



# ACROSS

## Caregivers' Newsletter

ACROSS Social Services  
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### Greetings from Feiona Fraser—Social Worker

Kia Ora Koutou to all our wonderful caregivers!

I hope you are all looking forward to some warmer weather because I certainly am. The prospect of warmer weather brings excitement as we plan to spend more quality family time together in the outdoors. New Zealand is a wonderful country to explore and enjoy. I hope you are all able to spend time together enjoying picnics, walks, swimming or even camping if your family are the adventurous type. I do worry about the impact of TVs and Playstations are having on our children. The health services are also concerned at the alarming rate of obesity in our country. If we as caregivers and parents can give our children the opportunity to live healthy we will all be contributing to healthier active children. Even a ten minute walk can make a difference.

I hope I have inspired you to think outside the square. Enjoy spending time together and thank you for all your hard work, we really do appreciate you all.

Feiona Fraser (Social Worker )

### Issue 4, Sep 2007

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### Training & Support & Resources

#### National Caregiver Training Programme

01-09-07 Non-Violent Crisis Intervention (NVCi) — Tokoroa 07/9 12-09-07 Non-Violent Crisis Intervention (NVCi) — Hastings 07/105  
13-09-07 Child Health — New Plymouth 07/106 Course  
details and application form can be accessed by visiting [www.caregivertraining.org.nz](http://www.caregivertraining.org.nz) or phone Shu-Fei Lin at ACROSS

#### Training on Parents/Caregivers of Teens by Parentline

Wednesday 5<sup>th</sup> September - "Youth One Stop Shop" on youth issues. Wednesday 19<sup>th</sup> September - Parenting Teenagers (What do parents want? & What do teens want?) — by Jenny Jakobs  
Wednesday 10<sup>th</sup> October - "Parenting your sexually developing teen" — by Nic Te Puni from FPA  
All workshops will be held on Level 2, Westside Chambers, 151 The Square, Palmerston North  
Please phone Parentline at 355 1655 for attending.  
Gold coin donation welcome

#### 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.

#### New Zealand Family and Foster Care Federation

Newsletter and more information can be obtained from [www.nzfostercare.org.nz](http://www.nzfostercare.org.nz)

#### Parenting Websites

<http://parentingtoolbox.com> The Parenting Toolbox is a great resource for parents offering strategies, information, and support for anger management and parenting issue.

#### Parenting Support from ACROSS

Improving Relationship with Our Children with Rose Allan — Group starts 9.30 am on Wednesdays at ACROSS for 6 weeks during school term. Please phone Shu-Fei for further information.

### Welcome Social Work Students

Nerissa Tule & Rebecca Dale

1. Be proactive
2. Begin with the end in mind
3. Put first things first
4. Think Win-Win
5. Seek first to understand then to be understood
6. Synergize (working together)
7. Seek renewal – sharpen the saw (take time out)

### The Seven Habits of Highly Effective People

### Friends

*How good it is to have friends who always play the game, know all the faults that you possess, but love you, for you just the same.*

## Introducing ACROSS Team:

**Director**— Graeme Munford

**Admin** — Jeanette Conheeny

Heather Mansell

Jinny Andersen

Alison Dalgleish (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)

## Lessons I've Learnt

### In life I've learnt that...

The best classroom in the world is at the feet of an elderly person.

Just one person saying to me, "you've made my day!" makes my day.

No matter how serious your life requires you to be, everyone needs a friend to act goody with.

A smile is an inexpensive way to improve your looks.

Life is tough, but I'm tougher.

When you harbour bitterness, happiness will dock elsewhere.

It's those small daily happenings that make life so spectacular.

Under everyone's hard shell is someone who wants to be appreciated.

Having a child fall asleep in your arms is one of the most peaceful feelings in the world.

Being kind is more important than being right.

Sometimes all a person needs is a hand to hold and a heart to understand.

To ignore the facts does not change the facts.

Money doesn't buy class.

Everyone you meet deserves to be greeted with a smile.

I wish I could have told my mum that I love her one more time before she passed away.

One should keep one's words both soft and tender, because tomorrow you might have to eat them.

Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

The less time I have to work with, the more things I get done.

Life is like a roll of toilet paper – the closer it gets to the end, the faster it goes.

## Recipe - Microwave Fudge

3 1/2 cups icing sugar      1/4 cup milk      1/2  
cup cocoa      1 tsp vanilla      125g butter  
1/2 cup chopped walnuts

### Methods:

Lightly grease a 20cm square pan      Sift  
icing sugar & cocoa into a big bowl      Make a well in  
the centre with a spoon      Chop up butter and add  
vanilla & milk to the bowl Cover lightly with wax paper  
Cook in high for 2 minutes  
Add nuts, beat well with a wooden spoon  
Pair into the pan and cool.      Cut  
into small squares, and put in refrigerator

**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 Nerissa Tule

Kiaora my name is Nerissa Tule and I am a fourth year Bachelor of Social Work student from Massey University currently on placement for three months at ACROSS.

I am from Gisborne the east coast of the North Island, but grew up in Nelson, I have been living in Palmerston North for three years and lived in Australia for one year. I enjoy playing sport and spending time with the whanau.

I am also a Residential Advisor at Massey University which involves looking after 95 international students in residence at Massey University, this involves organising events for them to participate in and most importantly ensuring they are settling in and enjoying their new homeland during their studies.

Ka kite ano  
Nerissa Tule

na

## Hello from Rebecca Dale

Heya, my name is Rebecca Dale and I'm currently on placement at ACROSS as part of BSW third year. I have an interest in family-oriented social work as I have seen there is a definite need for it within the communities I have been a part of. While no family is perfect, there is a line where intervention and support is the only option to protect the safety of children and young persons, as well as improving the family environment for all family members.

So my life history: Although all my immediate family was born in New Zealand, I was born in England as my parents had plans to settle there. However these plans didn't quite go to plan...so we all came back to New Zealand when I was two years old. Due to changing family circumstances I have lived in various places and various family dynamics all around Auckland's Eastern Bays since then. Always having an independent streak, I decided I was going to move out as soon as I finished 7<sup>th</sup> Form, which is how I ended up in Palmy. This was a scary move as I did not know anybody here. In fact I had never been here before! However the cheap living costs and change of scenery made it a good option, and I have made many good friends since then from all over New Zealand.