

# FLYING SOLO

## The Waikato newsletter for single parents

bwaikato@ihug.co.nz (07) 838 0572

0800 457 146

www.birthrightwaikato.org.nz

admin@linkhouse.org.nz (07) 839 1051

Fax: (07) 839 1052

www.linkhouse.org.nz

### Edition 10: February - March 2015

#### In this issue:

Cheap Findings in the Waikato

♦ Activity Guide and One Off Events

♦ Registered Members Page

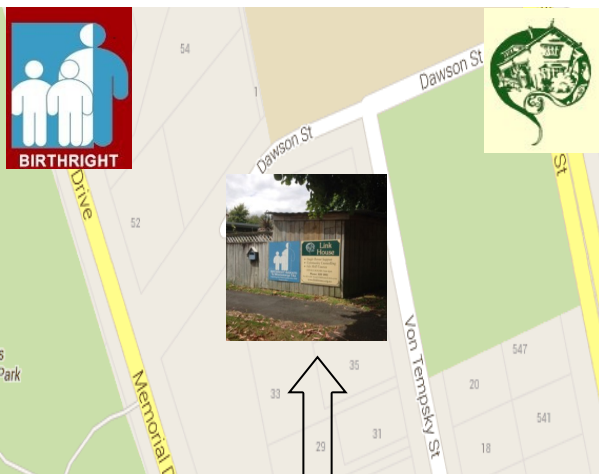
♦ Waikato News

♦ Single Parent News

♦ Registration information

Welcome to 2015! Summer is in mid swing and the team are back on board so we hope you all had an enjoyable Christmas and New Years. The weather has been awesome with some really hot temperatures this month so don't forget keep slapping on the sunscreen and stay in the shade during the hottest parts of the day. Check out our activity page if you're interested in joining in on the fun and engaging programmes at Link House and Birthright Waikato or you may find other fun activities to fill your day.

The new year is often full of new resolutions as well - we've made some (like promising to keep the vegetable garden weeded!!). Check out the interview inside if any of your resolutions include looking to do some training or self growth. The counselling programme that Donna did may or may not be for you, but whenever we put ourselves in a new situation we will find some growth... We hope you enjoy reading about hers.



**Link House and Birthright Waikato**  
2 Dawson Street  
Open 9-4pm



Being a single parent is  
twice the work, twice  
the stress and twice the  
tears but also twice the  
hugs, twice the love and  
twice the pride.

#### 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

Danial Hilson  
Renee Kelly  
Robby Nikora  
Lynette Smith  
Tania Aoake  
Krystal King  
Cecile Williams

#### TO MAKE AN APPOINTMENT

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



### Beginner's sushi recipe

#### Ingredients:

- 1 cup sushi rice, uncooked
- 3 cups water
- 2 tbsp mirin (this can be left out if you forget to buy it!)
- 3 nori seaweed papers

#### Equipment:

- 1 bamboo rolling mat. If you don't have a bamboo rolling mat just fold the seaweed paper over and roll it with your fingers.
- 1 glass water on standby

#### Fillings:

- Peeled cucumber cut into batons
- Cold BBQ chicken thighs, sliced into strips
- Peeled cooked prawns
- Sushi grade salmon
- Butter lettuce

Place uncooked rice in 3 cups of cold water, bring to the-boil and simmer until cooked. Rinse rice thoroughly, but delicately as you want to keep the form of the rice, I rinsed the cooked rice three times in cold water. Put the rice into the refrigerator to cool completely before using.

Prepare all the ingredients and have them ready to use.

Add 2 tbsp of mirin to the cool rice; thoroughly mix through with a spoon.

Lie a seaweed sheet over the bamboo mat and position the two lengthways away from you. Place a little of the rice (about 1/4 of a cup) on the near side of the seaweed sheet and flatten into a rectangle shape or sausage shape, leaving about 3cm of the seaweed sheet clear of rice nearest to you.

Place a little of the filling across the centre of the rice and then gently pick up the end of the bamboo mat closest to you and start rolling away from your body as tightly as possible.

Make sure you leave about 3cm at the far end of your roll without rice/filling. When you have finished rolling, dip your fingers into the water and wet the strip of seaweed on the end to close and seal the sushi.

With a sharp knife, chop the sushi into bite-sized pieces.



Spaghetti with Crisp Salami, Sundried Tomato and Feta

For details and a full breakdown of meal costs, see [countdown.co.nz](http://countdown.co.nz). © 2014 My Kitchen Rules New Zealand based on the Seven Network Australia format. My Kitchen Rules licensed by Endemol Worldwide Distribution Limited.

### Markets

**Frankton Market:** Saturday, 8am – 1pm  
Commerce Street, Frankton

**Night Market:** Every Saturday Night 5 – 11pm  
Kmart Car Park Bryce Street

**Hamilton Farmers Market:** Sunday Morning From 8 – 12  
noon River Road Car Park, 204 River Road



Plunket's car seat service offers a variety of infant and child restraints and booster seats at affordable rental prices.

There are both short and long-term hire options available

Infant capsules

Child restraints

And

Boosters

18 Rostrevor Street, Hamilton

07 839 5707

### QUALITY WITHOUT COMPROMISE

**Daily Bread**  
(600g varieties)

**99c each**  
\*NO LIMIT

We're bringing the price of bread down. Support us and we'll keep it down.



# Activity Guide: February/March 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	<p><u>Tag Football:</u> 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</p> <p><u>Coffee Group:</u> 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</p> <p><u>Wester Boarders:</u> 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</p>
Tues	<p><u>Story time-Inga puuraakau me koorero tara:</u> <b>10.30am-11.00am</b> Fortnightly through term time is our bilingual playgroup, - stories, songs &amp; rhymes in Te Reo. Sessions will take place in the junior area in Garden Place Library.</p> <p><u>Little Stars Playgroup:</u> Every Tuesday from 9.30am—7.30am bring the children along for a morning of fu! Contact the Western Community Centre 07 847 4873</p> <p><u>ToughLove:</u> <b>7.30pm-9.30pm</b> Toughlove, a self-help programme for parents troubled by unacceptable adolescent behaviour. Ph 856 5999.</p> <p><u>Budgeting:</u> <b>1pm-3pm.</b> Link House, working through a budget with Maria. Ph 839 1051</p>
Weds	<p><u>Winz Advisor:</u> <b>10am</b> @Link House/Birthright Every 2nd Wednesday first come first serve bookings essential. Ph 839 1051.</p> <p><u>Toitoti Manawa:</u> <b>FREE 10am-12pm</b> 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</p> <p><u>Fruit &amp; Veg co-op:</u> \$10 per pack 3 fruit and 3 vegetables. Order before 4pm Wednesday, pick up Thursday after 11am. 07 847 4873</p> <p><u>Budgeting:</u> <b>1pm-3pm.</b> Link House, working through a budget with Maria. Ph 839 1051</p>
Thurs	<p><u>Get crafty:</u> <b>12.45pm-2.30pm</b> Create and practice paper and other simple crafts. Garden Place Library, Level 1.</p> <p><u>Wriggle &amp; Rhyme:</u> <b>10.30am</b> Dinsdale Library Sessions run during school terms. For more information contact Dinsdale Library on 07 838 6855.</p> <p><u>Helping Hands:</u> 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</p>
Friday	<p><u>Gardening Group:</u> <b>9.30am-12.00pm</b> Waimarie Hamilton East Community House.</p> <p><u>WOW:</u> Looking for a fun way of getting active? Come and play some social sports and games with others. Ph. 0800 77 57 57</p>

## Parenting Dynamic Families

A Free ten week Parenting Course Commencing Tuesday, 10 February 2015 from 10.30am to 12 noon.

For further information or to register, please contact Angel Murdoch Hamilton City Salvation Army, Phone (07) 834 7000

# REGISTERED MEMBERS PAGE

## SELF ESTEEM COURSE (4 WEEKS)

**Thursdays from 9.30am to 11.30pm**

**12 March 2015 — 2 April 2015**

**9 April 2015 — 30 April 2015**

Facilitators: Rebecca Fraser & Toia Chase

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

Contact Lauralee: 839 1051



## Getting it together

A chance for you to look at relationships in a supportive and safe space.

6 week course starting May 14th.

Cost: \$10 Single Parent Members.

Contact Lauralee: 839 1051

## **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.

## Playgroup for single parents (and some others)

### **LITTLE STARS**

**FREE held on Tuesdays 9.30am-11.30am**

**Grandview Rd, Nawton**

**Contact Maria: 839 1051**



### **Toitō 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



## AND IN SINGLE PARENT NEWS...

Last year, Donna completed the One Year Introduction to Counselling Course- a course that takes place every Monday evening from 4pm to 6.30pm.

During this course, Donna attended sessions on topics such as dealing with grief, parenting, addictions and stress, as well as meeting various guest speakers about mental health and sexuality. This interview with her is about how she found the course.

Me: So Donna, what prompted or inspired you to do the course?

Donna: I have an interest in helping others so after seeing the ad and what it entailed timewise I thought it would work for me. I also wanted to do it for personal development. I was looking for some form of study and had an interest in counselling having seen the process but I was not looking for a university qualification. So it definitely met those needs for me. And the content was more than what I anticipated in terms of the amount that I learnt and the scope of it. For example, without knowing what the content was going to be I assumed that it would be just a light review of the processes of counselling but we learnt detailed information on the theories, and it was backed up with cultural sensitivity and that sort of thing. I really liked the learning environment. While the topics were intense the environment was informal which allowed for really good interactive learning rather than sitting and listening to lectures. The tutors were fabulous and honest and real.

Me: And what were the main benefits of it for you?

Donna: I think I gained increased awareness of other's life situations and how people's backgrounds contribute to that. It was more about not taking someone for how you meet them in the first instance and how to get a true understanding of their stories and backgrounds and life. All of the topics contributed to that, I think, and it is about learning to be more sensitive to people and their views and opinions.

Me: Who would you recommend it to?

Donna: I would recommend it to anyone looking to develop themselves personally but also anyone working within the community. It is good for anyone that is engaging with other people, like the general public. I work at Diabetes NZ Waikato branch and it has enhanced some of the ways that I do my work. People come to us who are newly diagnosed with diabetes and although it is a physical and medical condition, they are also having to deal with the emotional trauma of being diagnosed with a long term chronic condition.

Me: Have you made any ongoing connections from it?

Donna: Yes, I've remained in contact with several of the students and we intend to meet regularly socially. It helps remind us of what we learnt. Our first catch up was almost like a revision session, we would talk about something and it would trigger a memory from the course. It is also nice to discuss how the course is continuing to help us in our lives and work.

Me: Has anything particularly changed about your life because of it?

Donna: It did. I made a conscious decision not to take people at face value. I guess I am less judgemental and more accepting of differences.

Me: So do you think you'll go on and be a counsellor?

Donna: I think if I was to take it further I would be more interested in social work because I thought the scope was greater and the opportunities are greater. It appealed to my personality more.

Is doing some further training interesting to you? If so, the details are right here!



### Have You Ever Wondered About Counselling As A Career?

#### Introduction to Counselling Course

A year long course facilitated by experienced Link House Counsellors and Tutors for the last nineteen years

##### Do you find that:

- You are the person everyone talks to?
- You wish you had more skills to help them?
- You want to know what counselling is all about?

##### Participants can expect to:

- Look at counselling ideas, theories, methods and issues
- Deepen understanding of their own functioning
- Learn in a supportive environment with like-minded people

**Starts: Monday 2 March 2015 4.00pm to 6.30pm**

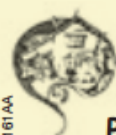
For further information contact:

**Link House Agency**

2 Dawson Street, Hamilton

Ph 07-839-1051 | Fax 07-839-1052

Email [linkhouse@xtra.co.nz](mailto:linkhouse@xtra.co.nz) | [www.linkhouse.org.nz](http://www.linkhouse.org.nz)



## 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!)