



July 2005

Double Celebration Planned for Mount Eden

Next month will see a double celebration at the Mt Eden *Home & Family* centre, as the building extension project nears completion and the organisation's 112th birthday is marked.

Much as the building and renovation team has almost become part of the family over the last few months, staff at the Mt Eden office are pleased to be settling back into business as usual in the newly extended and refurbished premises. While the homely ambience has been retained, the extension provides for additional facilities as well as improved disability access. The charm of the building's character villa frontage is preserved, along with the tranquil garden in the back yard, at the foot of Mt Eden.

"We are delighted with the building results," said Director Mary Gray. "We have a new room for the fundraisers/PR and their old room is enlarged and available for counselling. We have an additional toilet inside the main building and the kitchen is downsized but is now equipped with a dishwasher and convection microwave. The meeting room has been enclosed and has a new casement window which provides compensating width, and our back toilet is renovated as a disability toilet."



*Left and below: The team from **Mainzeal Interiors** hard at work at the Mt Eden Home & Family premises in June.*



visit us at
www.homeandfamily.org.nz





Mary Gray Director

The last two months have been a scene of chaos and much hard work as **Mainzeal** builders and their sub-contactors have been here expanding and transforming our Mt Eden premises. We have been delighted with how well the work has proceeded and all the tradespeople have been thoughtful and easy to work around. The \$85,000 all up costs have been largely met. We have \$10,000 left to raise and hope that your support of our **“Buy a Brick”** appeal will do this.

Thanks

We are hugely grateful to a number of people for the financial and in-kind contributions that they have made to our building project. **Mainzeal Interiors** have provided their services at cost, and have enlisted the support of their sub-contractors including **Painting Matters, Nick Gjaja**, plumbers, and **Caldwell & Levesque**, electricians, who have all discounted their services to us. **Winstone Wallboards, Velux Roof Windows & Skylights** and **Carters** have donated materials and we are also grateful to **Shi-wen Chen** who has donated all the paint for the project. Major financial donors for this project are the **ASB Trust**, the **Ara Lodge 348 IC Trust**, the **Riverside Trust**, the **Hugh Green Trust** and the **CR Stead Trust**. As well we have received several personal donations from supporters.

An official launch of our new facilities is planned for **September 7**, with a reception to thank all have contributed both to this and to our other fundraising efforts through the year. Mark your diaries now!

AGM

Speaking of diaries, our AGM is coming up on **Wednesday, August 17**, so that is another date to take note of. We will hold it as usual at the Selwyn Library, gathering at 5.30 pm with refreshments for a meeting at 6.15 pm.

North Shore staff

Shelley Anderson has taken on the management of the team, at the same time continuing a reduced counselling load. A new counsellor, **Stephen May**, brings a wealth of counselling experience on to the team.

Computerising our Records

Another milestone is reached as all counsellors have computers on their desks and come up to speed with receiving their appointments on the desktop. Completing basic client information on computer allows us to gain a collective picture of who is coming to us for counselling, for how long and what about. This is all information that funders, including Child Youth And Family Services, and you, our supporters, are interested in. Detailed notes relating to the work that is done in the counselling room are still recorded by counsellors, but this is not kept on the computer system to ensure that such information can't be accessed by anyone unauthorised.



Snapshot of Our Children and Young People

How well children and young people are doing in New Zealand is the focus of a new report published by the Ministry of Social Development.

The report aims to capture different aspects of social wellbeing so that government agencies can work to improve outcomes for children and young people.

Below are some of the key results. These highlight that although progress is being made in some areas, there is still an urgent need for further support of our children and young people. The on-going need for counselling services for this sector of our community was also a key point to emerge from a Central Auckland needs assessment conducted by *Home & Family* late last year.



The Good

- The infant mortality rate halved in the 10 years to 1998
- Deaths of children from unintentional injury have almost halved in the last 20 years
- Young people are better able to find employment
- There has been a rapid increase in the proportion of young Maori gaining a tertiary qualification
- There has been a rapid increase in attendance in early childhood education for Pacific children
- Almost all secondary school students felt that their parents cared for them a lot

The Bad

- One in five families with children reported that they could only sometimes afford to eat properly
- More than one in four children live in low-income families
- High rates of obesity place future health outcomes at risk
- The rate of births to young mothers remains high, particularly for Maori and Pacific peoples
- Rates of smoking by young Maori females and by young people in low socio-economic areas remain high
- For Pacific peoples, nearly one out of every two children under 18 lives in a crowded household

The Ugly

- The rate at which children are dying from intentional injury shows no improvement
- There has been no improvement in rates of neglect and abuse of children over the last six years
- One out of 10 children reported being seriously bullied
- One out of four women aged 17-24 reported that they had experienced sexual interference or sexual assault at some point in their lives

For more information, visit the Ministry of Social Development website: www.msd.govt.nz



North Shore team welcomes new counsellor



*Site Manager Shelley
Anderson (above); and new
Home & Family counsellor
Stephen May (left).*

Home & Family North Shore has seen some changes to its team this year with the appointment of **Shelley Anderson** to the Site Manager's position and of **Stephen May** to fulfil a counselling role.

Shelley has worked as a family therapist at *Home & Family* since its opening in October 2003. She will continue to work with families but will have a reduced caseload to allow her to undertake her role as Site Manager.

Stephen May came on board in May. Stephen enjoys the breadth of counselling work he is involved with at *Home & Family*. He has twenty years' experience working in the mental health, disability and pastoral care sectors and has developed a particular interest in relationships, family dynamics and men's issues.

This experience highlighted to him the importance of communication and in 2003 Stephen participated in workshops in Nonviolent Communication (NVC) in London. He went on to co-organise the introduction of NVC training in New Zealand and is committed to "assisting people in their relationships, be they personal or professional, by focusing on communication".

Stephen has a Diploma in Counselling and a Certificate in Clinical Supervision. He is a practising Buddhist and applies both Buddhist and Western psychological frameworks in his work, where appropriate.




Christine Carpenter has remained with the team this year as an intern, while completing a post-graduate diploma at Unitec. "Christine is a valuable asset to the team, working with a wide range of clients and issues," Shelley said.

The North Shore branch continues to offer high quality counselling to the community, receiving referrals from a wide variety of services and individuals. The team also offers group programmes to local intermediate and secondary schools. Currently it is offering "*Anger Without Aggro*", a group programme for teenagers aimed at teaching constructive, non-aggressive ways to deal with feelings of anger. The other group programme offered is "*Creating Relationships*", a group for girls with a focus on respectful ways of creating the relationships they desire, in particular, in relation to their peer groups.



Five-year strategic plan drawn up

Staff and executive members put their heads together with facilitator Brendon Hall at a strategy meeting in May to identify priorities and action plans for the next five years.

Brendon Hall, of **HGM**, guided the team through a process designed to stimulate strategic thinking and consolidate ideas into a manageable plan. Not surprisingly, securing financial stability was high on most participants' lists of priorities, along with maintaining *Home & Family's* high quality of service, catering to client diversity, building the organisation's profile, supporting staff and ensuring efficient organisational structures. Further work on developing a plan is continuing. 



Home & Family executive committee chair Bruce Connor and Mt Eden counsellors Charlotte Teal (foreground) and Anne Smith nut out priorities for the next five years.

Home & Family Joins Shakti's 10th Anniversary Celebrations

Home & Family was presented with a framed certificate to mark its support of the Shakti Community Council at Shakti's 10th anniversary celebrations on May 28.

A packed New Lynn Community Hall watched colourful performances and listened to addresses by Shakti members, the Prime Minister, Rt Hon Helen Clark, the Deputy Prime Minister, Hon Dr Michael Cullen and the MP for Maungakiekie, Hon Mark Gosche.

Home & Family provided the initial support for Shakti as it began its work with just a handful of Asian women in central Auckland. Former *Home & Family* Director Pat Gilberd and counsellor Muriel Castelino were on its first executive committee and *Home & Family* raised money to get Shakti's services under way. Shakti has now grown into an organisation offering support to immigrant women and families nationwide.

"The support that organisations like Shakti give is incredibly important," Helen Clark said. "Congratulations on a successful first ten years and I'm sure there will be many, many more."



Colourful cultural performances by groups of children were part of the festive events at Shakti's 10th anniversary celebrations.



Counselling “helped turn us around”: - Alex’s story

Alex describes the counselling she did with *Home and Family* as the best thing she did that year. After years of marital problems which ended in separation she describes herself as having been “a mess”. “I now have a great life. Even though we have on-going problems, we have tools to deal with it.”

Alex was married for 11 years and in the end just took the children and left. She had been to a clairvoyant who advised her: “go, go, go” but found it very difficult to justify a marriage break-up to herself. Eventually she reached a point where she felt she had tried everything and she could no longer cope.

She describes the first year after the separation as “reasonably amicable” but the situation deteriorated and her self-esteem was in shreds.

“I spent a lot of time thinking I must be a terrible mother and feeling that everything I was doing must be wrong.”

Two of her children were experiencing behavioural difficulties.

“They were having a huge amount of trouble and one was being accused of bullying.”

Alex was referred to *Home & Family* by the court. She recalls feeling resistance to the idea at the time. “I expected to be judged. I thought they were going to tell me I was the bad person that I thought I was.”

*“My cup was empty.
It so needed to be
filled up.”*

In fact she found the counselling experience very non-judgmental and “hugely nurturing.” She describes it as “like being wrapped up in cotton wool”. She had been to counselling earlier when she and her husband were still together and found that it was “a safe place to put forward problems”.

“Anne was great. She kept us on solving the problems and not blaming each other.”

Alex’s second round of counselling - after the break up - was focused on helping her to restore her self-esteem.

“The work I did with Charlotte was brilliant. It’s hard to stay steady and keep the kids steady when your self-esteem is wobbly.”

All three of the children went to counselling at different times too. “I wanted the kids to not be torn between Mum’s world and Dad’s world.

“The fact that they could go along and talk to someone really helped. It meant that the tearing stopped.” Alex says that the counselling really helped turn the children around.

“One of the best things was that Anya taught my daughter that when I get upset it’s not her responsibility. And when there are problems between their two parents, the kids don’t have to fix it. It’s our stuff. That’s priceless.”

Overall, Alex believes the counselling she and her children did at *Home & Family* was a major turning point for them.

“I used to think that people who needed counselling didn’t have the guts to sort out their lives or that they must be attention seeking. Now I see it as a tool to move forward. They don’t tell you how you should think and not everything gets solved.

That’s not real life. But being able to deal with the problems is huge. If I think we’re starting to wobble again we’ll go straight back to *Home & Family*.”

Our thanks to Alex (not her real name) for allowing us to re-tell her story.



Fundraising News

with Jacqueline Alexander
Fundraiser

This year has been a busy one for the fundraising team, particularly with additional funding required for the extensions to the Mt Eden location.

We are very pleased to report that *Home & Family* has been most successful in securing several generous donations from sources that include trusts and personal donations.

***Volunteers are the heart
of the non-profit
organisation***

We are thrilled that we have almost reached our goal to create additional space to enable people in need the opportunity to access professional and affordable counselling.

However, we do require additional funding to complete our building work. You can help us by returning the enclosed "**Buy a Brick**" insert with your donation.

By buying a brick for \$50 you will be making an important contribution towards the cost of reaching completion on our Mt Eden building project. You will be part of ensuring that *Home & Family* is able to provide

on-going counselling support to members of our community.

Please give generously by filling out the enclosed donation form.



North Shore Supporters' Group News

An enormous bag full of money falling from the sky is something that *Home & Family* would welcome with open arms. So far it hasn't happened. But it is the starting point of a comedy about to be previewed at the Bridgeway Theatre at Northcote Point as the latest *Home & Family* North Shore fundraiser.

The preview of "*Millions*" will be at 6pm on Sunday, July 31. Tickets are \$15 and can be purchased from supporters' group members Christine Carpenter Tel 419 9699 or Eileen Bandcroft Tel 444 8291.

"We have a following for our movie nights," said Eileen. "Many of them are private contacts and family and friends. We try to get people to take 10 tickets and sell them on to support our fundraising efforts."



Christine Carpenter (left) and Eileen Bandcroft of the North Shore Home & Family Supporters' Group.

The North Shore supporters' group has recently extended its role from purely fundraising to also supporting in other ways, such as putting on a monthly lunch for the *Home & Family* team.



Mt Eden Supporters' Group News

A "Touch of Green" St Patrick's Day cocktail party, held at Fables in Parnell, was "a fantastic success" says Mt Eden Supporters' Group chair Trish Jackson.

"Not only did we raise \$13,500 from the event but the feedback from guests has been very positive. Generous support from sponsors Delmaine Fine Foods and Wines provided excellent Italian wines and antipasto and a

wonderful selection of donated items was auctioned by Tony Everitt. Our thanks to all our sponsors for these."

Two events are planned for later in the year:

Film Evening, Sunday, October 30 - "Pride and Prejudice", starring Dame Judi Dench.

The **Annual Golf Day** will be held at Onewhero on **Monday,**

December 5.



Noted ...

Home and Family Society wishes to acknowledge the passing of two notable past members:

Jewell Bookman represented Jewish women on the executive committee for 20 years and was a life member of the organisation.

Peter Vincent was treasurer for seven years and during this time oversaw the purchase of our Mt Eden villa. He sat on the Trust Board for a further seven years.

We are indebted to the service of both of these supporters and we wish to express our deepest sympathy to the families of both Jewell and Peter.



Home and Family Society Inc

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 Jacqueline Alexander *fundraiser*
 Helen Borne *public relations*

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Or please charge the amount of \$ _____ to my credit card as detailed below:

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 Please send me a membership form
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