

“Light at the end of the tunnel”



“I am in the process of making the most important decision of my life.

A decision that will affect me as well as my five children who I care for. But I am not afraid.

Let me tell you why and a bit more about the situation I am in.”

“ I am a full time, stay at home dad. I have been caring for our five children for over 20 months since the time when my partner had a breakdown and I was appointed as caregiver of our children. She has been in the care of Mental Health Services since then. At the time we were referred to Home and Family for couple counselling.

I am extremely lucky that I was also encouraged to seek some help for myself individually.

I think that was the best thing that happened to me: the fact that I received counselling to support me and my own feelings around the challenges I am facing.

I was told that counselling was worthwhile and that ‘it was a good

place to vent my feelings’. But it’s so much more than that! That’s only the tip of the iceberg.

I have through my counsellor explored more of what I want out of life for myself and for our children. I have realised that thinking about myself does not make me selfish. It just means that when you care for yourself, you can be whole and present for those who depend on you.

Though we have ceased living together, I would like to support my partner and our children through this extremely challenging time.

And that is the crucial decision I am currently faced with making: whether we can return to living together as a family. But as I said, I

am not afraid , because counselling over the past year has given me clarity of thought.

I couldn’t have done this rational thinking without Shelley’s help. Counselling with her has taught me not to put time limits on myself. It has taught me patience.

She has through her counselling given me more control of my decisions. And though I am taking a long time to make a decision regarding my relationship with my partner, I am confident that I will eventually arrive at the right one for us.

That’s how I see counselling and my journey through the past year... as the light at the end of the tunnel.”

Executive Director's Report



Mary Gray

Welcome to 2009, a year that promises particular challenges as our sponsors and Trust donors are forced to cut back their financial support for us. Now more than ever we are turning to you as individual supporters to request your ongoing and increasing contributions.

Our counsellors' work becomes more precious in supporting people through their difficulties as tougher economic times kick in.

Your donation and support for our events helps us to continue our help!

Those of you on email will have received our first (e)Talk. If you would like to hear from us more regularly this way, please email petra.page@homeandfamily.org.nz

Our corporate golf tournament this year is seeking hole and fees sponsors to support this lively event. Golfers this year are playing for the Hawkins Shield, a trophy donated by one of our lead sponsors Hawkins Construction. See our notice elsewhere.

The Joy of Regular Giving

New Zealanders are a Nation of Givers!

Data from the Nielson Media Research Panorama collected from Jan-Dec 2007 for the previous 12 months dispels the myth that New Zealanders are stingy. An estimated 2.72 million – 75.4% of all people aged 10 years and over - supported the community and voluntary sector in some way in the previous 12 months.

This includes 1,217,000 people who volunteered (33.8 %) 2,176,000 who donated money or goods (60.3 %) and 829,000 people who supported in other ways such as purchasing products (23.0 %)

One third (33.6%) of New Zealanders are committed givers!

Regular Giving offers donors the opportunity of planning their giving to suit them and their circumstances as well as peace of mind knowing that their giving is organized and going directly to those in need.

Home and Family Counselling values these regular payments as it enables us to plan and budget for the future knowing that certain payments will be received every month.

It's a win – win situation.

Would you consider giving to Home and Family Counselling on a regular basis?

To do so, please contact Petra Page on 09 630 8961 ext 3 or email petra.page@homeandfamily.org.nz

GIVING IS NOW WORTH MORE!

The maximum **tax rebate** has been lifted for charitable donations. Now you'll be able to give more and still receive a refund. Previously, no matter how much you donated, a \$630 rebate was the most you could get. This change means that now when you complete your claim form, you can claim a tax rebate of one-third of every dollar you donate, up to the amount of your income. *Make your donation to Home and Family Counselling before the 31st of March 2009 to claim your maximum tax rebate.*

REUNION FEEDBACK

We are thinking of having a reunion of past staff, volunteers and supporters with a cocktail party and open days – a chance to revisit Home and Family.

Would you come? What kind of events would you like to attend?

Please phone or email your feedback to Lorraine on 845 5510 or lorraine.b.taylor@talk21.com or to Wendy at 575 6401 or r.w.jeffrey@xtra.co.nz

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 can also leave a lasting gift.

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

The challenge of change... one bead at a time

A special quilt named “The challenge of change... one bead at a time” was unveiled by Mr E. Bruce Smith, one of our generous donors to commemorate Children’s Day. Children have been working on this quilt embroidered with beads for more than a year as a part of their counselling process with Anya Godwin, our children’s specialist counsellor.



We acknowledge these spirited children who have worked on their difficulties with creativity, patience and courage to face their own challenge of change and see how that brings them happier lives.

Antje (15 years),
one of the children associated

with the project says “It’s quite humbling being part of this big creation. You know that you are part of the group of people putting their experiences and feelings and who they are into the quilt. It helped me to realise I’m not the only one out there who’s been in difficulties.”

Our very special thanks to the following people who made this project a reality.

Nia Hodge from The Bead Hold who donated \$ 200 worth of beads, Beverley Coutts (pictured) who donated many hours of labour in sewing the quilt, Jill Hawkins who donated the fabric and batting and Linda Charlebois who donated her time helping with the project.

Our Bouquet Of Thanks

”Can you organise?”

It was a question put to Jo Lusk in 1994 by Bruce Gilbert, husband of our then director, Pat, when he sought Jo’s involvement with Home and Family.

For Jo, the answer is YES! **Organising is her forte, her hobby and her passion.**

Jo has been enthusiastic since she became a Supporters Group member in 1995 and went on to become their third chairperson in 1999. During this time she made a significant contribution by making the decision that she and her committee would self cater for fundraising events. This saw profits from these events rise markedly, providing valuable dollars to the agency enabling us to reach out to more people in need. This tradition has continued since.

Highlights of Jo’s organising skills span several events, and memorable amongst them are ‘A Trip Down Memory Lane’, two Monster Garage Sales, an Irish themed afternoon at ‘Ayrli’s’ the garden of Bev McConnell, and the Family Picnic at Government House to celebrate 110 years of Home and Family’s involvement in the community.

“By supporting Home and Family Counselling, I have received as much as I have given”, says Jo. “I have always been an involved person and I was looking for an organisation that did real work with real people. Home and Family is just that. My creative needs were being met because I enjoyed the events we planned. It’s a great feeling to be able to contribute to a worthy cause.”



Jo Lusk

Jo also contributed her skills as a member of the Executive Committee from 2001 - 2007 and is an honorary life member of Home and Family.

Though Jo stepped down as chairperson of the group in 2001, we have not allowed her to escape entirely and are so lucky that her involvement has been ongoing and we continue to reap the benefits of her outstanding ‘organising’ skills.

Supporters Group News

ANNUAL WOMEN'S GOLF TOURNAMENT

The festive spirit was very much evident at this event with the golfers dressed in bright Christmas outfits. A valuable \$20,027 was raised, thanks to our dedicated organising committee.

Our warm thanks to the following sponsors who made the event such a success!

EVENT AND PRIZE SPONSORS



Acland Holdings, Allpress Coffee, Altar Mt Eden, Aotea Bakery, Beattie Matheson, Browns Wines, Brumbys, Cable Bay, City Cake Company, City Golf, Delmaine, Dymocks, Fine Wine Co, Fullers, Good Water Coy, Jane Williams, Jill Huston, John Croskery, Kaye Maxwell, Kings Plant Barn, Line 7, Lums, Nelson & Simich, New World, Pokeno Bacon, Poppies, Ray

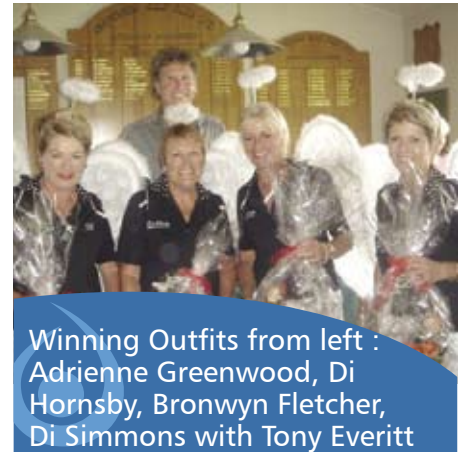


Winning Team from left: Sarah Stewart, Lyn Kempthorne, Carol White, Vicky Salmon with Tony Everitt

McVinnie & Associates, RubADub, Seconds on Enfield, Simply Flowers on Benson, The Christmas Store, The Golf House, Newmarket, The Golf Warehouse, Trish Jackson, Wendy Jeffrey.

TEE SPONSORS

Aspec Construction, Barfoot & Thompson, Bayleys Real Estate, Bardebbs Family, RL Button & Co Ltd, Richard Buchanan & Co, Canopy Group Ltd, Central Office



Winning Outfits from left: Adrienne Greenwood, Di Hornsby, Bronwyn Fletcher, Di Simmons with Tony Everitt

Supplies, Mickey Carolan, Forsyth Barr Ltd, Golf Works, Good Use Company Ltd, Jonathan Grant Galleries Ltd, Jenkins Group Ltd, KBB Music, Karen McNeill, Kate McLean Home Care Ltd, Line 7, Leuschke Group Ltd, Mary Kelly Kilims, Nutritech International Ltd, Phil O Reilly Design, Planhorse Systems Ltd, Plankwall Merchandising Systems, Rosenfeld Kidson Ltd, Rub A Dub Car Wash, Maria Ryder, Scanz Technologies, University of Auckland.

Upcoming Events

CORPORATE CHARITY GOLF DAY

Thursday 23 April

The Grange Golf Club, Papatoetoe

We invite all enthusiastic golfers to this annual popular event.

Entry fee of \$65 per person covers green fees, player goodie bag and finger food. A charity auction will conclude the evening.

Hole sponsorships for \$200 each will enable you to display your company banner. For enquiries please contact Petra Page on 630 8961 ext 3 or email petra.page@homeandfamily.org.nz

homeandfamily.org.nz This event is proudly supported by:



COUNSELLING AWARENESS WEEK MAY 17 - 22, 2009

The counselling world comes together yet again to support our community focussed initiative.

- Breakfast Launch: Tuesday 18 May
- Library displays & design a T shirt competition.
- Talks to service clubs.

For more details log on to www.homeandfamily.org.nz

NORTH SHORE MOVIE

THE BOAT THAT ROCKED

Sunday 19 April 6.00 pm

Bridgeway Cinema, Northcote

This period comedy set in 1966 tells of the United Kingdom pirate radio movement which broadcast to audiences

of up to 25 million. Starring Philip Seymour Hoffmann, Bill Nighy, Rhys Ifans, Emma Thompson and Kenneth

Branagh, this movie promises rocking entertainment. **For tickets please call Ruth at 021 633939 or email ruth@logicaloffice.co.nz**

