

Let's talk

NEWSLETTER, NOVEMBER 2017



IN THIS ISSUE

- 2 New Zealand's shocking suicide statistics
Annual General Meeting 2017
- 3 'Let's Talk' with our new ambassadors!
Message from the Executive Director
Recent client feedback
- 4 Coming up...fundraising events
Thank you

We see our work as preventative

Aotearoa New Zealand has seen an increase in the public conversation around suicide over the last year, which is a positive development in society's attitudes towards the issue. The New Zealand Herald ran a series "Break the Silence" focusing on Youth Suicide in July contributing to the discussion.

However in August the Chief Coroner's provisional annual suicide statistics revealed yet another year when the numbers rose (see our statistics infographic on page 2). 606 people died by suicide in the year 2016-2017 and this is the highest number of suicide deaths since statistics were first recorded in 2007-2008.

The United Nations Children's Fund (UNICEF) 'Innocenti Report card 14' released this year reported that New Zealand has the highest rate of youth suicide in the 41 member countries of the Organisation for Economic Cooperation and Development (OECD) and European Union (EU), and the rate of suicide per 100,000 people is almost five times as high as the rate in Britain.

At Home and Family Counselling we believe that preventative work is an important contributor to reducing these shocking numbers. For many people, counselling is seen as a reactive approach to mental health issues. However, we believe that if the conversation around mental health is opened up and people feel able to seek help sooner then counselling can become recognised as a proactive tool for mental health well-being, achieving positive outcomes for all involved.

To this end, reducing the stigma around mental health is one of our primary aims.

Support our work



"Amazing to be able to afford counselling, very friendly, helpful, and professional"

- Client feedback

Did you know? In 2018 Home and Family Counselling will be celebrating 125 years of helping families in our communities.

Today we are continuing to support individuals, couples and families. Our services are affordable and accessible and we provide professional counselling for a voluntary contribution. To enable us to provide such a service, your help is vital.

To donate, go online to www.homeandfamily.org.nz and click the 'Donate Now' button.



homeandfamily.org.nz



We are delighted to acknowledge the Hugo Trust and their very generous support of the work that Home and Family Counselling undertakes in our communities. **Thank you!**

New Zealand Provisional Suicide Statistics July 2016 - June 2017*

*Chief Coroner provisional annual suicide figures released 28 August 2017

New Zealand has the highest rate of
youth suicide in the OECD

HIGHEST number of reported
suicide deaths within one age group

79 20-24 years
age group

Number of suicide deaths
among young people

age **15-19** **38**

13

suicides
reported
in the
10-14 years
age group

606

provisional suicide deaths in
New Zealand between
July 2016 and June 2017 (across all age groups)*

Annual General Meeting

Home and Family Counselling's Annual General Meeting 2017 took place at the Community of St. Luke Centre, Remuera on 2nd August.

New Board members

We extend a very warm welcome to **Suren Surendran** and **Diane Jefferson** who were elected onto the Home and Family Counselling Board at our AGM this year.

Both Suren and Diane have much to contribute to Home and Family Counselling and we look forward to working with them.

Eric Allan honoured

Eric Allan was awarded Honorary Life Membership at our Annual General Meeting in August. Eric, thank you for your wonderful and loyal support for 27 years. You will be dearly missed.



Chairman Alan Brookbanks (right) congratulates Eric Allan (left) who retired from our board this year after 27 years.



Life member Mary Gray at our AGM



Executive Director, Shelley Anderson



with **Wade Jackson and Evie Ashton**
HOME AND FAMILY COUNSELLING'S AMBASSADORS

MESSAGE FROM THE EXECUTIVE
DIRECTOR – **Shelley Anderson**



Meet our Ambassadors!

We are delighted to introduce our new ambassadors dynamic husband and wife duo, Wade Jackson and Evie Ashton.

Wade is a high performance coach, speaker and author who works with big global brands. He's also laugh out loud funny and part of the world famous Improv Bandits team. Wade is committed to learning and self-improvement mixed with humour.

Evie is a self-esteem advocate, corporate facilitator and high performance coach. She is a radio and TV journalist, presenter and producer who has an especially strong affinity for women and their families.

Together they have a vision for empowering positive change and 'meaningful happiness'. They help people and organisations to perform optimally through "Inspired Learning".

Evie: "Home and Family Counselling has a long and strong history for helping people like you and me who are in the trenches.

Relationships are tricky. Life happens, all the time every day, even when you're just making the sandwiches. For me, sometimes I'm ahead of the game, sometimes I'm catching up and then occasionally, I'm overwhelmed.

This organisation makes it that much easier for people to get that help when we need it. They build wellbeing, they support families to become more resilient and they help create strong, supportive communities.

I'm proud to be an ambassador for them".

Wade: "My role is to amplify Home and Family's message and to introduce and seek beneficial partnerships for the organisation.

Our mental health record in New Zealand is devastating and we need to normalise the conversation. Whether it's yourself, your partner, a friend, a member of your whanau or a work mate, we need to support each other not judge, and get the right messages out there. After all 47% of Kiwis will have counselling at some stage in their lives.

Professional counselling works and has the power to change lives".

Welcome to our family Wade and Evie!

I would like to begin with a very special thank you to all our team, our Board, Trust Board, and all our generous supporters who have made it possible for us to continue to offer our services throughout this year.

Welcome to our new after-hours team members **Rachel Bowie** and **Viv Corin** who have joined us at our Mount Eden centre, and **Wendy Norman** who has joined us at our North Shore centre.

2018 will be a milestone year for Home and Family Counselling as we celebrate our 125th Anniversary and we'll be marking this achievement throughout next year. Watch this space!

A special thank you to our volunteer gardener **Bronwen Wills** who created a beautiful and intricate 'fairy garden' for us. **Thank you, Bronwen!**



Fairy garden created by Bronwen Wills

Recent client feedback

Feedback is very important to us. Here's what some of our recent clients have to say about the impact counselling has had on their lives:

- *"Helped me see my strengths and make sense of my emotions"*
- *"Openly talking about difficult things with a supportive counsellor is great"*
- *"My son has become more outspoken and confident"*
- *"I think it's been amazing and we've been treated so well. We are grateful for this service"*
- *"I feel I can say anything without fear"*

Coming up...fundraising events



Home and Family Counselling Movie Night

7pm, 9 November At Event Cinemas, 77 Broadway, Newmarket

Join us for an opening night private screening of the classic Agatha Christie 'whodunit' 'Murder on the Orient Express'. There will be great raffles and terrific prizes so please be sure to come and support the great work that we do. Tickets \$40, including glass of wine, popcorn, and Whittaker's Chocolate. Welcome reception from 7.00. Movie starts at 8.00 pm.

Call Connie on 09 630 8961 ext. 3 or purchase online at <https://homeandfamily.org.nz/product/fundraiser-movie-night/>



Annual Charity Golf Tournament

Monday 4 December at the RAGGC Middlemore

Registration is open for our Annual Women's Charity Golf Tournament. This year's goal is to provide professional counselling and support for 750 female clients from diverse backgrounds, who have been struggling with domestic violence, family separation, financial hardship and mental health challenges. We also welcome your generosity with 'Hole Sponsorship/Goods to Auction/Prize Sponsorship'.

Register at <https://homeandfamily.org.nz/product/womens-golf-tournament-registration/>

For more information call Connie on 09 630 8961 ext. 3

Applause and thank you!



We are delighted that Home and Family Counselling has once again been chosen by The Warehouse customers at their Glenfield branch as the community group they'd like to support under their 'Bags for Good' programme.

Next time you're shopping at the Glenfield branch of the Warehouse, please think about dropping your 'vote' token into the Home & Family Counselling box and help us provide counselling for a family in need in your community.

We would like to thank the following organisations for their kindness:

Ports of Auckland for providing a family pass for 2 adults and 4 children to take a trip on the 82 year old 'Daldy' tug boat as part of Auckland Heritage Festival.

Rainbows End who donated a Superpass for 2 adults and 2 children so a family could share a day of fun fuelled experiences.

Home and Family is grateful to receive gifts in the form of giveaways which enable us to engage with our supporters on social media platforms. These help raise our profile as well as forming great relationships with our wider community.

Home and Family Counselling will be closed over the summer between 21st December 2017 and 15th January 2018

Follow us on social media

Keep up to date with the latests news and updates on our social media pages.



homeandfamilycounselling



homeandfamilyHFC #HFC



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