



2 Dawson Street
Hamilton East 3216

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Link House

Creating An Empowered
Community

www.linkhouse.org.nz

LINK HOUSE SERVICES FOR SINGLE PARENTS

Single Parent Social Workers

Free Service

Provide support for single parent families.

Drop-In Centre

Free Service

For single parents with pre-school children only.

Legal Advice

Free Service

Norman Sainsbury

Legal Services Co-ordinator, Anglican Action

1:30 p.m. 1st and 3rd Fridays of every month

By appointment only.

Work & Income Representative

Free Service

Every second Wednesday at Link House.

From 10:30 a.m.

By appointment only.

Counselling

Counsellors are available by appointment to help you with issues that may stop you enjoying your life and family.

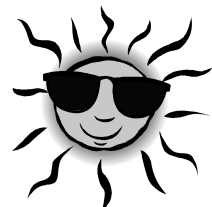
A subsidy (Disability Allowance) may be available through Work and Income to assist with counselling costs. Contact Work and Income Call Centre on 0800 559 009 for further information.

Free & Cheap Holiday Fun



Free / Koha

- Hamilton Lake
- River Walks



- Hamilton Gardens
- Parana Park playground, aviary, paddling pool accessed from River Road



- Waikato Museum (koha)



Cheap / Low Cost

- Bus Trip to Raglan (from Transport Centre)
Adult Fare \$7.30 / \$5.60 Busit
Child \$3.70 / \$2.60 Busit
Departure times vary—check at the Transport Centre
- Bus around Hamilton
Adult \$3.00 / \$2.20 Busit
Child \$1.80 / \$1.30 Busit
Free transfers within 2 hours
Central City Shuttle—Free!
- Train trips - www.visithamilton.co.nz
- Hamilton Zoo
Adults \$14.00 / \$10.50 Beneficiaries
Children 2-14 \$7.00 / 5.50
Under 2s Free

Terms
One & Two
2010

Link House Newsletter



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Emergency Numbers

Child Youth & Family
0508-326-459

Crisis Assessment Team
0800-50-50-50

Lifeline
838-0179 or 0800-543-354

Medical Helpline
0800-611-116

Alcohol & Drug Helpline
0800-787-797

Te Whakaruruhau & Refuge
855-1569

Victim Support
834-9449

What's Up Phone Counselling For Kids
0800-942-8787

From The Manager

Last year was a very busy one for Link House.

Single Parent Social Work Service:

Kathleen and Lisa had a full-on year working with families who are doing the hard task of parenting by themselves.

To all you parents who are bringing up your children alone; it's the hardest job and we are privileged to be able to help a little with the journey.

Community Counselling Service:

This service was flat out in 2009. There was amazing goodwill from our placement counsellors who have to juggle study and family yet show such commitment to offering a really good service to the people with whom they work.

We managed to work within a two-week waiting period when offering appointments, so a huge thank you to our practicum counsellors for making that happen.

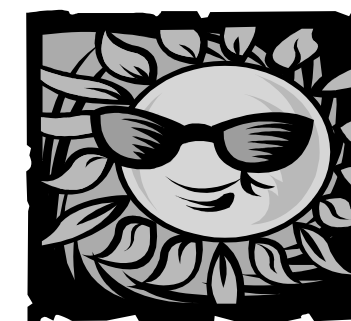
Life Skills Groups:

So many of you attended Self Esteem, Taking the Next Step and Relating Effectively groups last year.

I always think I'd like to take "before and after" photos because the changes that you've made and the work you've put in to do so, has been amazing.

Link House Staff:

People who work at Link House, and in social services generally, do so because we care about the people who come for help (we certainly don't do it for the money!!). It's also really important to our wonderful staff that we work as a community and that means supporting each other as well.



Link House Agency
2 Dawson Street, Hamilton East
Telephone 07-839-1051 Fax 07-839-1052
e-mail: linkhouse@xtra.co.nz
www.linkhouse.org.nz



Single Parent Service

Self Development Courses Terms 1 and 2

Self Esteem

Morning Courses:

Term One: 10:00-12:00 16 February to 23 March

Term Two: 10:00-12:00 25 May to 29 June

Evening Course:

Term One: 7:00-9:00 pm 11 February to 25 March
(No class on 18th March)

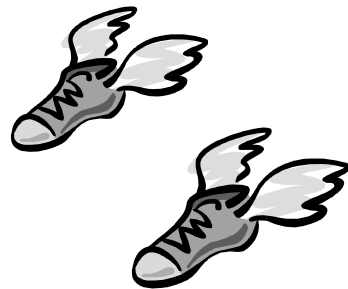
In a safe and supportive atmosphere you can learn to:

- **Feel comfortable with other people**
- **Appreciate and like yourself more**
- **Ask for what you want and say "No" if you choose**

Relating Effectively

Evening Course: 7:00-9:00 p.m. 13 May to 17 June

Open to those who have completed an initial Self Esteem course



This assertiveness course will help you to:

- **Interact well with other people**
- **Express thoughts and feelings clearly**
- **Keep lines of communication open**

Facilitators: **Paula Clements/Mary Harte Barry**

Cost: **\$56.00 waged or \$28.00 Community Services**

Card

One Year Introduction to Counselling

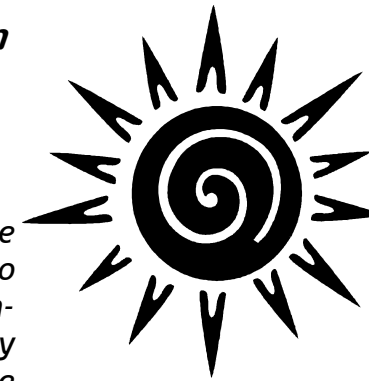
Mondays 4:00-6:30 p.m. from 1 March

A word (or two) from Kathleen and Lisa, our social workers

Welcome to 2010

The year looks exciting for the Single Parent Service. We look forward to the Skills For The Kete groups for single parents. These groups are really useful and address issues that come up when you are the sole caregiver for your kids.

People had so much fun in the recent craft groups that we have had requests for an ongoing series. The group who met this year, made low cost gifts such as beautiful jewellery while having a great time talking and supporting each other. This group is open to anyone (single parent or not) so if you're interested in joining or helping or both, please give us a call.



Dates for the groups are still being finalised and we should have them confirmed by the beginning of Term Two.

We bade farewell to McCaw Lewis Chapman, solicitors who have provided free advice for Link House single parent families for many years. We thank them for their ongoing support, time and generosity and wish them well in the year ahead.

We are delighted that Norman Sainsbury is still able to offer us a legal advice service and thank him most sincerely for donating his time and effort to Link House clients this year.

Best wishes from both of us for the coming year.



STOP PRESS!

The BIGGEST PIGGY BANK IN NZ is coming to Centreplace and The Base at Easter to raise money for Link House!



Eligibility for McKenzie Youth Education Grants

The J R McKenzie Youth Education Fund, administered by Rotary Clubs in New Zealand, generously offers small grants for education-related costs where finance is difficult. There is a small special grant fund for items for children with disabilities.

Clients must:

- be parenting alone and have their children most of the time.
- be an existing client of Link House single parent services.
- have used our single parent social work or counselling service within the last six months.
- have recently attended a budgeting service before any further application.
- acknowledge the grant by letter or picture made by themselves or their children.

NB: Applying for a grant through Link House is a privilege, not a right.

