

Sept/Oct 2007

## LOOK AFTER YOURSELF – NOHO ORA MAJ RA

Foster Care Week is from 28<sup>th</sup> October through to 3<sup>rd</sup> November and the theme is, "look after yourself", "noho ora mai ra".

Often people say, "look after yourself", and it can be said with empathy, but it doesn't just mean, "put your feet up and don't work hard".

During Foster Care Week there will be numerous events around the country; some put on by Agencies to acknowledge the work their foster carers do and some put on by local Associations and Support Groups to celebrate together. The NZFFCF is supporting different initiatives and also encouraging foster carers to look for opportunities to enhance their knowledge and skills.

There will be a celebration of the achievement of the first group of foster carers to graduate with **NZQA National Certificate in Whanau/Family and Foster Care**. This graduation in Christchurch will be special because it was an initial pilot project and leads the way for the Certificate to be offered next year to foster carers throughout New Zealand. Minister Ruth Dyson will present the Certificates.

There are **The NZFFCF Excellence in Foster Care Awards** to be presented at a luncheon at Parliament during Foster Care Week, providing an opportunity for positive media coverage for foster carers.

### Certificate in Whanau / Family & Foster Care 2008 (Level 4)

Subsidies available for this year long study programme commencing February 2008

### Diploma in Whanau / Family & Foster Care 2008 (Level 6)

Following on from the Certificate and is an 18 month study programme, commencing July 2008 ending November 2009

**Call NZFFCF for a registration pack 0800 69 33 23**



### The William Wallace Awards

will be presented that week to some of the young people who have been in care, no doubt with their foster carers feeling proud to have played a significant part in their lives.

**The NZFFCF 2008 Foster Carer's Diary** will be produced in time for Foster Care Week, as a small way to say thank-you. Distribution will commence with our members, and foster care agencies and will hopefully be a useful resource for foster carers. Additional copies will be available to purchase from NZFFCF.

**So, during Foster Care Week, think of how you can look after yourself; get motivated to study, support each other, celebrate the positives, keep up the good work you do and equip yourself to be the best.**

**Carolyn Hill,  
Chairperson, NZFFCF**

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### EXECUTIVE MEETINGS

26 & 27 OCTOBER 2007  
WELLINGTON

FEBRUARY 2008  
NAPIER

AGM  
18 APRIL 2008  
WELLINGTON

### FOSTER CARE AWARENESS WEEK

28 OCTOBER – 3 NOVEMBER  
*Noho ora mai ra*  
*Look after yourself*

**HOW ARE YOU CELEBRATING WITH YOUR FOSTER CARERS??**

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## Focus on ... New Support Groups

Four Winds Dunedin Foster & Whanau Support Group – Glenda Druce Ph 03 488 3783

[drucefamly@xtra.co.nz](mailto:drucefamly@xtra.co.nz)

Gisborne Whanau Foster Care Network – Linda Bullen Ph 06 868 9032 or email [lindabullen@hotmail.com](mailto:lindabullen@hotmail.com)

Paeroa Tikupa Caregiver Support Group – Gillian Maxwell Ph 07 868 3440 or email Angela:

[moreys@xtra.co.nz](mailto:moreys@xtra.co.nz)

Rororua & Lake Districts Carer Support – Harete Phillips Ph 07 362 4862 email [har-dan@xtra.co.nz](mailto:har-dan@xtra.co.nz)

South Waikato Foster Care Supports – Irene Aloiai Ph 07 886 8469

Blenheim Foster Care Network – Helen Neame Ph 03 575 7713 or email [Helen.neame@xtra.co.nz](mailto:Helen.neame@xtra.co.nz)

## Introducing ... Bill Nathan - Lower North Island Regional Rep

**Bill Nathan is new to the NZFFCF Executive but not new to foster care.**

Bill and his wife, Donas, began in foster care in 1983. During that time they joined the Wellington Family and Foster Care Association and attended the first of many NZFFCF National Conferences in 1984.

Bill and Donas have four children. The youngest son lives with his wife and four sons (including eight-month old twin boys) in Wellington and the other three all live with their families on the Gold Coast in Queensland, Australia. They have eight grandchildren and are "grandparents" to five foster children.

Bill is of Te Atiawa, Ngati Kahungunu and Ngai Tahu descent. Donas is from Opotiki and is Whakatohea and Te Whanau – Apanui.

Bill is an engineer by training but has spent most of his time in marketing and management positions. He also had a long career in the Territorial Force, New Zealand Army. Commissioned in 1961 he was Commanding Officer of the Wellington and Hawkes Bay Regiment from 1973 to 1977, later promoted to Colonel and appointed Deputy Commander of NZ Land Forces a position he held until he retired from the Army in 1986. He was awarded the OBE (Military) in 1984.

Donas has a farming background and with eight brothers and sisters thrives on caring for a few children or many. Both Bill and Donas have been involved in Maori cultural activities for many years and where appropriate some of the foster children have also been involved. This had the benefit of bringing them in touch not only with cultural activities but also a wider group of young people and other adults. They both take leading roles in the Ngati Poneke Young Maori Club and have taken part in many International Cultural Festivals overseas. In 1988, with approval of CYF's, two of the foster children were in the Ngati Poneke Junior group which performed in the New Zealand Pavilion at EXPO 88 in Brisbane, Australia. The group then travelled to Sydney and performed at Martin Place and the Power Museum in Darling Harbour, before returning to NZ.

Bill is currently an NZFFCF Allegations Support Worker, and states that "...whilst distressing at times the support and understanding from trained and experienced people means so much to those who can feel abandoned, alone and isolated."

He looks forward to serving the foster care community in the Lower North Island and working with other committed colleagues on the Federation.

Bill's Email: [tuinathn@paradise.net.nz](mailto:tuinathn@paradise.net.nz)

## Whangarei Foster Care Network ... Patsy Hill - Key Contact

Email: [patsy-hill@slingshot.co.nz](mailto:patsy-hill@slingshot.co.nz)

Ph: 09 430 2099

Patsy and her group of willing volunteers have been working really hard to support and encourage foster / kin and whanau carers in the region. The region covers Whangarei through to Kaikohe and Kaitiaki. They have a playgroup in Whangarei, starting in Term Four, running two mornings a week; they will be organising picnics during the weekends now that summer is on the way and stall at the Mall during Foster Care Week. Thank you Patsy for heading this new group.

**Please call Patsy if you wish to join Whangarei Foster Care Network.**

NZQA Certificate in Family Whanau Foster Care

Enrolling for February 2008

NOW!!!

0800 69 33 23

# 2007 Excellence Foster Care Awards Winners are Announced....

Irene Aloiai, Tokoroa

Des & Shona Cannons, Tauranga

Gail Haakma, Tauranga

John & Malta Hauraki, Gisborne

Rosanne Kuiti, Levin

Noeline Smith, Wanganui

Rob & Linda Surtees, Masterton

Barbara & Frank Watene, Wellington

Congratulations to these Foster Carer's who were selected by the Foster care Panel. Winners of the 2007 Excellence in Foster Care Awards will be attending a Presentation Ceremony and luncheon at Parliament House on 31 October, 2007, where they will receive their choice of a \$1500  
a) mystery weekend away,      b) tertiary study or      c) relevant conference.

**There are so many deserving, dedicated Foster Carers in New Zealand, many of whom have not been nominated. Social Workers, friends and family remember those special Foster Carers and look out for the nomination forms around July 2008.**

## NZFFCF Big Splash Pool Parties

A number of these Pool Parties have been organized around the country, thanks to the generous sponsorship from businesses and individuals. Recently I had the opportunity to attend the Taupo Hot Springs Event, although the weather was a bit damp, the children and their families who attended had a great time with water slides, hot water playground, a variety of hot pool, and plenty of sausages and drinks for all.

It was great to meet foster carers from Taupo, Turangi and Rotorua. One mother who attended had several of her children in care, the social worker involved with her family realized that it was a visitation weekend and offered her family the Big Splash Day Passes. Mum was overjoyed as she had not had the opportunity to take her children to the Hot Springs before and they all came and thanked the NZFFCF before leaving.

Foster Carers, please remember to thank the sponsors of your tickets or maybe the children could draw a picture or thank you note etc. If unsure where to send it, I am happy to forward messages on from here. NZFFCF, PO Box 8320, Havelock North.

**Please be safe around the water and keep an eye on your children.**



**Find time to catch up with a friend for coffee**

**Laughter is the best medicine**



**You Are Special  
Look After Yourself.**

**Foster Care Awareness Week 28 Oct – 3 Nov**  
Noho ora mai ra  
*Look after yourself*

# National Caregiver Training Programme to end Dec 2007

TO REGISTER ON-LINE

[WWW.CAREGIVERTRAINING.ORG.NZ](http://WWW.CAREGIVERTRAINING.ORG.NZ)

OTHER ENQUIRIES 0800 227 305

09-10- Caregivers Induction	Christchurch
09-10- Caregivers Induction	Timaru
10-10- Managing Behaviour	Whanganui
10-10- Family Dynamics	Napier
12-10- Understanding Maltreatment	Greymouth
12-10- Managing Behaviour	Rotorua
12-10- Caregivers Induction	Waitakere
12-10- Legal Issues	Manurewa
12-10- Safe Caring	Christchurch
16-10- Non-Violent Crisis Intervention (NVCI)	Invercargill
16-10- Caregivers Induction	Wellington
02-11- Caregivers Induction	Dunedin
02-11- Caregivers Induction	Manurewa
02-11- Family Dynamics	Timaru
03-11- Managing Behaviour	Paeroa
03-11- Caregivers Induction	Palmerston Nth
07-11- Understanding Maltreatment	Lower Hutt
09-11- Child Health	Nelson
09-11- Caregivers Induction	Whakatane
09-11- Managing Behaviour	Oamaru
14-11- Managing Behaviour	Taumarunui
16-11- Understanding Maltreatment	Waitakere
16-11- Safe Caring	Manurewa
16-11- Managing Behaviour	Invercargill
17-11- Legal Issues	Kaikohe
17-11- Non-Violent Crisis Intervention (NVCI)	Lower Hutt
21-11- Caregivers Induction	New Plymouth
24-11- Caregivers Induction	Paeroa
24-11- Family Dynamics	Palmerston Nth
30-11- Non-Violent Crisis Intervention (NVCI)	Rotorua
01-12- Managing Behaviour	Dargaville
07-12- Safe Caring	Tokoroa

## NZQA Certificate in Family Whanau Foster Care 2008

The NZFFCF are now taking registrations for 2008's intake of foster carers.

The Certificate, commencing again in February and should be completed in the same year. This is a work based programme and we recommend that foster carers complete all NCTP Courses. NZFFCF will be offering tutorials to assist in Certificate completion.

**0800 69 33 23**

### Book Review By Lorraine Colvin:

#### Going to Grandma's House' we .....Stay

by Sally Houtman, MS

Quick publishing at [www.quickpublishing.com](http://www.quickpublishing.com)

ISBN 1 - 882349 - 26 -1

Life stories play an integral part through out the book. Kincarers / Grandparents and anyone else interested in reading this book will find some comfort in reading the journeys others have taken, facing the same issues.

Information and tips spread throughout - the book provide good basic knowledge on how to and how not to interact with kids who are having difficulties.

This is another useful resource for those vulnerable people in our communities who are encouraged to take on the care of their Grand and Great Grand children.



**Test smoke alarms each month by pushing the test button to ensure it beeps. You may need to use a broom handle.**

**Change the battery when required Or at Daylight Savings**