



**Home & Family**  
Society Christchurch Inc. Est. 1898

*Te Whare Manaaki Tangata*

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## The Home and Family Society Christchurch Incorporated

Address: 4/316 Hereford Street  
Christchurch 8011

Telephone: 03 944 0635

Website: [www.homeandfamily.net.nz](http://www.homeandfamily.net.nz)

Executive Committee:

Philip Duval, President

Cheryl Tovizi, Vice President

David White, Secretary/Treasurer

John Goodrich, Minutes Secretary

Jennifer Delaney

Bruce Baillie

Lindsay Strathdee

Mary Caldwell

Raewyn Perry

Jody Hohaia

Mike Todd

## Vision

The vision of Home & Family/Te Whare Manaaki Tangata is that all children will live in homes with whānau/family who cherish them, keep them safe and nurture their potential

## Mission

Creating environments for positive change

## Values

Welcome	We want you to feel welcome and at home with us
Respect	We will work alongside you as you make changes in your life
Responsiveness	We strive to provide the kind of service you need
Child centered	The wellbeing of children is at the heart of what we do

# Our impact

Creating environments for positive change

3938

Bednights of support on our parenting programmes

84%

parenting programme clients achieving goals

2350

counselling sessions



19%

increase in parenting bednights delivered since last year



84%

counselling clients achieving goals



68

clients accessing parenting programmes

160

Children and youth supported through counselling



289

counselling clients



## President's report

In writing this, my report for the 2015-16 year, Home and Family's 108th, I have been tempted to dwell on nothing other than the achievements and successes notched up over the past year. The kind of work an organisation like ours does is very much about achievement and success as what could be better than touching the hearts and minds of so many people on a day to day basis and our exceptional team does this with not only enviable professionalism but also with compassion and a love for those who come to us. It is true that words like these are often used all too readily

but in my 9 years thus far with Home and Family I have come to understand, appreciate and witness the heights of commitment consistently given by our superb counsellors and our wonderful people at the House, the residential team on our parenting programme. Our success is writ large by way of its embodiment in those generous, caring professionals. They stand at the top of this report for these reasons.

We have had a strong, working Board this past year and have moved to implement further future proofed structural organisational changes, embraced some overdue amendments to our constitution and welcomed ongoing debate on matters of importance to the society. A balance on the Board of long standing governance experience and new influences has seen some important and necessary changes made alongside some invigorating and reflective discussion.

Management leadership of Home and Family has been nothing short of exemplary in the hands of our Executive Director, Val Carter, and her depth of experience and knowledge has been especially invaluable to us as a Board; she has steered us as an organisation on a steady course and has once again this past year worked hard to lift our profile, increase the worth and significance of our brand, negotiate ongoing and new operational contracts with, for example, MSD and improve communication and overall rapport between management and staff, to name some of her achievements. We have not been without our financial challenges over the past twelve months, with considerable resources having been committed to the Our House project and Val has retained an impressive composure throughout.

Our supremely talented Fundraising Manager, Sophie Deegan, transported us to a new level of fundraising heights and inspired us all with her series of exciting and profitable events, not the least of which was Dancing with the Stars, undoubtedly Home and Family's most successful ever fundraising event with over 700 people enjoying a marvellous evening's entertainment put on by



Phillip DuVal



14 individual dancing duos. She attracted widespread support with this event and the publicity we received was nothing short of remarkable.

I am pleased also to acknowledge here the support we have had in recent months from Mr Brian Keeley, a well known Christchurch personality and a person with a long and stellar history in Christchurch of running charitable fundraising events. He and Sophie have worked well as a team.

Our proposed new home, Our House, at 319 St Asaph St is very much a “steady as she goes” work in progress with the capital fundraising campaign remaining our principal focus. I am optimistic that the year ahead will see a flurry of activity underpinned by the beginning of the construction phase. Funds currently on hand will allow us to start this next phase of the project and we remain confident of a completion date in mid 2017.

The proposed restoration of the Convent will include seven Counselling Rooms for Home & Family clients, areas for Child Play Therapy, a reception area, staff offices and combined staff spaces



We have a resource consent for the project at this point and expect to be granted the building consent within the next 8 weeks. The building consent will be closely followed by a tender process to seek costings for the construction work from selected construction companies experienced in restoration and preservation of historic buildings in Christchurch. Construction will begin shortly thereafter.

Notwithstanding the usual challenges ahead with respect to a project of this kind it is my pleasure to acknowledge the work carried out by our architect,

William Fulton of Fulton Ross Architects, who has invested a lot of time working with us to jump through the usual hoops, pre-resource consent and beyond. He has been a pivotal influence in getting us through to this stage.

Others of note are Andrew Purves, a talented and highly respected Planning Consultant and Resource Consent specialist, Jenny May (a hugely helpful and knowledgeable heritage expert) and Georgia Whitla, our Structural Engineer at BECA International. All key figures and good friends of Home and Family who have worked diligently to negotiate the bureaucratic minefields on our behalf.

Watching over us on the periphery of all of this have been our wonderful donors and funders, stakeholders, and supporters. Individuals such as Mark Quinn of Fahey Fence Hire who has been so good to us, Nettles Lamont of the Dublin Street Trust and Tony Gosling and Dave Boot of Stadium Cars, without doubt a beautiful beacon of light, merit a special mention in this report for all they have done in the last twelve months.

I acknowledge also assistance provided by the Christchurch City Council, The Mayoral Fund, Heritage NZ and many others.

2016 sees the departure of three of our Board members. John Goodrich, Mary Caldwell and Mike Todd. Collectively they have given 40 years of service. John came to Home and Family in 1994 and has seen significant change in the years since, spending time as Secretary, Vice President and President during the course of his long 22 year association. It is not possible to measure the worth or extent of such a contribution over so many years but what can be stated is that his input has played an important part in building Home and Family up to what it is and where it is today. I have always admired his ability to grasp and interpret the most complex of problems, process them and present them in an understandable way for the rest of us to consider. Mary's love for the work this society does and the people it serves is equally as powerful and she has steadfastly championed the cause since she started as a volunteer before joining the Exec Committee and eventually becoming Vice President in the 2004-2005 year and President 2005-2007. Mary brought common sense and calm to the boardroom table and her wealth of personal and professional experience was worth its weight in gold.

Mike may have been a relative newcomer compared to John and Mary but his energy and technical expertise especially in relation to the Our House project served to expedite progress on a number of occasions; his commercial networks enabled us to overcome obstacles and push forward with ease; atop this he demonstrated an intelligent and constructive understanding of issues facing Home and Family and his opinions were valued by us all.

To Vice President Cheryl Tovizi, Treasurer David White and my fellow board members thank you for all your work in the 2015-2016 year. It has been a pleasure working with you.

It is never a walk in the park for a small charity but we have kept on keeping on for 116 years and we will survive. We have a strong and competent board, the best possible management, exceptional staff, a great reputation and the work we are doing is of the utmost importance to the people in our community. The continued support of all of you is essential. Please stay with us for the next part of our adventure and remember our vision:

“That all children live in homes with whanau/family who cherish them, keep them safe and nurture their potential.”

Thank you,

A handwritten signature in blue ink, reading "L.P. Duval", with a long horizontal flourish extending to the right.

Phillip Duval  
President

*I was extremely hesitant in regards to Child Play Therapy – as it all didn't really make much sense to me however over time & more education I completely understand the purpose now, and am extremely happy to have had the opportunity to bring my son along*

Parent of counselling service client

*Would highly recommend such a great service that assists mothers and fathers to regain custody of their children.*

Parenting programme client



## Executive Director's report

Home & Family builds safe and secure families by providing counselling services and residential parenting programmes and assessments to families and children. It has been no surprise that our referral numbers have increased so significantly in recent years. Evidence tells us that our services will be in high demand following a traumatic event and media frequently brings us stories of post traumatic struggles within our community. We are pleased that the focus and priorities of the final report for the revised operating model for Child Youth & Family so closely align to our focus and vision and are

supporting the work of the Canterbury Children's Team, with Sandra Talbot undertaking a Lead Practitioner role on a part time basis.

The charts on the following page show the impact that the increased demand for our services has had over the last 4 years (1 April-31 March financial years). We are finding it more necessary to approach trusts and grants for financial support as our MSD contracted funds are becoming more and more stretched as referral numbers increase. These trust and grant funds are becoming more vigorously contested which adds financial pressure on our ability to meet the need within the community. One thing is for sure, we are not able to be fully responsive to the actual demand, our referral numbers exceed placement numbers and evidence tells us that referrals to our services will continue to grow.

One thing that does not change at Home & Family is the dedication of our Board and Team and I want to extend my thanks to everyone, you all make coming to work fun and inspiring.

Thank you, also, to our rapidly increasing pool of volunteers who have supported us over the last 12 months. Whether you have danced, sung, sold tickets, painted, weeded or fixed fences, we are so very grateful for your generosity and aroha. We are a stronger agency with you on our side!

Warm regards,



Val Carter  
Executive Director

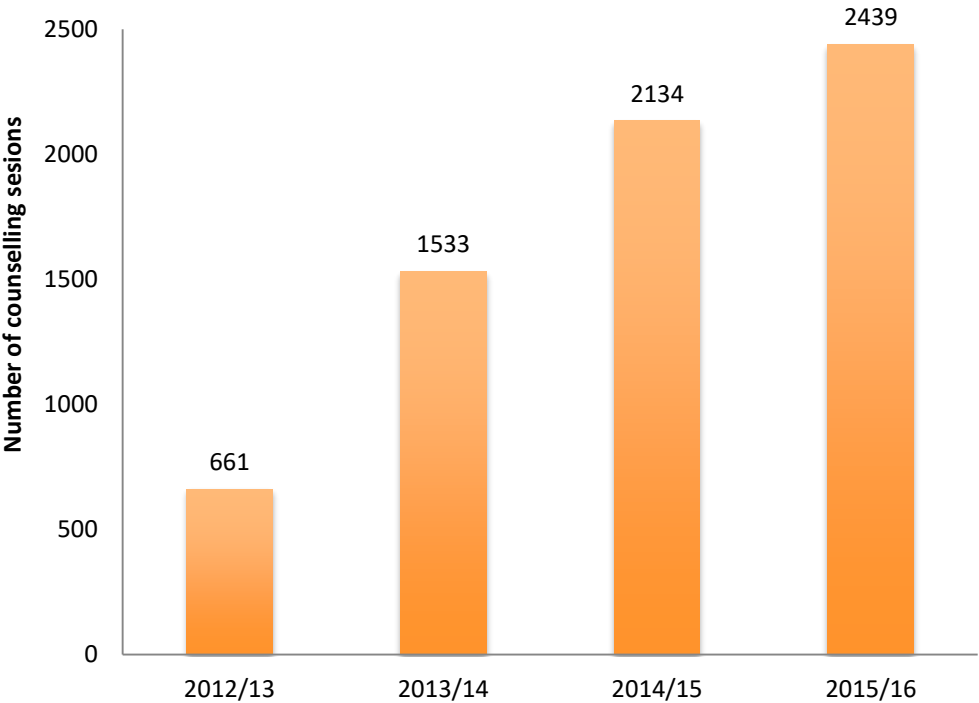


Val Carter

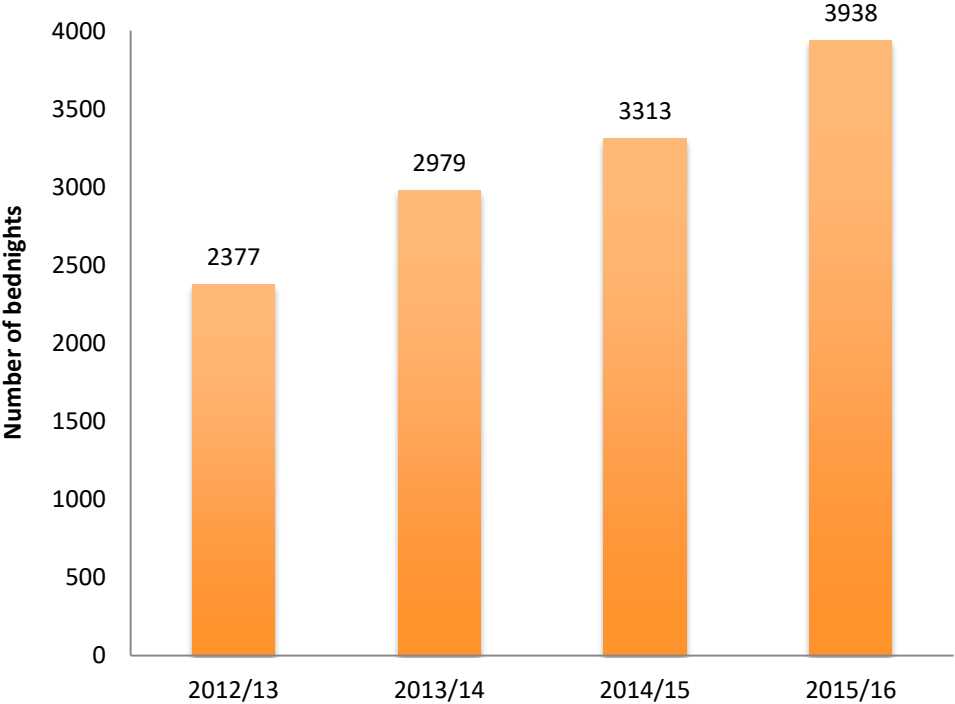
*I would like to say thank you to  
all the staff who have been so  
supportive of me*

Counselling service client

# Counselling sessions



# Parenting bednights



## Financial summary

The financial summary presented here gives an overview of the financial results for the year. It has been prepared from the financial results. The full financial statements and audit report have been printed separately.

<u>During the year ended 31 March</u>	This Year	Last Year
Income was received from:		
Grants and donations	534,668	591,438
House accommodation	157,377	128,347
Counselling and supervision	107,583	129,126
Interest and other income	<u>53,388</u>	<u>13,220</u>
<b>Total Income</b>	<b><u>853,016</u></b>	<b><u>862,131</u></b>
And money was spent on:		
Staff salaries and wages	680,509	642,721
House costs	45,857	58,273
Office rent	23,920	22,484
Administration costs	46,835	103,813
Staffing costs	32,947	40,579
Office running costs	15,789	14,854
Resources and course costs	11,802	7,161
Accountancy & audit fees	<u>5,000</u>	<u>4,900</u>
Total cash expenses	862,659	894,785
Net (deficit) before depreciation	(9,643)	(32,654)
Depreciation of assets	<u>5,008</u>	<u>7,450</u>
<b>Net (Deficit) for the year</b>	<b><u>\$(14,651)</u></b>	<b><u>\$(40,104)</u></b>
<u>At 31 March 2016 we had</u>		
Money in the bank or on hand	10,564	26,605
Money owed to us	17,049	31,923
Fixed assets	1, 658,580	663,588
Total Assets	<u>\$1,686,193</u>	<u>\$846,332</u>
Less		
Money owing on accounts	10,871	31,695
Expense accruals	45,996	26,613
Unexpended grants	64,224	118,662
Westpac bank mortgage	<u>95,798</u>	
Total Liabilities	216,899	176,970
<b>Giving equity at 31 March 2016 of:</b>	<b><u>\$1,469,304</u></b>	<b><u>\$709,466</u></b>

## Residential parenting programme

### Team leader's report

I cannot believe this is my 16<sup>th</sup> year with Home and Family. It seems like only yesterday we began building links with our community to support the delivery of a wraparound support service that met the needs of the families and children coming to us for help.

When I look at the changes made within the social services sector over those years and the commitment of current social service policies to work collaboratively, work with the whole whanau/family to effect change and to *put the children's needs at the centre of planning and safety*. I am proud to be associated with an agency and team of dedicated people who have walked this talk each and every day. The commitment of Home and Family to continue to put vulnerable children and families at the centre of all they do engenders a passion in people and nurtures a belief in the possibility of positive change and that we can all contribute and make a difference in the lives of vulnerable children.

We have faced many challenges this last year, including a fire, that at times significantly reduced our capacity to respond to referrals. We worked creatively to ensure that there was as little disruption as possible to provision of support for families. During this challenging time we were able to celebrate with parents, including a father parenting alone, who all successfully completed their placements and moved on to independence.

Of course we could not do this mahi without the support of dedicated staff and volunteers both at the house in at the office. Each and every one goes the extra step needed to support the work we do. We have been fortunate to have benefitted from some great fundraising events. The \$ amount these raise is amazing but what we appreciate and value just as much is the time and dedication of everyone who participates and then keeps on giving their time and energy in a multitude of ways. We have had fun, made friends and contributed to making a difference in the lives of vulnerable children and families. We are incredibly thankful for all the support shown for the work we do. Only a few ever get named in reports such as this however we would like to say a heartfelt thank you to each individual who has crossed our path as you have made a difference in ways you may never know.

I am sure we will have another busy year and we look forward to the challenges as without these we would not be able to appreciate the life changing outcomes we see.



Sandra Talbot

I have included a poem shared by a mum who has used our services in the past and has recently joined our team as a volunteer peer support worker. As she said to me it has been a long time coming but she is now able to give back.

Many thanks,



Sandra Talbot

Team Leader Parenting

## THE BEACH

*I visited you today my old haunt  
Something drew me this day to you  
You're beautiful and you're so ugly  
Do you want to see me too?  
Am I revisiting you to seek answers?  
Why am I truly here?  
Am I growing or regressing  
Or am I finally facing my fears  
The sea is my mother, she is eternal  
The sand my father he seeps through  
Poisoning my thoughts and behaviours  
I'm releasing you dad that's what I must do  
Let the past be the past as I move forward  
Never forgetting the one with bright eyes  
For she knows me and will always love me  
And is there when her little girl cries*

Ainsley, 11/04/2009



# Our health statistics

Health status of families participating on our residential parenting programmes



clients with a mental health diagnosis

40%

clients experiencing addiction

6 – 12 weeks

average length of stay on parenting programme

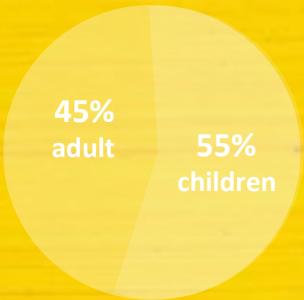


clients successfully completing programme



19%

in bednights provided on previous year



clients breakdown: adult/children

3938

bednights provided

## Counselling service

### Team leader's report

Inevitably change is a part of life and we don't always embrace it. Change can cause fear and anxiety; it can destabilise us and push us out of our comfort zone of the known and predictable, to the sometimes freefall of the unknown and grasping to find the new boundaries or expectations, somewhere safe to stand. However, change can also feel exciting and exhilarating; it can energise and refresh us as we take a leap of faith in a new direction, willing to try a new challenge.



Cheryl O'Neill

The difference is sometimes in what brings the change. Of course a traumatic event can bring about unwelcome change. We in Christchurch are all too familiar with this! Sometimes events in our lives can feel as though they are thrust on us and we had no choice in their arrival; decisions others make, suffering violence, relationship loss, severe health issues, work stress, financial pressure and poverty. These and many other losses in all their various forms happen to us and can leave us feeling overwhelmed.

Change is very much a part of the counselling process. Some clients are reeling in the wake because of events outside of their control and can arrive to the counselling room unhappy, confused and in pain. I know that each of the counsellors at Home and Family count it a privilege to walk alongside a client in this place of struggle. We recognise that it has taken courage and determination to even seek help and come to a counsellor. We walk with clients across the age spectrum; from as young as 3 using Child Centred Play Therapy; older children with various activity and talking approaches including a research experiment using Solution Focussed Brief Therapy with children. We support youth and adults with relational and talking therapy, including Person Centred, Gestalt, Narrative, Solution Focussed; couples work with Emotionally Focussed Therapy.

This year we have seen a steady increase in the number of our referrals for counselling and play therapy. However, not only has the number increased, but the complexity of the issues that bring our clients to counselling has increased also. Many of the children we see have experienced grief and loss, trauma, disintegrated family life, family violence, difficulty relating to peers, lack of school engagement or lack of ability to focus on learning, housing issues and poverty. Some children have experienced all of the above. Children display their overwhelming feelings behaviourally; withdrawing, anxiety, angry outbursts, misbehaving, sometimes harming others or property.

Likewise youth, adults and couples seem to come with increasing complexity. Anxiety is high and people are frequently feeling quite desperate for help when they contact us. Relationship stress can cause a person to withdraw or become angry and we have had to consider safety for a number of our clients and seek help for them in this regard.

Change often necessitates counselling but change is also what is sought in counselling – change in perception and outlook, understanding our emotions and drivers, building resilience, tolerating and setting boundaries, recognising what grows us and taking new steps for wellbeing and positive relationships. We want our clients to feel the energy and exhilaration of this welcome change.

Many thanks,



Cheryl O'Neill  
Team Leader, Counselling

## Welcome David!

### David Millar, Counsellor

David trained at Vision College graduating in 2007, and in 2013. He was employed at Relationships Aotearoa for 6 years previous to coming to Home and Family. He has worked with children, adolescents, adults, couples and families.



David Millar

*"I am passionate about counselling, and have felt extremely privileged to have been able to support clients on parts of their life journeys. My counselling work is strongly influenced by Person Centred Therapy and emotionally Focused Couple Therapy. Both therapies sit well alongside attachment theory; which has had an ever increasing impact and influence on my work with children, couples or families"*

*I'm so grateful. My counsellor was great. I saw things in a different way and they have made me look at things in a better way*

Counselling service client

# Our counselling statistics

Home & Family see their counselling service as a 'pathway to healing'



of counselling clients  
are children aged  
between 3 and 18

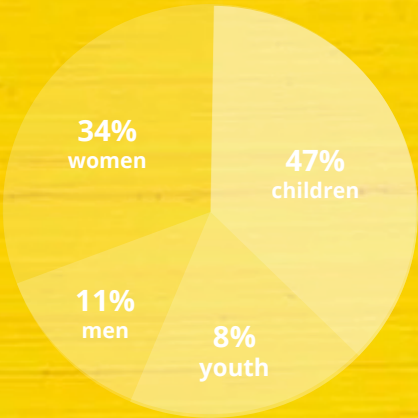
289

clients taking part  
in counselling with  
Home & Family in  
the last year

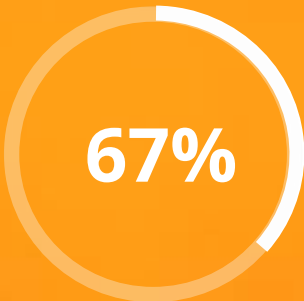


635%

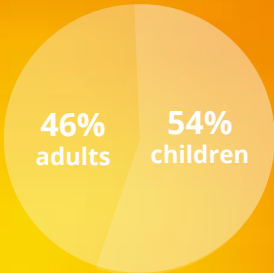
variance between  
government funded  
and actual volume



client breakdown



clients who completed  
intervention and  
fully achieved  
their goals



breakdown of clients witness to  
and/or experienced family and/or  
domestic violence

2350

counselling sessions  
provided

151

clients completed  
intervention

## Fundraising & Marketing

### Fundraising Manager's report

Having worked for Home & Family for the last year I can see the clear need for their services within the Christchurch community. It is my job to raise the funds needed to allow Home & Family provide these services, a challenging but rewarding task.

During my time with Home & Family I have very much enjoyed managing relationships with key donors, trust and grant funders, corporate sponsors and many generous individuals. Collaborating with donors is what

I love to do and the last year has seen many new supporters come on board in a big way. It has been an exciting year, many new doors have been opened for Home & family and many new friends made.

Coming from Ireland I have previously experienced working within a giving culture, New Zealand is no different. I have found the New Zealand people to be kind and generous, not only with donations but also with their time. I have run quite a few events for Home & Family over the last year and have had first hand experience of the huge commitment our supporters make to our organisation. Our Dancing with the Stars Challenge is a prime example of this, with 28 Christchurch professionals giving up 6 weeks of their time for Home & Family. Many new connections have been made as a result of our events and I'm sure that these connections will grow into valuable and long-term relationships.

The profile of Home & Family has also been raised significantly over the last year. Chrystal Chenery, bachelorette and a contestant of TV3's Dancing with the Stars, got the ball rolling when she came on board as an Ambassador for Home & Family. We have since run many events with hundreds of Christchurch locals attending, all helping to raise our profile at a local and national level.

The work of Home & Family makes a real difference to people's lives. Every donor and supporter is part of this great work and we are so grateful.

Kindest regards,



Sophie Deegan  
Fundraising Manager



Sophie Deegan

My son has learned to open up,  
speak out, learning to control his  
anger

Parent of counselling client



# Thank you

thank you to the many individuals, companies, Trusts and Foundations who work alongside us to support our community



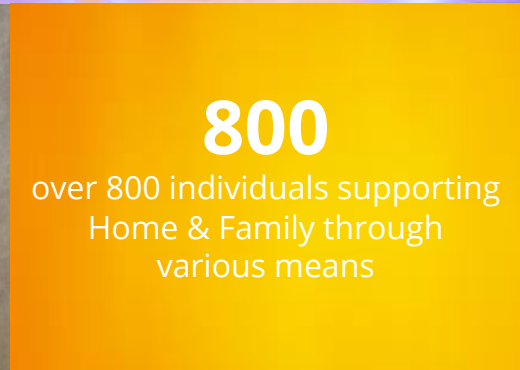
## 100

over 100 individual donating their time for Home & Family



## 1000+

volunteer hours, spread over many events and projects



## 800

over 800 individuals supporting Home & Family through various means



## Thank you to the many Trust and Foundations who work alongside us to support our community

Canterbury Earthquake Recovery Trust  
Christchurch Casino Charitable Trust  
Christchurch City Council, Strengthening Communities Fund  
Diocesan Welfare Council, Catholic Diocese of Christchurch  
Dublin Street Trust  
Elizabeth Ball Charitable Trust  
Jack & Marjorie Ferrier Charitable Trust No 2  
Jones Foundation  
The Keith Laugesen Charitable Trust  
Kingston Sedgfield (NZ) Charitable Trust  
Lion Foundation  
Mainland Foundation  
Maurice Carter Charitable Trust  
Methodist Church of New Zealand, PAC Distribution Group  
New Zealand Charitable Foundation  
Perpetual Guardian  
The Philip Brown Fund  
Rata Foundation  
Riccarton Rotary Charitable Trust  
The Southern Trust  
Tindall Foundation  
Townend Trust  
Twigger Women's Refuge Endowment Fund  
Warehouse Group Foundation

**He aha te mea nui o tea o?**  
**He tangata! He tangata! He tangata!**

**What is the most important thing in the world?**  
**It is people! It is people! It is people!**

