



Home and Family Society Inc

counselling and supporting people

March 2007

NO MORE SILENCE

Sarah came to New Zealand just days after her wedding in Fiji.

She dreamt like all new brides do... of an ideal marriage, a caring husband, and a wonderful life.

But what she endured was a torment worse than hell. Her husband who was addicted to alcohol, marijuana and methamphetamine abused her without remorse.

It took her years to read the writing on the wall and call the police for help.

But even after she did, Sarah didn't have the strength to shut the door when her husband came back from jail ... until she came for counselling.

SARAH SPEAKS

"When my husband's addiction moved to 'P', the abuse escalated to a peak. Weekends were a nightmare. The drug would keep him awake through two nights in a row. I was subjected to physical violence and sexual abuse. I endured it for 16 years. My four children went through it all. It hurt me to watch them watch me.

Counselling with Muriel helped me to break the cycle of abuse. She educated me on the effects of 'P', so I knew what to watch out for. It gave me the strength to accept that my marriage wasn't going to work any more. It gave me courage to shut the door on him and go through our separation.



I learnt how this abuse would affect my children. I began to live a normal life once again. The road ahead is peaceful... I have dealt with my past and I have hope for the future."

The New Year is underway with lots of new energy and some new faces. Sadly we farewelled **Tina Aitchison** our Mt Eden receptionist for the last year, and **Jacqueline Alexander**, our fundraiser for the last three years. A big 'thank you' to them both. We welcome **Vic Jones**, our new counsellor, **Jan Hope** our receptionist for the next few months, and **Ash Arrowsmith** who is taking on our funding applications. Also coming aboard is **Coralie Nelson** to help out in accounts.

Planning the running of a **Home and Family Counselling Awareness Week** in June is absorbing lots of time and effort just now. We are using this week-long event to portray counselling as a helpful and acceptable way for people to address personal and relationship issues. We want to bring counselling out of the closet and encourage people to consider counselling as a helpful avenue of support for themselves and their families.

The NZ Association of Counsellors is supporting us with the running of this event, and we are in discussion with Mt Eden Rotary who are also very interested in how they might support this event.

Director's Note



New Look

We are also giving ourselves a facelift, and will use the week to publicise our 'new look' organisation and services, so keep an eye out for a 'new look' with our next issue and in publicity during the week. Part of our new look is the naming of our newsletter.

We invite you to help us choose a name!

Name our newsletter and win a chocolate cake from the Send your suggestions to:



pr@homeandfamily.org.nz
or call 630 8961 - ext 2.

Plans for the week include a **Celebrity Breakfast Launch, open days** at both our premises, where anyone can come along to meet counsellors, find out more about counselling and our group work. An **evening reception** for referral agencies and supporters and **stalls at selected supermarkets and shopping centres** are planned along with lots of **media publicity!**

If you want to give a hand on a stall or to distribute **bumper stickers or flyers**, or have other ideas for the week, please ring the office. We welcome your support.

As the financial year end nears I'd like to give a big vote of thanks to all of you who supported us financially during the year, whether through a direct financial contribution or through attending or helping organise a fundraising event. We rely on your generosity and continued interest. Our client stories continue to remind us all what we are accomplishing through Home and Family.

Mary Gray
Director

LEAVE YOUR STAMP ON THE FUTURE

Leave a gift to Home and Family in your Will so that the children and families of the future can also have the benefit of professional, high quality counselling. This kind gift will make a huge difference to the lives of future generations.

Your legacy will leave a lasting gift!

Contact Petra Page our funding coordinator for more details at 630 8961 ext 3

To know more about us please visit :
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IN FOCUS : GROUP PROGRAMMES

TALKING IT THROUGH

A group programme for young people experiencing loss, separation and change.

A new group programme tailor- made to support young people in schools, 'Talking it through' has been well received by the North Shore community.

Facilitators Shelley Anderson and Stephen May, both counsellors at the North Shore office who have nurtured several other initiatives for young people and adolescents are passionate about the need for such a programme.

The groups are free and are run in intermediate and secondary schools on the North Shore.



The group deals with:

Impact of loss, separation and change

Appropriate ways for young people to express themselves

Recognition and acknowledgement of each persons skills and strengths

Connections and belonging

Assumed blame and guilt

Transitions

Reconnections and moving forward

OUR MULTICULTURAL SUCCESS STORY

Successful completion of the 20th New Start Group For Migrant and Refugee Women

Congratulations to Estelle Mendelsohn, Angelika Chisholm and Muriel Castelino, facilitators of the New Start Programme on completion of their 20th group. This wonderful initiative nine years ago continues to respond to special needs in our multicultural community. This eight week programme offers a supportive environment to women who have experienced war, trauma, violence and abuse in the past . Amongst other things, the group enables the members to express their pain so that healing can begin to take place.

Over the past 9 years the programme has helped 241 participants from 20 nationalities. Special thanks to our major sponsors '**Sisters of the Good Shepherd and Hostel of the Holy Name,**' who have consistently provided us with funding for the group each year.

The 21st group started on 27th February 2007

CHARITY DAY MENS' GOLF TOURNAMENT

- our new fundraiser

For entry forms,
please call Penny Doggett
at 630 8961
or email
info@homeandfamily.org.nz

Men - join us for a game of golf at the Akarana Golf Club on Friday 13th April. Registration \$65 per person. Come as a team or individual.

We would like to thank the organisers and wonderful prize sponsors, Hawkins Construction and Airco Services



SUPPORTERS' GROUP NEWS

Mt Eden Supporters' Group

COUNCIL CHAMBERS COCKTAIL PARTY

New members are bringing fresh energy into supporters' group activities. We are delighted to confirm that Mayoress Mrs Diana Hubbard will co-host an exclusive Cocktail Party with us at the Council Chambers on Wednesday 2nd May. If you would like an invitation to this exclusive event contact Petra Page at 630 8961 or email petra.page@homeandfamily.org.nz

North Shore Supporters' Group

MOVIE EVENING

'Becoming Jane' will be screened at the Bridge-way Cinema, Northcote on Sunday 27th May 2007 at 6.00 pm.

The story, which traces the life of Jane Austen as a young lady on the first rung of literary success, stars Anne Hathaway and James McAvoy

Tickets \$18. Please phone Eileen at 444 8291 or Christine at 419 9699.

LADIES GOLF DAY Dec 4 - 2006

The golf day was a great success with a profit of \$11,075 being a significant contribution. We acknowledge and thank all participants, supporters and sponsors.

Special thanks to Christine White, a key organiser of this event for the last 10 years, who is now taking a back seat.

Winning team with Tony Everitt from Maxwell & Williams, our major sponsor.

From left: Bev Fuller, Diane Brown, Tony Everitt, Margaret Sturmfels and Giny Perdok holding gifts from Maxwell & Williams.



Major sponsor - Maxwell & Williams

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