



FLYING SOLO

The Waikato newsletter for single parents

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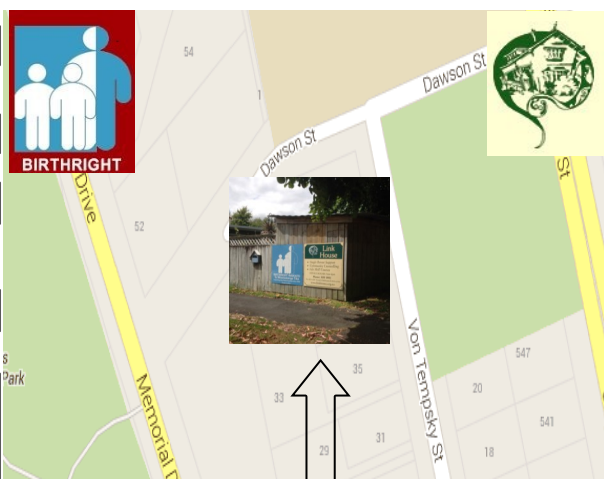
♦ Waikato News

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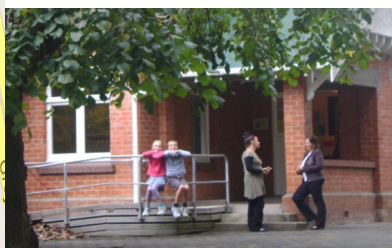
Our children are our most delicate surprises and the most treasured gift in life. As parents we help to wash away the rain in autumn and shelter them from the frost in winter; we assist them to spring like lambs in the spring time and shine like the sun in summer. Whatever the excuse this Easter, celebrate with an egg. Even the smallest of eggs is the biggest of surprises. Try fun things with the children like an Easter egg hunt or trail. For them, spending fun time with you is the most precious thing so become involved this Easter and watch the smiles grow. From the team at Link House and Birthright Waikato.



Link House and Birthright Waikato

2 Dawson Street

Open 9-4pm



LIFE ISN'T ABOUT
WAITING FOR THE
STORM TO PASS.
IT'S ABOUT LEARNING
HOW TO DANCE
IN THE RAIN...

Key Contacts

Social Work Staff

Lisa Herbison
Maria Davis
Alison Coughlan

Counselling Staff

Toia Chase
Dianne Carter
Nancy Shirley

Administrators

Sheryl Ririnui
Lauralee Hughes

Manager
Rebecca Fraser

Assistant Manager
Kathleen Miller

Practicum Students

Lynette Smith
Renee Kelly
Cecile Williams
Robby Nikora
Jamie Windes
Dan Hilson
Tania Aoke
Krystal King

TO MAKE AN APPOINTMENT

Call the agencies on either 839 1051 or
838 0572. (0800 457 146)





Cheap Findings in the Waikato



Ingredients for deviled eggs

- 12 large eggs, hard-cooked and shelled
- 1/4 cup(s) low-fat mayonnaise dressing
- 1 tablespoon(s) Dijon mustard
- 1/2 teaspoon(s) pepper (cayenne)
- 1/4 teaspoon(s) salt
- Fresh herb sprigs for garnish

1 Directions

1. Slice each egg lengthwise in half. Gently remove yolks and place in small bowl; with fork, finely mash yolks. Stir in mayonnaise dressing, mustard, ground Ceyenne pepper, and salt until well mixed.

Place egg-white halves in 15 1/2-inch by 10 1/2-inch jelly-roll pan lined with paper towels (to prevent eggs from rolling). Spoon yolk mixture into egg-white halves. Cover and refrigerate until ready to serve.



Get in behind the Cricket World Cup

We have a ICC World Cup T Shirt and Hat to give away so write us a letter or draw a picture of your favourite Cricket Player and Team and they could be yours!!

Post or bring your entry into Link House/ Birthright Waikato by 15 May 2015 to enter the draw

Easter Draw

Spot the Easter bunny!! How many times does the Easter bunny show in this edition of Flying Solo!! Write your answer on the back of an envelope and post to Link House/Birthright 2 Dawson Street Hamilton. Don't forget your name. And win a free coffee for mum or dad we have 5 \$5 dollar vouchers for Coffee Culture at 5 Cross Roads to give away. Winners will be drawn on 27 May 2015 and announced in our next edition of Flying Solo

Good Luck and Don't forget To Brush!!

*From the team at Link House/Birthright
Have a Safe and Happy Easter!!*





Activity Guide: April/May 2015

A taste of some of the activities around Hamilton in the next couple of months. If you are interested in events or activities please ring to confirm accuracy of timing and information.

Mon

Tag Football: Played in Hamilton at Elliot Park on Monday evenings throughout the summer sports season from October 20th—February 16th. For further information contact: Russell McGregor: Mobile: 02102520414

Coffee Group: 10am—12pm some of the best conversations happen over a hot cup of coffee. Come meet new people and get involved in the conversation ph. 0800 77 57 57

Wester Boarders: Boardgame Club. Bring your own boardgames or play ours! CCG's welcome during school term. The large room—46 Hyde Ave, Nawton, Western Community Centre 4pm—9pm

Tues

Traditional Maori Healing: Wayseer based at the centre Tuesday evenings, contact David Kukutai Jones 022 569 4288 wayseer@outlook.com

Little Stars Playgroup: Every Tuesday from 9.30am—7.30am bring the children along for a morning of fun! 108 Granview Road, Nawton, Hamilton 07 847 4873

ToughLove: 7.30pm-9.30pm Toughlove, a self-help programme for parents troubled by unacceptable adolescent behaviour. Ph 856 5999.

Budgeting: 1pm-3pm. Link House, working through a budget with Maria. Ph 839 1051

Stepping up: Bridging into work come and learn basic computer skills, c.v creation, job search skills Call Maria on 07 839 1051

Weds

Winz Advisor: 10am @Link House/Birthright Every 2nd Wednesday first come first serve bookings essential. Ph 839 1051.

Toitoti Manawa: FREE 10am-2pm Link house/Birthright (Harakeke-korowai) Flower designing-Life skills, Health, Education, Welfare, Employment. Self Esteem, Confidence Building. Dealing with domestic violence keeping ourselves safe. Knowing when to get out and keeping ourselves safe.— Call Maria on 839-1051

Fruit & Veg co-op: \$10 per pack 3 fruit and 3 vegetables. Order before 4pm Wednesday, pick up Thursday after 11am. 07 847 4873

Budgeting: 1pm-3pm. Link House, working through a budget with Maria. Ph 839 1051

Thurs

Get crafty: 12.45pm-2.30pm Create and practice paper and other simple crafts. Garden Place Library, Level 1.

Wriggle & Rhyme: 10.30am Dinsdale Library Sessions run during school terms. For more information contact Dinsdale Library on 07 838 6855.

Helping Hands: 10am—12pm join the Helping Hands volunteer group. Share your skills with your community. *Suitable for those looking at entering the workforce. Ph. 0800 77 57 57

Friday

Gardening Group: 9.30am-12.00pm Waimarie Hamilton East Community House.

WOW: Looking for a fun way of getting active? Come and play some social sports and games with others. Ph. 0800 77 57 57

One off Events

Holiday Programmes: Senior, Middle and junior programmes available 7am—6pm—all food and activities included for just \$40 per day—Limited Spaces available—bookings essential. Pukete Neighbourhood House 078491115





REGISTERED MEMBERS PAGE

SELF ESTEEM COURSE (4 WEEKS)

Thursdays from 10am to 12pm

9 April 2015 — 30 April 2015

**Enrol for April and receive a free coffee from Coffee Culture
5 Cross Roads. Valid for the first 9 participants of the
course.**

Facilitators: Rebecca Fraser & Toia Chase

Cost: \$10 (Single Parent members/ \$20 Non members)

Contact Lauralee: 839 1051



Family Lawyer

FREE Legal Advice

Booking Essential

Ring Lauralee

07 839 1051

COMPUTERS IN HOMES

Register your expression
of interest now—course
starts in May. If you have
no computer at home and
have a child at school
ASK LAURALEE NOW

FREE WIFI INTERNET:

You are welcome to come in to Link House and use one of our Tablets to search the internet for whatever information you need. Call reception to book the use of the Tablet and come in, make yourself a coffee and sit on our deck enjoying the sun and surfing the net. This is a really pleasant way to search for jobs, health information, courses or anything else you are interested in. AVAILABLE AFTERNOONS, TUESDAY to FRIDAY. Call reception to book.

Playgroups for single parents (and some others)

LITTLE STARS

FREE held on Tuesdays 9.30am-11.30am

Grandview Rd, Nawton

Contact Maria: 839 1051



Toitoti Manawa

Harakeke-korowai

Wednesday Mornings 10 to 12pm

Spend some time in a friendly environment learning some new skills and maybe sharing some old ones.

Creating with harakeke using traditional methods.

Stay and have lunch and keep talking with the group afterwards. All single parents welcome.

Call Maria on 07 839-1051

Budgeting

With Maria

Bookings

Essential

Call 839 1051

WINZ

Advisor

Bookings

Essential

**Call Lauralee
839 1051**

Stepping Up

Tuesday afternoons

1pm-2.30pm

Come in to learn basic computer skills with Maria. This might include CV creation, Job Search Skills or any other basic skills you're wanting to learn. This also includes creating budget plans Bookings essential call Maria on 839 1051



FLYING SOLO



AND IN SINGLE PARENT NEWS...

This month I met with Judith Mukakayange, who is a single mum of teenage girls, and is working with the NZ Aids Foundation and Positive Women. Judith agreed to share her inspiring story with us – I hope you enjoy it as much as I did 😊

I came to New Zealand from Rwanda, in Africa, when I was in my mid twenties because of the genocide that was happening in Rwanda. I came here as a refugee with first daughter who was very young at the time. In New Zealand, I fell in love and got married again, and had my second daughter, but in the way that these things go this marriage didn't work out.

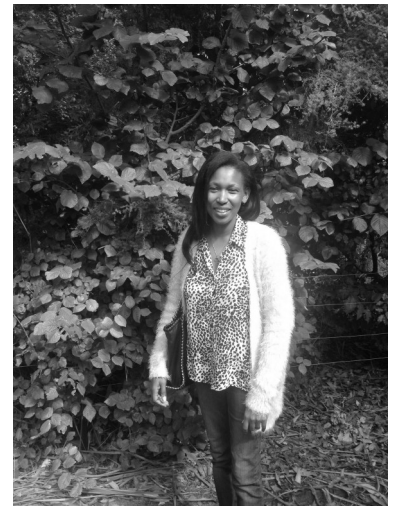
After my divorce I decided that life had to go on. I had been through six months of English second language learning, and I was juggling supermarket jobs and caregiver jobs as well as being a single mum. But I had two beautiful girls and I was looking at how to support the kids. I decided to go to university to make a better life for us all, so I went back to AUT and did a Bachelor of Health Science and Health Promotion. This wasn't easy! I still didn't speak English perfectly and even while I was studying I was still working. But after my divorce I wanted a job that I could really focus on and that would help me with my future and my children's future. The two girls were still young, and I had a best friend, but no family here. I depended on friends. I was really lucky to have a nice kiwi couple who my girls still call grandma and grandpa. They helped me and looked after the children three times a week so I could go to Uni and have a part time job. It was hard being a full time student and working and being a single mum, it was a mission. I got through it because my girls taught me to be strong. I knew I had to do something good, something to help me raise my children.

After I graduated I got a part time job with Positive Women who support women and children living with HIV in New Zealand. I was working for them 2 days a week, and I enjoyed this job because of the people I got to meet, especially meeting women living with HIV and hearing their stories. A lot of women living with HIV become single parents once they are diagnosed, families and people in general struggle because of the stigma, so having the virus is really hard for them. Then I was able to get a job with the NZ Aids Foundation as the Community Engagement Coordinator for the African Community in the Waikato. In this job I raise awareness of HIV and we try to reduce the stigma of the virus. We want people to understand that HIV is not a disease that kills people any more. As long as people know they have HIV and take their medication they can have a normal life like everyone else. I love my job because I often get to support people who struggle in their lives, people who are mothers just like me, who have children and are dealing with the stigma of having HIV.

One of the key messages we want to let people know is that if you think you've been exposed to HIV then you can get a quick, free, confidential 20 minute test and find out either way. You can organise this by ringing 0800 802 473. Once you know, there is free medication and when you're on the medication you are not infectious, although we still encourage safe sex. If you test positive, we can arrange counselling and support as well. HIV is not a death sentence.

We need people to understand that people with HIV are still human, and you can't get HIV by touching or talking with them. The only ways you can catch it is through an infected blood transfusion or unprotected sex, so people are safe as long as they understand.

Sexual health is important because even if you are a single mum you still have love in you, being single doesn't stop you being loving and having love, and being a single mum it is most important that you look after yourself so you can be there for your children. Condoms are the best way of protecting against sexually transmitted infections as well as protecting against unwanted pregnancy, which you can do as well as still enjoying your life.



Annual Membership Registration

I agree with the purpose and aim of Birthright Waikato and Link House Agency and wish to register as a member for the year starting.

Date:.....

Please indicate which amount you are paying:

- ☐ \$ 10 Client ☐ \$ 25 Member/Organisations

Please indicate which group you are:

- ☐ Client (individual or family) ☐ Member ☐ Friend of Birthright/Link House

As a registered member you are entitled to:

Receive our monthly newsletter

Invitation to our Annual General Meeting

Participation in events for registered members where possible and appropriate access to

Resources such as tickets to shows ect.

Name _____

Address _____

Phone No _____

Email _____

Date _____

Bank details : Birthright 03 0306 0188 421 00

(Birthright transfers half of all these membership monies to Link House - we share your membership and you get to share us!)