



A regular newsletter on behalf of Cambridge LifeSkills to our community

autumn 2013

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Inaugural Cambridge Lifeskills Golf Tournament

Thanks to our sponsors for their continued support



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It takes a village to raise a child....



Cambridge Lifeskills counselling team

Cambridge is fortunate to have such a passionate team of counsellors who are committed to working with children from the 14 schools in and around Cambridge who often have a need for making a counselling referral.

At times I am asked do kids **really** need counselling?....This is my response; When a child experiences stress and emotions due to normal life experience or they experience abuse of varying sorts, they can struggle to make sense of what they are experiencing. The environment they are in can prevent them from making sense of and being supported through a challenging emotional patch. The importance of assisting them to learn to process their experience is so important. Showing them in a way that is constructive can ensure that children can adapt to the events and continue growing in a healthy way and develop emotional intelligence, this is a vital and important

skill to master in developing into a healthy adult. Enabling them to be able to emotionally regulate, which mean have enough self awareness to know what they are experiencing and how to deal with it there and then? If not issues can compound and as kids grow and become teenagers then adults - if they have not learnt how to deal with life and the emotions this involves they can default to using avoidance or unhealthy coping strategies for example drugs and alcohol, crime or isolation.

Cambridge is unique, with no other known town in New Zealand offering the same service. Lifeskills is a free service in schools available to any young



Growth, development and community involvement in recent months

Welcome to our second newsletter, a time to reflect and share with you our growth and development and community involvement in recent months.

The need for the service we provide is reflected in the astronomical increase in numbers of referrals we have received this year to date. On an average we would start the year off with 8-12 referrals but **this year we began with 45 referrals.** That number is now 60. Sadly many of the issues are situations children and young people should have no knowledge of – domestic violence, self harm, poor social skills and the inability to relate to peers and make friends, bullying, sexual abuse – the list is endless.

Cambridge is no different from any other town in New Zealand; in saying that **Cambridge has access to a free counselling service for children and young people** who are facing these traumatic situations. We at Cambridge Lifeskills do worry about young people in other towns who do not have an advocate and someone to turn to, someone who is in a position to furnish them (free of charge) with skills to cope with and change or better their circumstances now and in the future. Thumbs up to the Cambridge community who embrace the knowledge that it is OK to seek help when needed.

The **Cambridge Edition** newspaper has encouraged us to write a monthly column for their newspaper. This gives us an

opportunity to offer practical advice to parents and caregivers while navigating the tricky road called 'child rearing'. **Cambridge Real Estate**, our Foundation Sponsor has continued their generous support by annually donating to Cambridge Lifeskills. This money goes some way to ensuring we can continue providing this much used service. Another generous local has given us a car to use; **Hot Shot Signs** completed sign writing on it for us at a reduced rate. **Ricoh** has donated a fabulous photocopier, we don't know ourselves. **Vodafone Cambridge** donated a smartphone so we are now available 24/7 to parents and school staff members.

While we still rely on the generosity of national and local businesses and service groups for funding, we are always keen to help ourselves. The first Tuesday in November saw our second Lifeskills Day celebrated. All of the local primary and Middle schools got in behind the now annual fundraiser. Local businesses supported each school too. In December the team from the **ANZ Bank** helped us with a gift wrapping fundraiser at the **Cambridge Warehouse**. March saw us hold our first Twilight Charity Golf Tournament at the Cambridge Golf Club.



Early in April Cambridge Lifeskills Board members reviewed the strategic plan. While our focus remains on supporting children and young people in times of emotional need, we are planning to start working with new entrant children in our schools. We are hoping to introduce a programme focussing on encouraging children to think well of themselves while celebrating their uniqueness. There are plans to work with the children to create and develop a jingle about the work of Cambridge Lifeskills, 'the people to turn to when we are sad'. The hope is this programme will grow to become part of the culture of our Cambridge schools.



Save this date! Sunday 16 February 2014

One of Cambridge Lifeskill's goals for 2013 is to work towards financial sustainability - and we're proud to announce in conjunction with Cambridge Golf Club - our Annual Fundraising Golf Tournament.

We're looking for businesses to sponsor a golf hole (\$200 + GST) and also for teams (\$25.00 per player).

There will be great team and spot prizes on the day, plus a number of items for auction.

We've set ourselves a goal of doubling the amount raised last year - help us achieve that by **booking your hole or team today. Get in early and give Karen a call on 07 823 4932 or email: karen@kazdeziign.co.nz**



FROM THE PEN OF
SENIOR CONSTABLE DUNN
YOUTH AID OFFICER
CAMBRIDGE POLICE

Introducing Constable Wayne Dunn, Senior Constable F988, Youth Aid Officer, Cambridge, a policeman of 19 years working in Te Kuiti, Otorohanga, Te Awamutu and Cambridge.

I was appointed Youth Aid Officer in Cambridge in December 2007. The role is to work with children and young people (0 to 17) who come to Police attention for offending, are in need of care and protection, or are showing signs of at risk behaviour.

I work to keep young offenders out of court unless it is necessary for the accountability or protection of the community. Guided by the underlying principles of the CYPF Act, which is that young people be dealt with outside of the criminal justice system wherever possible using the least restrictive means appropriate.

The current approach by Police is towards Prevention and Intervention while working with others in partnership to reduce youth offending and victimisation.

We here in Cambridge are very fortunate to have organisations like Cambridge Life Skills which are at the forefront of prevention and victimisation which has seen youth offending being reduced to a considerably lower level than previous years.

I believe that this is a reflection of the co-operation and close working relationship that Police and your local schools have, and working in conjunction with Cambridge Life Skills acknowledge that they are an asset to this town. We are very lucky to have this group working here and I urge all members of the Cambridge community to back this group to allow our children to prosper in a positive environment in a great town.

I can be contacted at the Cambridge Police Station during normal business hours on 07 827-5531.

>>CONTINUED FROM FRONT PAGE...

person between the age of 5 and 15 attending a Cambridge School. Cambridge Lifeskills continues to provide counselling as it has for the past 20 years to our school community. Unlike other communities in New Zealand Cambridge has this focused service that has become a frequently utilized service with 165 young people receiving counselling last year. Some people struggle to understand why we need such a service

in Cambridge, with such a stunning aesthetic country town, many people may like to think we may be immune from social issues like:- Domestic violence, aggression, anxiety, social isolation, grief, marriage break ups and so on.. Let me assure you, we do deal with all these issues and more.

Sandy Wesford, Manager



www.cambridgelifeskills.co.nz

Sponsors

As we are a not-for-profit organisation we rely on the generosity of sponsors and grants. We'd like to thank those businesses who have donated.

FOUNDATION SPONSOR



The team from Cambridge Real Estate has been the Foundation Sponsor for Cambridge Lifeskills for 5 years and have been with us on the journey of where we are today. We'd like to publicly say Thank You and ask you to support their business as they have supported us.

www.cambridgerealestate.co.nz

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THIS NEWSLETTER...

Is printed courtesy of Virtual Print.



Portable Rooms team - winners of the inaugural Cambridge Lifeskills golf tournament.



Inaugural golf tournament teed off without a hitch

In March this year, the inaugural Cambridge Lifeskills twilight fundraising golf tournament was held at the Cambridge Golf Club with over 70+ golfers teeing off!

Raising over \$4800 the golf tournament was a great success for our fundraising efforts.

The Cambridge Golf Club kindly donated the course fees and golfer Gary Bennett organised the tournament for the Lifeskills novices, including sorting out the scorecards at the end of the event! The golfers played a nine-hole ambrose style tournament and it was greatly supported by local golfers and businesses alike.

The winning team on the night was Portable Rooms.

Special thanks also to Gary Bennett; Cambridge Lifeskills would also like to thank the following 'hole' sponsors:

- Cambridge Real Estate
- ANZ Banking Group
- Portable Rooms

- Kaz Graphic Design
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- HydroPure Water
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- Z Service Station

We'd also like to thank the Cambridge businesses for their generous support with spot prizes; an auction was also held which included a day pass to the V8 SuperTourers, and a Florida Landscaping which were also hotly contested for. The money raised will be used 100% for counselling our Cambridge children.