

Diversity Counselling New Zealand

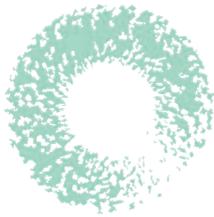
Annual Report

April 2016 - March 2017



Diversity Counselling New Zealand

Multi-Ethnic/Cultural/Linguistic
Professional Counselling and Family Support



Vision:

Everyone has access to counselling in their own cultural setting.



Mission:

Supporting migrants from diverse cultures to make positive changes in their New Zealand lives by providing support, counselling and resources



Values:

Integrity; Sensitivity; Community focused;
Dignity; Social justice

Board of Trustees

Chairperson: Jennifer Field
Vice Chairperson: Steven Donald
Treasurer: Marita Lavery
Secretary: Kaoru Tsukigi
Trustees: Roger Barnard; Jo de Lisle;
Melvan Driscoll; Patricia Novoa;
Petronilla Mazai

Diversity Counselling New Zealand

Counselling Room: Suite 4, 1st floor,
55 London Street
A PO Box 4383, Hamilton East, Hamilton 3247
P 021 0262 5587
E contact@dcnz.net
H <http://dcnz.net>
F [facebook.com/DiversityCounsellingNZ](https://www.facebook.com/DiversityCounsellingNZ)

Voices from our Clients

"Thank you so much for being present for me while I didn't know what I should and what I wanted to do; I didn't know what I should do for not regretting; I understood what I needed to do, but I didn't know what I wanted to do; I needed to do something, but I could not do anything; I didn't really know what I could."

"At this stage I think we will just see how Mary settles, we have found the sticker chart is working well... and that she has been trying really hard. I would like to thank you for everything that you have done for both my mum and Mary (anonymized). I appreciate the time that you have taken out of your schedule to help my daughter...I really don't think words can express my gratitude.

"I really felt valued in my sessions with you (DCNZ counsellor). I really felt heard for me first time in my life and really made feel better. I really felt able to talk my real issues. Very positive useful experience. Thank you".

"I felt really good while I attended my sessions. I got a good idea to help me. She was very supportive always felt I can be honest with myself look into my issues. I am fully satisfied with the counselling".

"I had the privilege of working with DCNZ's counsellors when I was facing the most challenging time in my life. At that point I researched and liked the fact that DCNZ catered for immigrants like myself and decided to make contact. I had a lot of suppressed childhood trauma culminating in my bouts of depression and related issues and was at a loss. Upon beginning counselling I for once in my life felt "heard" and loved the holistic approach experienced where I felt very valued, loved, cared and respected. I for once experienced the undervalued skills of effective talking and listening especially in this technological age we live in where this was lacking in my family. It was the first time I felt heard and appreciated and with all the tools shared such as "mindfulness". I felt empowered to help myself more and that I can be healed and been healing ever since. I thanked them for their help and they replied "You helped yourself and you just needed someone to listen to you and take you seriously" which ring true for me everyday and I share these simple words to each and all. Much love and blessings to you all."

"Finally I found the counsellor I can open up and trust".

Our clients are all migrants or former refugees.



Chairperson's Report

Jenny Field

As we approach the end of the second year of DCNZ's strategic plan I have reflected on our progress when preparing to write this report.

Our first goal of seeking to collaborate with other organisations continues to develop. We continue to work with Red Cross, Sharma, English Language Partners, the Catholic Diocese, the University of Waikato, Male Support Services and Community Waikato as well as network with many other organisations.

Stable and active governance is Goal 2. This year we have been able to conduct staff appraisals with our contracted staff and review job descriptions. We are also pleased to be able to slightly increase remuneration for our Coordinators and Manager. I thank the Board for their focused attention to these developments.

The third goal of increasing client referrals has been achieved especially in the services we offer the ethnic communities through our Family Well-being and Professional Development programmes. One to one counselling clients referrals have increased slightly too, with feedback from clients being very positive.

The fourth goal of Financial Accountability has also eased a little too. We thank our generous Community funders for their support which has enabled us to remunerate our staff over the year, and achieve another goal of finding a premises for DCNZ. We are located, at least for a few months,

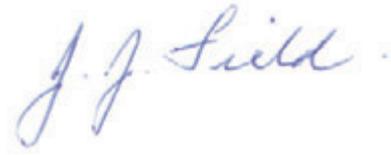
in 55 London St. We also have received funding through external sources through Manager Kou, who continues to arrange seminars for Japanese professionals: in May there was another Narrative Therapy workshop and in August, Japanese teachers experienced a taste of New Zealand's education. Surpluses from these events have enabled us to meet all our financial commitments.

Organisations and individuals within Hamilton and the wider community remain very generous. I would like to thank the Catholic Diocese and Male Support Services for enabling us to use their rooms for counselling and board meetings throughout the year. We were thrilled to meet with Anjum Rahman also, who through her community involvement was able to offer insights into forward directions for DCNZ. Community Waikato also remain a great source for inspiration and organisational training. Another individual who has provide great support for us is Yukari Barnard, who has interpreted at all the DCNZ workshop for the Japanese visitors.

Finally, as we approach a new election of Officers, I wish to thank the board for their whole hearted support of DCNZ and its vision over this two year period. Three of our board are standing down. Patricia Novoa and Petronilla Mazai were founding board members. We thank them both for their great contributions especially in the early years. Marita Lavery has been our Treasurer and has guided us so well when financial decisions were

pending. We will miss her greatly. Over this two year period we have faced some challenges, but we have faced them and found workable and sometimes innovative solutions. We continue to develop workable administration, financial and planning systems which I trust will take us ahead into further growth and development.

Thank you members and friends of DCNZ for your support.



Jenny Field, Chairperson



Manager's Report

Kou Kunishige

I am amazed to realize that I am writing this for the fourth annual report of Diversity Counselling New Zealand. We often think a system or an organization we belong to will last long without much doubt. However, it seems a completely different story to establish and develop a charitable trust from scratch. I still do not have any idea how many more of these reports I will write in the future. My uncertainty over this fact won't lead me to have any complaints. Rather, it invites me to make one clear acknowledgement: DCNZ has been wonderfully supported again this year. I thank every single support we have been given from our board of trustees, coordinators, counsellors, facilitators, community funders, other community organizations, and also I should not forget to mention our

clients.

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? (Matthew 6:25-26)

I am very aware that the most wonderful resource we have at Diversity Counselling New Zealand are the counsellors all of whom are well qualified and also now becoming very experienced. We congratulate Adrienna Ember who this year has completed her 2nd PhD and continues to offer counselling for our organisation. Vani, Kaoru and Freda,

our founding coordinators continue to offer and initiate a wonderful range of workshops for ethnic communities over a wide range of topical issues as well as providing one to one counselling. We welcomed Sunjin Heo to the team this year. Sunjin recently completed a Masters in Counselling and she is liaising with schools. It gives me satisfaction to be see that our organisation provides an environment for recently qualified counsellors to gain further experience and to strengthen their skills. I continue to run the administrative side of DCNZ including staff management. I undertakes the major responsibility for grant funding as well as providing a counselling load too.

Yet, a year-by-year financial survival tends to narrow our perspective. Our activity, especially work in a community sector, should not be only to generate income. If it were, we should move to a commercial sector. We are a charitable trust. So it is important to take an extra effort to revisit our vision, mission, and even dream regularly. Even though we are a very tiny entity, like an ant, we should dream that our work would be able to influence people, families, societies and our own future.

We tend to categorise people into some general concepts, such as ethnicity, the language they speak, diseases, illnesses, sexuality, marital status, with or without dependents, and so on. However, I increasingly feel that people are individuals, and each person has his/her own unique assets, experiences, histories, and possibilities.

In the field of working with migrants and former refugees, we often need to talk about the importance of knowing other cultural practices, customs, traditions, and customs. For those who have not worked with such people, it can be the first step to learn another culture. However, it is sad to say that our knowledge is always limited, it doesn't matter how much we learn, as towards the end people's

experiences are always personal.

So if we truly want to work with individuals the knowledge we have acquired beforehand will not be enough. Rather it could prevent us to work with the actual people who are sitting in front of us. Because taken-for-grounded knowledge, even it is professional one, will force us to put the certain glasses. We need to put aside such knowledge for a while, and take a position to learn from the knowledge the people we work with bring to us. It is one of the essential skills for people in the helping professions.

Instead of "craving for generality" I could also have said "the contemptuous attitude towards the particular case"
Ludwig Wittgenstein: The Blue and Brown Books (1958)

We need to be aware that our "clients" or "service users" might feel like Daniel Blake did:

I am not a client, a customer, nor a service user. I am not a shirker, a scrounger, a beggar nor a thief. I am not a national insurance number, nor a blip on a screen. I paid my dues, never a penny short, and was proud to do so. (snip)
I don't tug the forelock but look my neighbour in the eye. I don't accept or seek charity. My name is Daniel Blake, I am a man, not a dog. As such I demand my rights. I demand you treat me with respect.
I, Daniel Blake, am a citizen, nothing more, nothing less. Thank you.
(I, Daniel Blake, 2016)



Kou Kunishige, Manager

Coordinators & Counsellors

Vanisri Mills
(Operations Coordinator
& Counsellor)



Kaoru Tsukigi
(Programme Coordinator
& Counsellor)



Freda Xia
(Chinese Liaison
Coordinator &
Counsellor)



Sunjin Heo
(Counsellor)



Adrienna Ember
(Counsellor)

Community Grants



TRUST WAIKATO
TE PUNA O WAIKATO



Lottery Grants Board



FUNDS FOR YOUR
COMMUNITY



The Tindall Foundation
Contributing to a stronger New Zealand

COGS
Community Organisation
Grants Scheme



COMMUNITY
WAIKATO

"Thriving Communities"
Hapori Mauriora



D.V. BRYANT TRUST

Enhancing Human Welfare in the Waikato



Family Well-Being Programme

Family Well-Being Programme for Migrants 2016

Date	Topic	Participants
07 Jun 2016	How to keep moving forward - his migrant story inspire you! Guest speaker: Philip Yeung (Hamilton City Councillor)	4 people - 3 Chinese - 1 Japanese
21 Jun 2016	Take the stress out of learning English Guest speaker: Jo de Lisle (Manager English Language Partners Waikato)	6 people - 6 Chinese
05 Jul 2016	How to become a calm and confident job seeker: Guest speaker: Susan Wright (English Language Partners Waikato)	7 people - 6 Chinese - 1 Japanese
02 Aug 2016	How to support and help our children: Guest speaker: Petronilla Mazai (Social worker, Parentline)	6 people - 6 Chinese
09 Aug 2016	Healthy lifestyle for your family ~How to protect children and youth from alcohol and drug use~ Guest speaker: Adrienna Ember (AOD Counsellor, Salvation Army) With 2 interpreters	10 People - 3 Chinese - 1 Japanese - 1 Colombian - 5 Afghan
30 Aug 2016	Everyday Mindfulness 1 – What is mindfulness, practices Facilitator: Vanisri Mills (Counsellor, DCNZ) With 2 interpreters	21 people - 3 Chinese - 1 Japanese - 4 Colombian - 12 Afghan
13 Sep 2016	Everyday Mindfulness 2 – The practice of mindfulness Facilitator: Kaoru Tsukigi (Counsellor, DCNZ) With 1 interpreter	14 people - 9 Chinese - 1 Japanese - 3 Colombian
03 Nov 2016	Mental Health Wellbeing 1 Facilitator: Kevin Zeng (Progress to Health) With 2 interpreters	9 People - 1 Indian - 4 Afghan - 3 Columbian - 1 Eritrean
15 Nov 2016	Mental Health Wellbeing 2 Facilitator: Freda Xia (Counsellor, DCNZ) With 1 interpreter	6 People - 1 Japanese - 4 Afghan - 1 Eritrean

Feedback on our programme:

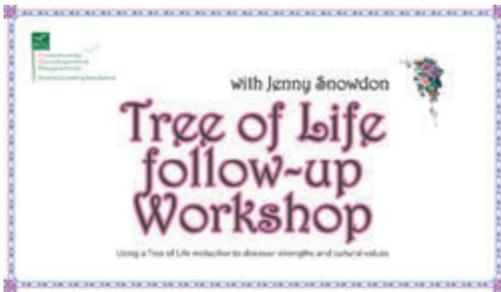
“Most of places I go I don’t understand what they were talking about because people speak English and I feel worry, sad... but this workshop had an interpreter and it was good for me because I understood what the people were saying and I felt good to attend the workshop”

“If we don’t have an interpreter I didn’t understand what the workshop was about”

“I learnt way of how to look after myself”



This programme is supported by the late Cr Philip Yeung, Manager English Language Partners, Parentline, Salvation Army, Progress to Health, Red Cross, Settlement Centre Waikato.



“Tree of Life” with Jenny Snowdon

“The Tree of Life is a hopeful and inspiring approach to working with children, young people and adults who have experienced hard times... This approach has proved so successful and popular ... in a wide range of countries.” (Dulwich Centre)



1st Series (3-session workshop):

1: Wed, 18 May, 9:00 to 12:00

2: Wed, 25 May, 9:00 to 12:00

3: Wed, 1 June, 9:00 to 12:00

2nd Series (3-session workshop):

1st Session: Wed, 7 Sept, 9:00 to 12:00

2nd Session: Wed, 14 Sept, 9:00 to 12:00

3rd Session: Wed, 21 Sept, 9:00 to 12:00

Tree of life feedback

“Completed, enlightened and feel that I can use what I’ve learnt here at the “Tree of life” 3 day course in both professional and personal life. The connection is real. Jenny Snowdon is an amazing facilitator”.

“I feel it’s a very good group interactive workshop that helps recognized not only yourself but how your beliefs and aspirations are connected either within your roots, trunks or leaves. The in depth look at who you are and how you get there and where you are heading”.

“Create opportunity to connect with professionals working in different fields. Conversations have produced unexpected new ideas and recognitions. Look forward to more dialogical workshops to strengthen professional network and improve practice”.

Supported by



Working with Migrants & Former Refugees

Working with Migrants & Former Refugees
for people in the helping professions



"A social worker's reflections on working with former refugees"

Gaylene Yates

Client Services Team Leader / Social Worker
New Zealand Red Cross / Ripuka Whero Aotearoa

On **Wednesday, 23 November 2016**, from 10:00 to 11:30
At **Waikato Migrant Resource Centre**

46G Boundary Rd, Claudelands, Hamilton 3214

Fees: **\$5 for unwaged, \$25 for waged**
(Eftpos not available, or pay to the bank account: 12-3454-0069188-01)
Please RSVP to Vani (vani@mills@dcnz.net)



**"Challenges in the everyday lives of
Eastern European women in New Zealand"**

Dr. Adrienna Ember

DCNZ

On **Thursday, 9 March 2017**, from 10:00 to 11:30
At **Catholic Diocese of Hamilton**

51 Grey Street, Hamilton

Fees: **\$5 for unwaged, \$25 for waged**
(Eftpos not available, or pay to the bank account: 12-3454-0069188-01)
Please RSVP to Vani (vani@mills@dcnz.net)



Professional Development

Professional Development Seminar Series for Health & Social Practitioners

Diversity Counselling New Zealand's Professional Development Seminar Series for Health & Social Practitioners

Stephen White
(Academic Staff Member, WINTEC)
will present a seminar on:

Spirituality and Mental Wellbeing

On Wednesday, 20th April, 2016, from 6:00pm to 7:30pm
At Lifeline Aotearoa, Waikato Branch:
113 Alexandra St, Hamilton 3204

Participation fees: **\$5 for unwaged** \$25 for waged
(Eftpos not available)

Seating is limited. Please RSVP to Vani (vani@dcnz.net)



Diversity Counselling New Zealand's Professional Development Seminar Series for Health & Social Practitioners

TeManu Elkington
Women's Program Coordinator for HAIP
(Hamilton Abuse Intervention Project)
will present a seminar on:

- A journey of Domestic Violence -

On Monday, 21 November, 2016, from 6:00pm to 7:30pm
At Lifeline Aotearoa, Waikato Branch:
113 Alexandra St, Hamilton 3204

Participation fees: **\$5 for unwaged** \$25 for waged
(Eftpos not available)

Seating is limited. Please RSVP to Vani (vani@dcnz.net)



Community Development

Japanese Seminars

Date	Topic	Participants
29 May 2016	11th Seminar: How to maintain your car in NZ	6 People
31 July 2016	12th Seminar: Body making exercise for everyone	14 People
30 Oct 2016	13th Seminar: Differences between university life in NZ and Japan	14 People



Farewell

The late Cr Philip Yeung gave us an advice and guidance when we started DCNZ. Since then, he continued to support us as an advisor, mentor, and even a facilitator for the Family Well-being Programme. Farewell, we will miss you so much.



UPDATES

Narrative therapy workshop for Japanese practitioners

The workshop was conducted successfully with the support from lecturers from University of Waikato and narrative therapy practitioners from 1 May to 5 May, at YWCA Hamilton. 17 people came to Hamilton.

“Supporting Children at Schools” Workshop for Japanese practitioners

The workshop was conducted successfully with the support from Institute of Professional Learning, University of Waikato, Hamilton East Primary

school, Edgewater College, Hauraki Plains College, and practitioners, from 14 Aug to 18 Aug, at YWCA Hamilton. 14 people came from Japan to Hamilton. Osaka university sent a PhD student to this workshop.

The workshops brought great financial contribution to DCNZ. It is currently planning to host the same workshops next year.

Our counselling room:

We are very glad to announce that DCNZ has its own counselling room at the first floor in the London Business Centre, at 55 London Street.