



July 2006

JAILED FOR A CAUSE



Arrested : For exhibiting humane emotions.
The charges: Increasing desire to help a worthy charitable cost.
The bail : Net worth of your persuasion skills.
The jury: Our friends
The Event JAIL 'n BAIL

The efforts of our invaluable supporters groups and sponsors have so far seen well attended movie evenings, golf days, cocktail evenings and many such fundraising activities. We now unveil JAIL 'n BAIL Home and Family Society's leap into futuristic fundraisers of the 21st century.

Promising to be one of the most innovative fundraising events in Auckland, Jail 'n Bail, is certain to be a 'fun-raiser' as well as a fundraiser for those involved. This event is the brain child of Petra Page, our funding coordinator and she is currently in the process of piecing together the various elements that go into this massive effort.

The event scheduled to be held over two days in October, will feature prominent people from all walks of life who will give up an hour of their time to be locked up in a make-believe jail, set up in a shopping centre. From here, sport and TV celebrities, theatre personalities, politicians and businessmen must phone their colleagues, friends and family to raise the funds or pledges needed to bail them out.

The general public are also invited to become involved by having their partner, boss, son-in-law or best friend arrested on fun "bogus" charges and locked up in jail for which privilege they are charged a fee. To add to the fun and drama, the prisoners will be decked out in

striped prison outfits. A judge dressed in robes will preside over a kangaroo court and set the bail.

Popular Auckland radio station More FM through their new exciting station The Breeze have confirmed their participation and we are working to finalise the venue sponsor and many other key sponsors. There is great anticipation – **the work has started and we will get there!**

Petra Page, Funding Coordinator



CAN YOU HELP? " Come join me at this fun event"

- Have you a contact or friend in the rag trade who could supply striped material for the prisoners' outfits?
- Would you like to design and sew the outfits?
- Would you like to volunteer hands-on help over the two days of the event?
- Do you know some company who could sponsor the printing of posters?
- Would you enjoy becoming involved in the organisation of this fundraiser?
- Have you suggestions of who could be approached to be a jail-bird?
- Please contact Petra on 09 630 8961 or petra.page@homeandfamily.org.nz

DIRECTOR'S REPORT

Feedback

Each quarter we seek feedback from clients about the quality of the service they have received. Over a two-week period every client receives a short questionnaire that they can complete and leave in a box (anonymously if they wish). Clients are asked to give a rating of how helpful counselling has been from 'not at all' to 'very helpful'. In our most recent feedback 79% of 68 clients at Mt Eden found counselling 'quite' or 'very helpful'. Feedback on other aspects of our services is also invited. Reception services, waiting areas, reading material and the peaceful environment of our office all received positive comments. Being able to make a donation or low contribution for counselling for some was 'the difference between coming and not coming'.

Alongside the rating of counselling, clients contribute many specific comments on what has been helpful about the counselling. 'More confident and happier, how to cope with my teenage daughter, reassurance, clarifying things, working to empower me, incorporating spirituality, support emotional and practical, plans to address my specific problems, being offered an alternate way of thinking' were some of the many positives that people were gaining from their counselling.

Clients are also asked how the agency could improve its services and at times these comments alert us to things that need following up. Mostly responses are along the lines of 'No suggestions, your people are fantastic!'

Farewells

On another topic, I seem to have tempted fate in speaking in the last issue of the long service of our counsellors as we have now regretfully farewelled two of them, **Sue Glasgow** and **Charlotte Teal**.

Sue's 17 years of service here speaks for itself. Her broad counselling experience and expertise enabled her to enjoy the challenge of a wide variety of client situations. Nothing fazed her and it was wonderful for us to be assured that any clients, no matter what difficulties they were struggling with could be ably helped by Sue.

Charlotte's nine years here also saw her grow in experience and ability. Her work with women who had experienced domestic violence, people recovering from addictions, and young men setting out on life's journeys were some areas of counselling that she particularly enjoyed. Both Sue and Charlotte have supported our service beyond their work in the counselling room and we are indebted to them both for the richness they brought to the team at Mt Eden.

Denis Bunbury and **Julie Washer** have both been counselling with us for only a short time and regrettably are leaving. Denis has been enticed back by his former employer at a price we couldn't match, and Julie has been lured away by prospects of overseas holidays. Warm thanks to them both for the ease with which they took up their places in our teams and the solid work they both did during their months with us.

New Recruits

Departures open up new opportunities and we are delighted with the high calibre of



MARY GRAY
Director

our new recruits. At Mt Eden we welcome **Jaqui Barrett, Jude Gilroy** and **Brian Scott-Hughes** and on the North Shore, **Jan Fulford**.

Jude specialises in working with children and teens and will enable us to respond better to this growing area of work at Mt Eden. We will feature our newcomers more fully in our next newsletter.

Fundraising Events

The North Shore 'Clifftop Party' was a resounding success. We were delighted with the wonderful support from the North Shore community and others, and with the \$11,500 raised for our counselling services there. Hearty thanks to the organising team for their hard work. We are very pleased to hear that they are keen to run another such event next year.

Our movies continue to be popular and two recent viewings organised by our North Shore and Mt Eden Supporters group have been very successful. Well done to both teams!

Our newest fundraising venture 'Jail and Bail' promises to be a lot of fun and has considerable potential for drawing a wider circle of contributors into supporting our work. Please have a think about how you might help make this a success.

AGM
Wednesday 23 August
5.30pm - 7.00 pm
Selwyn Library
St Stephens Avenue, Parnell
All welcome

“ANGER WITHOUT AGGRO”

Developing awareness that will contribute to a more harmonious society

For three years the North Shore counselling centre of Home and Family Society have received funding from Child Youth and Family Services for group work with young people. ‘Anger Without Aggro’ is one such successful group programme initiated by our North Shore team that has helped more than 195 students to understand themselves and their interactions with others. Home and Family Society works within the schools in this programme which is targeted at supporting young people to develop awareness around their own needs. It encourages them to express these needs in more respectful ways, thus improving their sense of self-worth and improving their relationships.

North Shore site manager and counsellor Shelley Anderson and counsellor Stephen May have nurtured this group together for more than a year now. They have tailormade each group programme to meet the needs of each group. “Our observation is that these children are selected on the basis that their behaviour may be seen as problematic by the school”, says Shelley. “Many of them have complex home lives and are often managing extremely well, situations beyond their years, which have huge implications for their participation in school life, both from peer relationship perspective and also from a learning perspective.”

Stephen May & Shelley Anderson
“Anger Without Aggro” facilitators



“We aim and hope we are able to resource these children with more skills to continue to manage difficult situations much better”

Participant feedback

“Thanks to Stephen and Shelley for giving us a chance to change our attitudes and giving us an opportunity to share our feelings.” Thank you.

“ I’ve learnt many tips about not fighting. This will help me to change my life around and to do things differently.”

In this course, young people are taken through topics such as :

- ❖ Awareness of what triggers anger
- ❖ The early warning signs of anger
- ❖ Physiology of anger, i.e how the body responds to stressful / threatening situations
- ❖ Identifying and expressing thoughts and feelings in ways that are more likely to meet our needs
- ❖ Strategies – Self-talk and Time out
- ❖ Assertiveness
- ❖ Negotiating difficult situations and learning constructive ways to manage conflict
- ❖ Basic communication skills

FAREWELL TO



From left: Charlotte Teal & Sue Glasgow



Jo Lusk, Marian Owen, Pat Gilbert & Carol Paykel



Eric Owen & Allen Teal

RETRACING

Charlotte Teal

Charlotte has been with Home and Family Society since 1997. Her work has spanned a wide range of clients and their issues. She ran several "Freedom From Fear" groups for women leaving violent relationships in addition to individual work with families, children, custody and access cases and mediation.

"I have always valued the opportunity to provide a service to people who couldn't afford to pay a fee," says Charlotte. Our counselling team is well bonded and functions very well. Our strength is the collegial support and as a team it's fantastic."

Miles Briggs notes Charlotte's ability to ask pertinent questions and to draw out responses from other group members. "I have jointly worked with couples with Charlotte and appreciated her respectful, sensitive and encouraging interactions", he says.

Charlotte feels it's the history of Home and Family Society that has been so intriguing for her. "I have had so many special moments here. When my clients get to a level where they feel they have choices in their lives, when couples come to a place of understanding and reconnect with each other, when the depressed begin to hope again, I feel I have achieved something".

Charlotte's first steps on leaving us is to take a break and enjoy a trip overseas with her husband. She will be back in Auckland to pursue her private practice and working with the profession that has given her such fulfilment.

It is rightly said that you cannot motivate the best people in any field with money. They can only be motivated by passion.

Home and Family Society sadly farewells two highly experienced counsellors Sue Glasgow and Charlotte Teal who have been motivated by passion for the work they do and the people they interact with. They are taking with them fond memories of colleagues and the many people they have met and worked with.

The spirit of enriching community work has been a strong motivating factor that made them stay with us for so many years.

Anne Smith, a colleague and counsellor who has worked closely with them wraps it up accurately, "both have made a tremendous contribution to the very high standard of professionalism prevalent throughout our counselling work here".

Their farewell held on June , 2006 and attended by staff, past and present, friends and the Executive Committee was an evening to remember.

We wish you the best in your pursuit of what makes your heart sing.

SUE & CHARLOTTE



Sue with Bruce Connor



Claire Elliot with Charlotte



Anne Smith, Muriel Castelino and Lynn Williams

THE YEARS

Sue Glasgow

Sue has worked for Home and Family Society since 1989. She recalls the excitement of the small team of four counsellors and a group of voluntary telephone counsellors who had just moved into the 'new villa' in Mt Eden. "Since then there has been much growth and change. Many of these changes have come out of Home and Family's response to the needs of the community. In the early 90's as more men were initiating counselling for themselves we welcomed our first male to the team which has continued to grow. The office premises has had to grow as well to accommodate these changes," says Sue.

Over the 17 years, Sue has noticed some changes in the problems people bring. "Couples are often in their 30's rather than 20's, women may be more financially independent and want a greater degree of equality in their relationship, we are seeing more second marriages, repartnered families, same sex relationships and women having children late in life", explains Sue. The violence and abuse is more complex and often exacerbated by hallucinatory drugs. "I have been particularly concerned lately about the powerless position many teenage girls are in when violence and abuse is prevalent in their homes" she says.

"My love for the work is about the client and me developing a good connection as we unravel the problem together. All the time we are gaining new understanding and insights as the problem is talked about and experienced in a different way. This process can be challenging and stimulating and deeply moving for both clients and counsellors," says Sue.

Miles Briggs who has been Sue's colleague for many years says "Sue has a huge depth of experience and has consistently shown a leadership role with the other counsellors. I have enjoyed her wicked sense of humour and her grounded approach to life. I have co-worked with her with families and found her to be warm, encouraging, determined, supportive and courageous in her work.

It has been of great significance to Sue that she has had the opportunity to be part of an organisation where professional counselling is offered to anyone, no matter what their paying capability.

Although Sue will miss her time in the life of Home and Family Society, she is pleased to be continuing her counselling and family therapy work in her private practice in Devonport.

Clifftop Champagne Party

More than \$ 11,500 has been raised for Home and Family Society from the Clifftop Champagne Party held on 9th March, 2006.

The evening was a great success with over 150 guests enjoying a wonderful venue, food and drink, entertainment and a live auction.

Guests sipped pink champagne on the lawns of Norwood, the beautiful home of hosts Karen and Dennis Jones overlooking the waters of Rangitoto. Entertainment was provided by lovely up-and-coming singer Cassandra McCowan and the Takapuna Grammar School Jazz Quartet.

The evening culminated in a very lively 'live' auction with Murray Smith, well known auctioneer from Barfoot & Thompson Takapuna, encouraging the guests to spend their money on a range of sponsored prizes, including the stunning painting done on the spot by International artist Hugh Brading.



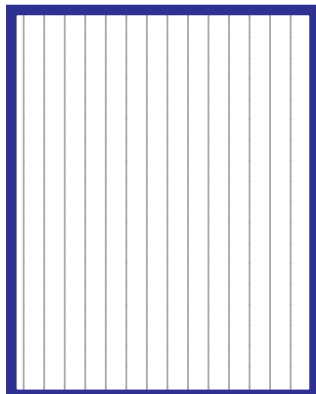
Karen Jones, the gracious host who opened her lovely home and garden for the event



Seen enjoying a glass of champagne

From left: Bruce Connor (Chair: Home and Family Society), Celia Fullerton-Smith, Mayor of North Shore George Wood with his wife Myra and Mary Gray (Director: Home and Family Society)

Home and Family would like to thank the following sponsors for their generous support. Barfoot & Thompson Takapuna, Design Edge, Enhance Beauty Solutions, Killarney Bar & Brasserie, Liquorland Wairau Road, Marlin House, Pavement Artz, Sago Restaurant and Bar, Slippin, Super Liquor Glenfield.



Wayne Gladstone of Barfoot & Thompson, the main sponsor of the evening.

"I am very pleased to be associated with Home and Family Society as it's a very worthy cause. I thoroughly enjoyed being part of this fun event".



Members of the Clifftop Champagne Party Committee planning the next event
From left Petra Page, Margaret Toon, Janet Drummond, Anne Hargreaves and Jo Lusk. Committee members Cheryl Ranford and Liz Jewell were unavailable for the photograph

Bequests

By leaving Home and Family a bequest in your Will, you can make a significant difference to the families that we serve, well into the future.

Your gift ensures that future generations of families will have the same opportunity to receive qualified professional help.

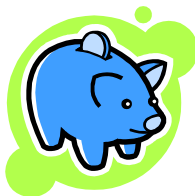
A bequest or legacy is a provision made in a person's Will for a charitable cause. They are the donating of property, insurance policy or cash from your estate to a worthy cause such as Home and Family. Your bequest provides the ultimate gift to a cause that you support.

Contact Petra for our Bequest material on 630 8961.

Make a real and lasting difference!

COINS IN YOUR PIGGYBANKS!!

From 31 July 2006 the current 50, 20, and 10 cent coins will be replaced with smaller and lighter coins, and the 5 cent coin will begin to be phased out.



However there will be a transition period of three months, from 31 July 2006 to 31 October 2006, during which period the existing and new coins can be used.

From 1 November 2006 the current 50, 20 & 10 cent coins, including the 5 cent coin will no longer be legal tender.

How about helping fill Home and Family's coffers with that loose change from pockets and piggybanks?

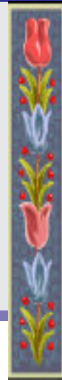
Call 630 8961 and leave a message or email petra.page@homeandfamily.org.nz or. We'll collect the cents!

Gifts in Memorium

A lovely way of remembering your loved ones is through a gift to Home and Family Society. Through this financial support of our work, the memory of dear ones stays alive and is a reminder of the support they gave the Society in their lifetime.

Post your gift to us at PO Box 67120, Mt Eden, 1349.

Home and Family Society wishes to acknowledge the recent sad passing of Jan's dearly loved husband **Bruce Meldrum**. Our sincere sympathies to Jan and family at their great loss.



Parent Information Programme Contract – Another Milestone

Home and Family Society has been awarded the contract as a programme provider of a free information programme designed by the Ministry of Justice for parents.

The programme "How to help your kids when you separate" commenced on 24th June.

This is an another opportunity we have obtained to continue realising our mission of 'working towards a better society by promoting the safety and well-being of all individuals, improving relationships and enhancing family life'.

This is a programme for all parents going through or considering separation, who would like to help their children. If parents manage the separation well, children have a much better chance of being okay"

SUPPORTERS GROUP NEWS

North Shore Support Group

GOLF DAY 2006

The North Shore Supporters Group held two successful fundraising movie evenings at the Bridgeway Cinema, Queen Street in Northcote.

First was the highly acclaimed 'The World's Fastest Indian' starring Sir Anthony Hopkins and filmed in New Zealand. The fundraising evening was held on October 30 last year raising \$1655.00.

The hilarious movie 'Keeping Mum,' starring Rowan Atkinson and Maggie Smith, shown recently on April 30 raising \$1350.00. The organizers of these film evenings, Christine Carpenter and Eileen Bandcroft, would like to thank all those wonderful volunteers who helped sell the tickets for these shows. 'The guests enjoy the special ambience of these fundraising events coming together as a group to support Home and Family Society' says Christine.

Preparation is under way for the hugely popular Golf Day, which will this year be held on Monday, 4th December at Onewhero Golf Club. Highly successful as a fundraiser, the Golf Day has attracted over 120 keen lady golfers.



Tony with son Sam and Father In Law Peter Alder

MT Eden Supporters Group

Over 400 supporters filled two theatres at SkyCity Cinema in Newmarket to see the screening of the Da Vinci Code on Thursday 8th June 06. Despite some negative publicity from some critics the audience seemed to thoroughly enjoy the movie. A profit of over \$5590 was raised from the event to assist in the provision of counselling services. Thanks to Cadbury's for their kind donation of Moro and Crunchie bars to sweeten the evening.



Tony Everitt of Maxwell & Williams has been the major sponsor of the event for several years. Tony speaks of his involvement with the Golf Day. " Home and Family has helped me through some difficult times. When I needed someone to talk to about my relationships a friend referred me to home and family. I met with a counsellor on several occasions and received caring and positive advice in a very non threatening environment. I now

understand that the help I received saved my relationship and I would like this service to be available to others like me."

" I like to be involved with positive and vibrant people. The staff and volunteers at the Home and Family service are just that. Our annual involvement in the golf tournament is my chance to play golf, relax and mingle with all those involved with the Home and family Society. Raising money in these environments is very uplifting."

HOME AND FAMILY SOCIETY INC.

Mary Gray (Director)

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

Mt. Eden

Penny Doggett (Office Manager)
Tina Aitchison (Receptionist)
Jan Hope (Relief Reception)
Tel: 630 8961, Fax : 630 8487
info@homeandfamily.org.nz
344 Mt. Eden Rd, Mt.Eden

Counsellors:

Miles Briggs
Brian Scott - Hughes
Muriel Castelino
Jaqui Barrett
Anya Godwin (Childrens Counsellor)
Anne Smith
Joy Tai
Jude Gilroy (Childrens Counsellor)
Joanna Kingsbury (Refuge)

North Shore

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

Counsellors:

Stephen May
Mary Milroy
Jan Fulford
Tel: 44 12433, Fax: 4412431
northshore@homeandfamily.org.nz
52 Diana Dr. Glenfield