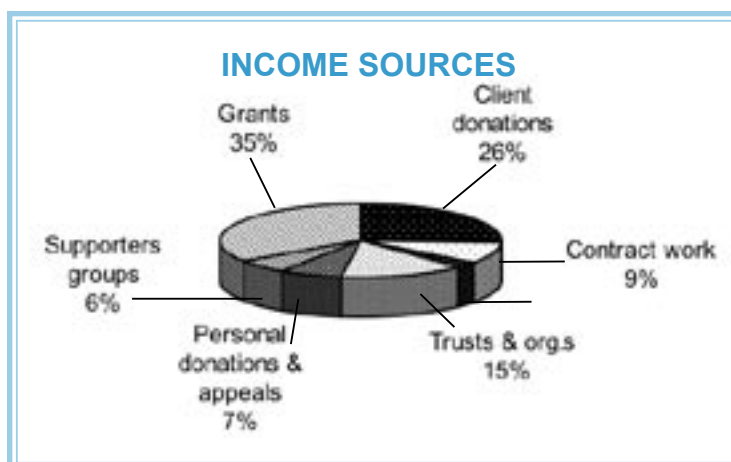
Based on your valuable feedback Home and Family Society will not be printing the names of donors in this newsletter. Instead, each time you make a donation, you will receive with your receipt a personal update of your total contribution and membership of our donor club.

Donations provide vital support

The success of our mission depends on one vital aspect—funding. As we believe our services should reach people across all income levels, we diligently adhere to our policy of not charging a fee and asking clients only for affordable donations. Often, the very people who desperately need our services do not have the resources to afford counselling.

Your contributions play a key role to ensure that our services reach these people in need. A significant 13 % of our income is received through the contributions of fundraising by our Supporters'

Group (6%) and your personal donations, and appeals, which raise 7%. The money is of utmost importance as it is used to bridge gaps which need to be plugged.



Your donation supports lives and futures of people in your community

\$25 provides for one woman attending one session of the Chinese sole parents programme

\$50 provides one counselling session (after client and government contributions) for a man, woman or child

\$55 provides counselling for one woman at a woman's refuge

\$100 provides two counselling sessions (after client and government contributions) for a couple

\$100 provides for one woman to attend one session of the *New Start* programme for new migrant women

\$130 provides the full cost of one counselling session for a child or adult

\$200 provides the full cost of one counselling session for a family

\$250 provides the full cost of one session of the Chinese sole parents group

\$250 provides the full course of counselling for one client (average of five sessions, after client and government contributions)

\$385 provides the full course of counselling for one woman in a women's refuge

\$500 provides the full cost of counselling for two clients (average of five sessions after client and government contribution)

\$1000 provides the full costs for all women to attend one *New Start* session for migrant women

TELEVISION AD CAMPAIGN LAUNCHED



Home and Family Society launched a television advertisement campaign on October 3, 2005, airing on Prime TV and TV 3, making a significant impact on a larger demographic audience. The advertisement is aimed at raising awareness of the Society and its counselling services for children and families in need, thereby generating response to a donation appeal.

See page 7 for more on the amazing journey of the campaign and Scott Walker's invaluable contribution aimed at helping Kiwi children.

FAREWELL

PETER HORIDE - Counsellor
Home and Family 1993 – 2005



The above statement signifies an end to Peter Horide's counselling years with Home and Family Society. What goes behind these words is the story of a great contribution by a highly skilled and unassuming man.

In 1980 Home & Family went through a renaissance and by the 1990's had developed a team of female counsellors. By 1993 we knew we needed a male on the staff and Peter joined us. It is interesting that 12 years later when we want a male counsellor to replace Peter we can only advertise for "a counsellor who works with men"!

The value of having a mix of male and female staff members means varying perspectives are continually brought into discussions; it provides for those clients who have a gender preference and it can offer male and female balance when working with couples. Peter offered all of this in abundance. Peter co-developed the children's programme

'Marvelz.' With his previous school teaching career and his knowledge and interest in young people this was a further valuable contribution and is another way he has given his time and experience so generously.

One of the most important aspects of Peter's work is the way his compassion and skill have brought long-term support and improvement of life for many of our clients suffering from significant levels of mental unwellness. He has developed lasting relationships with people who often move on to face life alone for a period and then may return later for further support.

The Team will especially miss Peter's ability with his use of the English language; his ability to keep us on time at meetings (the first meeting without him ran half an hour over), his rock-like steadiness, his soundness of ideas and his absolute ethical stance.

Thank you Peter and good wishes in your new career. I treasure our long and friendly colleagueship.

(BY SUE GLASGOW... A FRIEND AND COLLEAGUE)

WELCOME

PETRA PAGE *Our New Face For Fundraising*



Petra Page joined the Home and Family team in mid August 2005 in a key role as Funding Coordinator. She brings with her a wealth of experience, having worked in Durban in challenging positions across a diverse industry range, spanning lecturing,

public relations, media and fundraising. Her recent significant contribution has been to COCOA (Care of China's Orphaned & Abandoned) in the UK, and Cancer Association of South Africa. We look forward to her input.

MANJU SHELKE

Our New Public Relations Coordinator.



Manju has worked as a journalist for several years in the United Arab Emirates. She has edited corporate newsletters in addition to being a columnist for family and lifestyle magazines.

She comes from a background in Sales and Marketing and has many years of experience in the hospitality industry which adds to her repertoire.

DENIS BUNBURY *Our Counsellor*

Denis has just started (October) as counsellor with Home and Family. He graduated from the Human Development and Training Institute with a Diploma in counselling, and a Certificate in Supervision. He has been working with clients in private practice and in an Auckland counselling agency since then. He enjoys working with a wide range of issues, with both women and men. His background in working as a

priest for some years is reflected in his interest in the spiritual dimension of healing.

Denis has worked intensively with men's issues over recent years, including working with men's support groups as well as with individual men. His interest in men's issues includes the issue of male suicidality.



INSPIRED ACT OF SERVICE



Keen to help Kiwi children who encounter family conflict

Scott Walker - film maker and advertising guru

Acts of service that stem from the heart enrich those who receive as well as give and as Scott Walker, the producer and director of the Television ad campaign who piloted the entire project says, "I believe that for a worthy cause, people are amazingly helpful and willing to give their time and service".

When Scott Walker, a young director and film producer returned to New Zealand after a successful 13 year stint abroad he decided he wanted to spread some sunshine into the world of thousands of Kiwi children who encounter family conflict and violence. "My parents divorced when I was 7 and although there was no arguing and violence, the event was a massive adjustment and issue to deal with", he recalls.

"It landed in my life like a bomb and took away everything I thought I could count on. "Scott was keen to apply his years of advertising and film making experience to help produce a television advertisement for Home and Family Society as he wanted more people to be aware of the counselling services offered, which he feels his family missed out on. "If my parents had been aware of the Society I am sure they would have gone to them for support and guidance" he says. Scott approached Mary Gray, director of Home and Family and the 'donation appeal advertisement' evolved with contributions from many. "Goodness has a snowball effect and it was clearly demonstrated in this case", says Mary.

"We gathered momentum as we went along and the entire crew who worked on the campaign donated their time freely". Scott arranged through his contacts, free air time with TV 3 and Prime Television and the campaign moved on from being a dream to a reality.

Home and Family Society extend their heartfelt gratitude to all those who made it possible by giving their time, talent and facility freely.

Producer, Director, Editor: Scott Walker / HAPPYDOG LTD
Output master and dubs: Silverscreen / Oktobar
Actor: Ned Wontner
Voice-over actors: Michele A'Court and Jeremy Elwood
Voice-over recording: York Street Studios
Music: Minna
Sincere appreciation extended to Panavision, ARRI / The Mill (UK) and to TV 3 and Prime Television who continue to air our advertisements free.



SUPPORTERS' GROUP NEWS



Mt. EDEN SUPPORTERS' GROUP

The special viewing of Pride and Prejudice at Village Skycity, Broadway Newmarket organised by the Mt. Eden Supporters' Group on October 26, 2005 was a sell out. Marian Cornwell, member of Mt. Eden Supporters' group said the event was a huge success raising over \$ 4000. "The evening was a truly pleasurable one and the atmosphere one of great happiness," she said.

IT'S THAT TIME OF YEAR AGAIN! GOLF FOR A CAUSE!

Mt. Eden's ever popular event, the annual Ladies Teams Day Golf Tournament will be held at Onewhero Golf Club on Monday 5 December, 2005. This much-awaited community event promises loads of adrenaline for sport lovers. If you'd like more information, please phone Christine at 524 4796

NORTH SHORE SUPPORTERS' GROUP

GET READY TO LIVE IT UP!

A Clifftop Champagne Party

will be held in the beautiful grounds of Norwood, a lovely clifftop home in Belmont. Starting at 6pm, on Thursday March 9, 2006, the North Shore Supporters' Group is organising this exciting and fun event with music and entertainment.

Please contact Petra Page on 630 8961 if you would like to become involved in some way or the other with this event.



FINALISTS FOR MEDIA PEACE AWARDS!

Home and Family Society is delighted that Planet FM's programme Women's Voices featuring a discussion with host Rezwan Pashmi and guests from Home and Family Society has been shortlisted as one of the finalists in the Radio Category of Media Peace Awards this year.

Our [New Start team Estelle](#), [Muriel](#) and [Mayada](#) together with a client [Salma](#) (her story appeared in our December 2004 newsletter) and [Mary](#), our Director featured on Women's Voices. They spoke of issues that new immigrant women bring to the group. Salma's story of how she dealt with them was a highlight of the broadcast.

HOME AND FAMILY SOCIETY INC.

Mary Gray (Director)

Petra Page (Funding Coordinator)
Jacqueline Alexander (Fundraiser)
Manju Shelke (Public Relations)

Mt. Eden

Penny Doggett (Office Administrator)
Mary Phillips (Relief Reception)
Tel: 630 8961, Fax : 630 8487
info@homeandfamily.org.nz
344 Mt. Eden Rd, Mt.Eden

Counsellors:

Miles Briggs
Denis Bunbury
Muriel Castelino
Sue Glasgow
Anya Godwin (Children's Specialist)
Anne Smith
Jing Mei Tai
Charlotte Teal
Jill Proudfoot
Joanna Kingsbury (Refuge)

North Shore

Shelly Anderson (Site Manager)
Josephine Mallitte (Admin/Reception)

Counsellors:

Stephen May
Mary Milroy
Julie Washer
Tel: 444 12433, Fax: 4412431
northshore@homeandfamily.org.nz
52 Diana Dr. Glenfield