



Jigsaw North is part of a network of communities throughout New Zealand who are exploring an exciting initiative. Called 'Many voices, One purpose', this is now gathering momentum in our community!

The project, based on the Appreciative Inquiry principles, focuses on 'what is working well in families?' and then builds on this.

One of the next steps for those who are involved will be to participate in training. This will take place here in Whangarei, (TBA) and will be led by Liz Kinley and Tau Huirama of the National Jigsaw office.



SKIP NEWS

Whangaumu Bay SKIP Family Retreat 2010



The SKIP family retreat on 26-28 November 2010 involved five Whangarei families spending a weekend at the Sands Motel at Whangaumu Bay. In total 29 people were part of the retreat.

Lena Fransham, SKIP Coordinator said “the retreat is a free weekend for families. At the camp families can do all sorts of activities such as build sandcastles, have barbeques, sing karaoke, meet other families and swim in the water. Lena said “the feedback from the November camp was that it was awesome! Families said we could just do things together as a family and not have to worry about anything but playing, having fun and spending time together over the whole weekend’.

Lena wishes to especially thank the generous supporters at the camp, Lavinia and Sharon from Barnados, Sally Christie from Jigsaw NZ, Danny Hughes from the Pulse and the Jigsaw North team.

Lena said “the next SKIP retreat will be held in November this year. Planning for this camp will be underway shortly”. Lena invites any organizations, whanau and family to ring her if they are interested in being part of the next camp.



SKIP NETWORK MEETINGS 2011:

SKIP Network meetings are held at Jigsaw North Family Centre, 25 Otaika Rd, Whangarei

- Monday 30 May, 9.30am
- Monday 25 July, 9.30am
- Monday 26 September, 9.30am
- Monday 28 November, 9.30am

SKIP PROGRAMMES COMING UP:

FREE CONSCIOUS PARENTING COURSES AT PARENTS CENTRE, TERM 1

Parenting with Purpose: Creating a positive future with our children

This course will help you plan the way to put more fun into your family life. Learn effective ways to be the parent you want to be.

Next course: Begins Monday 2 May, 7 – 9pm over 6 weeks

Magic Moments: Communication for Cooperation

Tips and strategies for non-physical ways of discipline that work, using boundaries and building caring relationships with children.

Next course: Saturday 14 May and 21 May 1-4pm Or Wednesday evenings 8-22 June 7.30-9.30pm

Bookings are essential – places limited. Call Lianne 435 1267 (a/h) or 027 655 6006 to register, or email to whangarei@parentscentre.org.nz
Courses held at Parents Centre, 13A Te Mai Road, Whangarei.
www.parentscentre.org.nz

Anger Change

Sam is Josy's target child. When he says to her: "You're stupid." it triggers her anger and she feels like hitting him. In fact, she has slapped him around the legs a few times. It seems like her anger comes out of nowhere and turns to violence very quickly. She feels really ashamed of admitting this, and she wants to make some changes in her parenting.

Josy is attending Jigsaw North's course: 'Anger Change for Mothers'. Here she is learning about the body sensations that show she's winding up; connecting that with her history and resolving past unfinished business. Josy has discovered that when her mother used to call her stupid and hit her for not doing what she was told, she felt hurt and angry. When Sam says; "You're stupid," to her, she reacts, she is not able to separate out her feelings and she becomes the hurt angry child she was at 6 years old. She finds herself lashing out at Sam with all the anger and hurt she felt toward her mother at those times when she was called "stupid" or "silly."

Resorting to smacking is a common reaction that is experienced by parents. It is also common for the parent's struggle to be about the actual relationship with their child, they can't quite connect, they always find themselves arguing with the child, they find themselves distancing themselves from the child, a range of behaviours that distress the parents are brought to the groups.

I have a better relationship with my son since participating in the Anger Change for Mothers course."

Mothers who are concerned about over reacting to their child's behaviour are encouraged to attend an 'Anger Change for Mothers' programme. Working alongside trained and experienced facilitators and with other mothers, they begin to address their past history to 'take the heat off their child'.

Participants say: "It's much easier around my child now. I no longer wind up when he/she tries to bait me".

"My anger isn't triggered so easily. I don't feel like hitting him when he disobeys me.

I have learned to ignore bad behaviour." "I have a better relationship with my son since participating in the Anger Change for Mothers course."

"It's a very brave thing to do," reports Lois Mouldey the Programme Co-ordinator. "facing your demons can be extremely difficult; however, participants report great success and each week describe the changes they've made. They are usually proud and relieved about being more in charge of their reactions."

'Anger Change for Mothers' has been running in Whangarei for 16 years. It is a therapeutic programme rather than an educational course. Each term 3-5 women commit to their own healing to safe guard their children's safety.

If interested contact Lois or Celia at 09 438 8852



LOIS – Therapist/Councillor

SKIP WORKSHOPS COMING UP:

"SKIPalatte"

Coffee and discussion while the kids play

9.30am-11am Wednesday 27 April
McDonalds Party Room
150c Bank Street Whangarei
Ring Lena **438 8852** for information

"Jealousy and Fighting"

10am-11.15am 23 May
Plunket Family Centre
33 King Street Whangarei
Ring Lisa **437 1907** to register

DADS workshops

The Pulse is again running DADS workshops. These are available to fathers of various ages and circumstances.

The workshops run for a 6 week period and as well as the workshops there is an opportunity for support or advocacy outside the workshop times.

Call Daniel Hughes on **438 0004** for information about the next start date.

affiliated to
jigsaw

jigsaw is a professional network of 40 independent community agencies spread throughout NZ who together want to have a positive influence for NZ children and their families

www.jigsaw.org.nz

243

243 families and individuals have accessed our services March 2010 to March 2011

103

103 individuals have attended Parenting Workshops

WHANAU ORA - Supporting families to be the best they can be

Jigsaw North welcomes the governments 'Whanau Ora' programme and its potential to provide a better future for our tamariki and mokopuna.

Minister Tariana Turia says Whanau ora will enable government and community agencies to jointly implement an approach which will see whanau empowered to take control of their future.

Liz Cassidy-Nelson, Chief Executive of Jigsaw North says "we are proud to be approved as a Whanau Ora provider within the Te Hau Awhiowhio o Otangarei Collective. The approval affirms the way in which Jigsaw North has worked to support whanau over the last 30 years".

Liz says "Whanau ora is an inclusive approach to providing services and opportunities to whanau. It empowers whanau as a whole, rather than focusing separately on individual whaanau members and their problems. Whanau ora is open to all cultures and will work in a range of

ways, influenced by the approach the whanau chooses to take. Whanau Ora is not a one size fits all approach. It is deliberately designed to be flexible to meet family needs.

Most importantly, Whanau ora is an opportunity to make a significant change as stated by Minister Tariana Turia "it is our mokopuna who will be our most significant stakeholders to Whanau ora. It is only right that we focus on the promise they inspire in us to shape a better future for them. Let the children lead us forward."

Jigsaw North is part of the Te Hau Awhiowhio o Otangarei Whanau Ora collective. The other partners include; Te Puawaitanga o Otangarei, Otangarei Trust, Channel North, Ringa Atawhai, 155 Community House.



LIZ NELSON - CE



Parenting is the most important job anyone can have!

Being a parent is a fulfilling and rewarding adventure. At the same time it can be one of the toughest experiences in life. Even the most conscientious parent can feel overwhelmed when faced with unexpected challenges.

Jigsaw North can help. We support children and families through parent education, social work and counselling. Most importantly, we work with parents to find ways that encourage and support the raising of healthy, happy and confident children.

Services:

- Individual, couple and family therapy
- Individual counselling
- Advocacy for children and young people who witness family violence
- SKIP (strategies with kids, information for parents)
- Parent education
- Anger change for Mothers Programme



Has your 4 year old had their free B4 School Check yet?

To make an appointment

Ph: 0800 24 24 325



P: 09 438 8852 E: contact@jigsawnorth.org.nz

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