



ACROSS

Caregivers' Newsletter

294A Church Street West, PO Box 1140 Palmerston North 4440 Phone: 06 356 7486 Fax: 06 357 4988 Email: across@inspire.net.nz www.across.org.nz

Greetings from Shu-Fei's Desk

The cold wind has kicked in. I hope you all keep warm this winter. Well, there is a lot happening in the office. As usual, I am busy recruiting caregivers and doing caregiver six-monthly reviews. I have seen most of you but some to catch up. I hope to be able to complete this great task—to see you all—by the end of this winter!

The social workers' offices in the building have become very full this winter. Rebekah Kooge has joined our Social Work team. She has a full time position and I believe you will hear from her very soon. Also, we have Raveen Gopaul (third year social work student from Canada) on placement with us for three months and there are two more students to join us on the 16 July. You may get to see them or receive their phone calls from time to time in the next few months.

Inside this issue, I have inserted information from New Zealand Family and Foster Care Federation (NZFFCF) which provides advice and support to foster carers. If you haven't already you may want to consider joining the NZFFCF.

On the next page is a list of websites you can go to to obtain resources and information about training, parenting and fostercare.

Issue 3, June 2007

Inside this issue:

Greetings from Shu-Fei's desk	1
Story— <i>Life is a reflection of you</i>	1
Chicken soup for parenting	1
Welcome new Social Worker & Social Work student	1
Resources, support, training	2
Hello from Raveen Gopaul & Rebekah Kooge	2
Recipe (Feijoá cake)	2

- Inserts
1. NZFFCF brochure
 2. Information for foster carers when an allegation of abuse is made
 3. NZFFCF allegation support project



Life Is A Reflection of You

A son and his father were walking on the mountains.
Suddenly, his son falls, hurts himself and screams:
"AAAhhhhhh!!!"

Curious, he yells: "Who are you?"
He receives the answer: "Who are you?"

Angered at the response, he screams: "Coward!"
He receives the answer: "Coward!"

He looks to his father and asks: "what's going on?"
The father smiles and says: "My son, pay attention."
And then he screams to the mountain: "I admire you!"
The voice answers: "I admire you!"

Again the man screams: "You are a champion!"
The voice answers: "You are a champion!"

The boy is surprised, but does not understand.
Then the father explains: "People call this ECHO, but really
this is LIFE.
It gives you back everything you say or do.
Our life is simply a reflection of our actions.
If you want more love in the world, create more love in your
heart. If you want more competence in your team, improve
your competence.
This relationship applies to everything, in all aspects of life; Life
will give you back everything you have given to it.

YOUR LIFE IS NOT A COINCIDENCE. IT'S A REFLECTION OF YOU.

Welcome New Social Worker

Rebekah Kooge

Welcome Social Work Student

Raveen Gopaul

Chicken Soup for Parenting

The top six tips from SKIP

The six things children need to grow up to
be happy, capable adults:

1. Lots of love and hugs
2. Lots of talking and listening
3. To be shown how to do things and why
4. To have clear simple rules and boundaries
5. To have consistent messages and consequences
6. A structured and secure world

Introducing ACROSS Team:

Director— Graeme Munford

Admin — Jeanette Conheeneey

Heather Mansell

Jinny Andersen

Alison Dalglish (Volunteer)

Counsellors — Sharon Elkington

Rose Allan

Social Workers — Bee Barrett (Senior S/Worker)

Brian Annear

Kylie MacManus

Rebekah Kooge

Feiona Fraser

Wyllis Russell

Shu-Fei Lin (Fostering S/Worker)

Recipe - Feijoa Cake

1 cup feijoa pulp	1 tsp vanilla	125
butter	1 tsp baking soda	1 cup
sugar	2 tbsp warm milk	1 egg
	1 1/2 cups flour	1 1/2 tsp

baking powder

Method: 1. Preheat oven to 180

2. Lightly butter a med cake tin or ring tin

3. Cream butter and sugar

4. Add

egg and vanilla

5. Dissolve baking

soda in warm milk and

add to mixture

6. Shift together the flour

and baking powder

7. Alternately stir in flour

and feijoa pulp

8. Put into the cake tin & bake 50

minutes

Training & Support & Resources

National Caregiver Training Programme

23-07-07

Understanding Maltreatment (Masterton 07/84)

28-07-07

Caregivers Induction (Palmerston North 07/87)

17-08-07 Safe

Caring (Palmerston North 7/92)

12-09-07

Non-Violent Crisis Intervention (NVCi) (Hastings 07/105) Course details and application form can be accessed by visiting www.caregivertraining.org.nz or phone Shu-Fei Lin at ACROSS

Manawatu Foster Care Association

Manawatu Foster Care association provides support to caregivers. Monthly meeting is held for general business and caregivers networking and support. Please phone Judy Williams on 323 5013 for further information. *Upcoming events from the Association:*

Pool Party—on 12th August in Palmerston North (further details can be checked with Judy by phoning the above number).

Morning Tea—from 9.45-11.30 am on June 18 at Linda's (51 Shelfield St, Palmerston North).

Pot Luck Dinner—on July 27 at Belinda's house (47 Ellesmere Crescent, Palmerston North).

New Zealand Family and Foster Care Federation

Newsletter and more information can be obtained from www.nzfostercare.org.nz

IFCO Conference 2007

Speaker notes & contact details can be obtained by visiting <http://ifconz07.org.nz/>

Parenting Websites & Parenting Support

from ACROSS www.kiwifamilies.co.nz/index.html

The essential guide to raising children in New Zealand, covering pregnancy, babies, and toddlers to teens. Expert parenting advice and information as well as support from other parents.

Sessions with Rose Allan — Improving Relationship with Our Children

Group starts

9.30 am on Wednesdays at ACROSS for 6 weeks during school term.

Please phone Shu-Fei for further information.

ACROSS is continually looking for caregivers. Please inform or refer friends or family to ACROSS if they are interested in providing alternative care for children.

Hello from Rebekah Kooge

Hi, my name is Rebekah Kooge and I'm a new Social Worker at ACROSS Social Services. I am originally from the Hutt Valley, Wellington, however, Palmerston North has been my home for 3 years now.

I am a new Social Work Graduate with my degree from Massey University. My previous job was at the Palmerston North Hospital as a Medical Social Worker. While working there I met a range of people from many walks of life and worked alongside with them and their families. This area of work provided many different learning opportunities-not to mention all the medical jargon I picked up on! I found that I really enjoy working with families long term and listening to their journeys as a family group.

Currently, I'm slowly picking up cases and learning lots on the job, which I'm sure I'll continue to do! I'm really looking forward to meeting you all, and learning and hearing your stories.

Hello from Raveen Gopaul

Hello all. My name is pronounced like "Ravine" and "go Paul". I was born and raised in Mississauga, Canada, a suburb of Toronto. My parents are from India; however growing up in a multicultural society, I've never really noticed the differences until I was much older. Most people can quite place where I'm from and when they do ask, I usually say "I'm Canadian". I'm also a newly wed (for just over a year) and I'm just entering my 4th year of university for Social work.

I love travelling and I feel fortunate to have had the opportunity to visit here (sadly my only choice was this winter). I've also had the opportunity to backpack around Europe, vacation in the Caribbean, and drive around Canada. I try to get away with either my wife or friends at least once a year. I arrived here (by myself) early May and will be leaving early August (back to my wife - who may let me live). In the last month I've so far had a chance to visit Taupo, Rotorua and Wellington to do some touristy stuff. I'm off next weekend to Hamilton (to sadly) see the All Blacks kick Canada's behinds in a test match. I have mixed emotions on this one, as I know we suck (14th worldwide), but all I can say is if it was on ice - and we had sticks - it would be Canada all the way. In July, the plan is to drive around the south Island and maybe look for "forgive me" gifts for my wife.