



# Newsletter July 2013

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## *A word from Jenny, our Director*

By the time you receive this newsletter our website should be live! Check it out on [www.caresolutions.co.nz](http://www.caresolutions.co.nz)  
Thanks to Mishaela persevering getting staff photos (not an easy task) and the required information. We have tried to keep it simple and easy to use; before we add more to it we would really appreciate your feedback. Thanks to the care givers and my family for allowing their photos to be used.

There has been some staff movement over the past few months with some new positions being created. A warm welcome to all the new team members and good luck to those that have moved on to new ventures.

Sara has continued to work diligently processing new carers and doing re-approvals, apologies for the length of time police vetting and CYF checks are taking, both of these have undergone changes and are experiencing delays in processing. As you will be aware carers providing CYF care need to undergo annual re-approval while carers in all other areas are two yearly. We really appreciate those of you have returned paperwork promptly and given feedback on your experiences. This gives us an opportunity to improve our service to you and the people we provide care for. The re-approvals are regularly checked by auditors so we are now in a position that if carers do not complete the required paperwork will not be able to offer them care.

We have seen an increased rate of referrals for care for young people in both Nelson and Christchurch areas many of these young people need to be in homes with no other children. Over the years we have found that the best recruiting is done by our caregivers bringing on family and friends. For us to continue to support these young people we do need to increase the pool in these areas. Please if you know of anyone suitable please contact them and us urgently. It is nice for the young people in care to be able to have respite within your circle of significant people, this helps create a more natural atmosphere.

It has been great to see so many daily dairies coming through to the co-ordinators while it has always been a requirement for CYF carers the MOH now has an expectation that carers complete a dairy diary. These can be sent in by email or a paper copy is fine. While this may seem like additional work it is also a way of keeping yourself safe and us informed of celebrations and any difficulties you may be experiencing. We have had lots of smiles at some of the great photos carers have sent in, these are kept on the client file and will be there if files are requested in the future. Someone once said to me that when they requested their file from their childhood in care everything was negative hence we feel it is really important to hold records of the positive experiences they have also had.

Jenny



[www.caresolutions.co.nz](http://www.caresolutions.co.nz)

#### Welcome to Care Solutions

**Vision**  
To provide safe care in Aotearoa (Ahuritanga).

**Core Values**  
Caring for carers, clients and staff, providing a bicultural service that reflects respectful relationships (Te Whakakoha Rangaitiratanga) Working with Absolute integrity (Tino Rangaitiratanga) supporting the journey to well being (Mauri Ora).

Care Solutions is a non government agency that provides a range of quality care for a range of people including children and adults with life term disabilities, mental health, pediatrics, health of the older person and care for children and young people that cannot live at home via Child Youth and Family. Supervised contact services are also available in Tauranga, Wellington, Porirua, Blenheim and Nelson.

#### Why use to use Care Solutions?

- All carers are rigorously vetted, trained and supported.

#### Contact us

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## *New Staff and Staff Movements*

**Mishaela** has moved to Christchurch to take up a role with Ray White as their Marketing and Data Manager and to be closer to her man.

**Melissa** will be increasing her days to 4 mornings to cover reception.

**Chevarna** is currently on sick leave to recover from chronic fatigue; hopefully she will be back with her fully recovered in 6 months.

**Mel** has come on board to cover a new role. She will co-ordinate disability, Health of the older person, Paediatrics and Mental Health.

**Lee** has joined our team in the Christchurch office from Tauranga and has a strong focus on supporting caregivers and is a Social Worker.

**Anna.** Thanks to Anna for the work she did in the Christchurch co-ordinators role, she has taken on the challenging role of a fulltime caregiver.

**Joy** is also new to the team, settling in Tauranga after leaving Christchurch. Joy has a strong community background and is a Justice of Peace.

**Michelle** has worked hard and established Supervised Contact in the Tauranga area, she is moving to Grey Power with increased hours.

**Leigh** has joined Dianne in Nelson, working 15 per week to assist Dianne on the day to day challenges.

## *Upcoming Training Opportunities*

### **Christchurch**

6 August Induction

8 August Specialist 1:1 training Care Solutions Office 9am-12pm

21 August 2013 Child Development TBA Christchurch 9am- 3.30pm

### **Nelson**

15 August Specialist 1:1 Training 9am-12pm

22 August 2013 Carer Families TBA Nelson 9am- 3.30pm

### **Blenheim**

23 September 2013 Attachment and Resilience TBA Blenheim 9am – 3.30pm

## ***A Message from Dianne***

Welcome to all the new staff and Caregivers.

Hope winter is treating you all kindly and the winter chills haven't got to you and yours. Since the last newsletter Lorene and I have only done one road trip and I have vowed and declared I am not doing another one with her. This trip involved travelling by car from Nelson to Picton, catching the Inter Island ferry to Wellington travel by car to Paraparaumu where we stayed the night with my sister. Up early the next day to drive to Waioru then back from Waioru to Paraparaumu, caught the train to Wellington then the ferry back to Picton, then drove to Nelson all within 36hrs and for what! To see Lorene's son on family day at Waioru Military camp. I have told her next time she goes on her own! She slept most of the way even when it was her turn to drive, what a great travelling companion – not.

Timesheets- It has come to notice that some Caregivers/Support Workers are getting their Co-ordinators to complete their timesheets for whatever reasons. Timesheets are the responsibility of the caregivers/mentors/supervisors and MUST be completed by yourselves as you are signing the timesheets as being correct of the care/work you have undertaken. It is also an auditing requirement that daily diaries are sent to Care Solutions for all care that is completed, if you are unsure what is required in these daily dairies please talk to your co-ordinator who'll assist you.

Take care until next time.

## ***A message from Lorene, Office Manage***

It seems that I no sooner write a Blurb and it's time for another newsletter. The biggest news in my life is I am now a very proud Nana to Jethro and he is beautiful!

It has been a very busy time at work and we have had a few staff changes which I am sure all the new staff will write about themselves in this newsletter.

We have a great team but included in this are you our caregivers/supervisors and mentors. Where would we be without you all 😊

Once again can I remind you all about writing your name on your timesheets, it is amazing how many are missed off. Dates and Clients names are still very important. Until next time – “Keep Warm”

## ***A message from Sara***

Hi all,

Hope you are surviving the wintery months and the odd polar blast we have had!!

Onto Care Solutions news from my little office with no windows!!

Currently we are recruiting new caregivers and are always looking for new people. We welcome any new applicants on board so please do not hesitate to put forward new names of potential applicants who are interested. I understand there is a lot of paper work involved and really appreciate the time spent to complete forms. It is really important that these are filled out with as much information as possible in order for me to be able to do my work well and go through the processes of bringing you on board.

That's all from me now, the sun is shining in Nelson and I hope you are having a similar day where ever you may be!!Bye for now

### *A message from Leigh*

I have joined the Care Solutions' team after completing my degree in social work last year as a SENIOR adult student and currently, Dianne Down manages to survive having me work alongside her for 15 hours each week. My other part-time jobs include working as Nelson's new sexual offence victim advisor for the Ministry of Justice, and being a research assistant for Dr Donna Swift, who works in the field of teenage girls' violence. My background includes working as a Nationwide Health and Disability Consumer Advocate in the Nelson/Marlborough regions before doing my degree and also, as the Nelson Marlborough District Health Board's communications manager and complaints co-ordinator in the 1990s. In the few remaining hours I have left each week, I enjoy working alongside my Canadian partner on our rural property, hand quilting and walking my chocolate Labrador friend, Toblerone.

### *A message from Vanessa,*

Supervised Contact continues to grow in the Wellington and Tauranga area with a steady flow of referrals from the Nelson Family Court. If anyone is interested in some training to become a Supervisor, please let me know and I will organize training when we have sufficient people.

I recently attended the Safeguarding Children seminar that is run over two nights. This was a fantastic training that highlighted the need for everyone in the community to be vigilant about child abuse occurring and to report it to the correct channels. I highly recommend this to anyone who is working with children and young people.  
<http://www.safeguardingchildren.org.nz/>

In March I started my Masters of Social Work with Massey University. I am enjoying the challenge and find that many things I am studying are extremely useful to my role at Care Solutions. Only three and a half years to go!

### *A message from Mel,*

I completed my degree in nursing at NMIT in 2001, where I specialised in Elderly care devoting my time to helping those who needed it most. Now my path has drawn me to change my career, coming to Care Solutions is a whole new challenge and I will endeavour to meet the needs of my clients. My values and beliefs are what I base my care ethics on. I look forward to meeting you all, taking on new clients and to help in any way I can.

### *A message Lee*

Kia ora everyone, my name is Lee Bartlett and I am the new coordinator in Christchurch. My family and I have moved from Tauranga to be closer to family. I am a mother of four, two sons and two daughters. They are my life and keep me on my toes. I have been a Social Worker for many years. My passion would have to be working with young people. I have gained a variety of skills and experience ranging from Care and Protection, working with youth to working with the elderly.

Christchurch is a beautiful place but I must say it is FREEZING here!

I am excited to be a member of the Care Solutions Team and look forward to working alongside you all.

Thank you all for your support!

### ***A message from the Christchurch Office - Lee and Lynn***

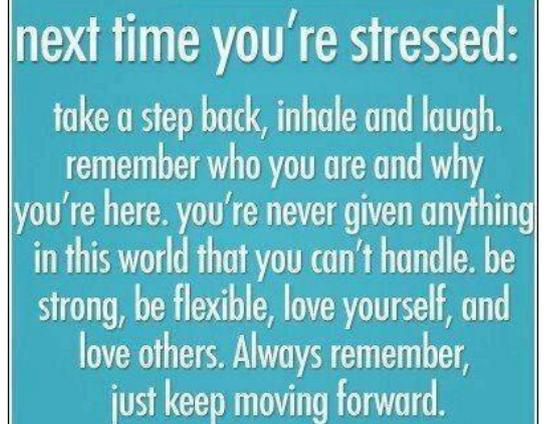
Winter is coming!

We would like to take the time to thank our caregivers, respite carers, support workers and Mentors for their hard work and dedication with the young people.

We would also like to thank Ngaire and the "Kits for Kids" charity. Kits for kids is a donation based group that supply's young people with new and near new clothing, books, toiletries and toys donated by the public. Thank you very much for your support.

We have new caregivers in Christchurch, some are old new and some are new new, that we would like to welcome. Thank you for opening your homes and lives to the young people that need it.

Thank you all for your hard work!



**next time you're stressed:**  
take a step back, inhale and laugh.  
remember who you are and why  
you're here. you're never given anything  
in this world that you can't handle. be  
strong, be flexible, love yourself, and  
love others. Always remember,  
just keep moving forward.

### ***A word from the Wellington Office - Carol***

We have been very busy.

The coordinator for Porirua resigned in February, about which we were very sorry as she had been doing great work.

Since then I have been working with the Porirua Family Court and Wellington Lower Hutt and Upper Hutt Family Courts, coordinating supervised contacts.

We are in the process of recruiting a new Co-ordinator for Porirua, and some new supervisors. There will be a training day scheduled in the very near future.

I have been very impressed with the work that our current supervisors do. They are very caring people who are very focussed. They are flexible and understanding of the needs of the children and their parents.

A very big thank you to Valerie, Angela, Sian and Leslie.

### ***A word from the Tauranga Office - Joy and Therese***

Hi from Joy & Theresa in Tauranga.

The shortest day has now passed and we are looking forward to the days getting longer and warmer in the Bay. As a Cantabrian I have found the winter here pretty mild.

We have just had Jenny visit and she held training day for new supervisors. We were joined at lunch by our experienced supervisors who shared their knowledge and experience with the group.

## *A word from the Blenheim Office - Karen*

Welcome to winter, I hope you are keeping warm and enjoying the lazy raining days, I would like to thank all the caregiver's in Blenheim for the commitment and hard work recently.

A poem to share:

I tried to teach my child books, she gave me only puzzled looks, I tried to teach my child with words, They passed her by, often unheard. Despairingly cried "how should I teach my child." into my hand she put a key "come "she said "come play with me"

Please have timesheets filled out correctly and in by Monday every second week.

Please let me know if you run out of timesheets, contact diary's, pocket money forms etc. and collect them from Care Solutions office.

## *Peanut Butter Brownies*

### **Ingredients**

**225 Crunchy peanut butter**

**200g bar dark chocolate, broken into pieces**

**280g soft brown sugar**

**3 medium eggs**

**100g self-raising flour**



1. Set aside 50g each of the peanut butter and chocolate. Heat oven to 180C/160C fan/gas 4 and line a 20cm square baking tin with baking parchment. Gently melt remaining peanut butter, chocolate and all the sugar in a pan, stirring occasionally, until the sugar has just about melted. Turn off heat and use a wooden spoon to beat in the eggs one by one. Stir in the flour and scrape into the tin.
2. Melt reserved peanut butter in the microwave on High for 45 secs, or in a pan, until runny, then drizzle over the brownie. Bake for 30-35 mins until it has a crust, but the middle still seems slightly uncooked.
3. Melt reserved chocolate, drizzle over the brownie, then cool in the tin before cutting into squares.

This is a great recipe to try especially with winter being here!



## 11 things you may not have known about New Zealand

### 1. *Older Brides*

New Zealanders are getting married older. The latest statistics show that the median ages of men and women marrying for the first time is 29.9 and 28.1 years. These brides and grooms married, on average, nine years older than their parents did.

### 2. *Big on Butter*

For each person who lives here, New Zealand produces 100kg of butter and 65kg of cheese each year.

### 3. *Clever Kiwis*

A New Zealander invented the tear-back velcro strip, the pop-lid on a self-sealing paint tin, the child-proof pill bottle and the crinkle in hair-pins so that they don't fall out.

### 4. *Olympic gold*

New Zealand has won more Olympic gold medals a head than any other country.

### 5. *Quick Work*

The shortest interval between separate births in the world is 208 days. New Zealander Jayne Bleackley gave birth to Joseph Robert on September 3, 1999, and Annie Jessica Joyce on March 30, 2000.

### 6. *Spelling Test*

The longest place name in the world still in use is Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwenuakitanatahu, a hill in Porangahau in the Hawkes Bay. The Maori name translates to "the place where Tamatea, the man with the big knees, who slid, climbed and swallowed mountains, known as Landeater, played his flute to his loved one."

### 7. *The Sea*

No part of New Zealand is more than 128km from the sea.

### 8. *Bottom Line*

No capital city in the world is further south than Wellington.

### 9. *Animal Farm*

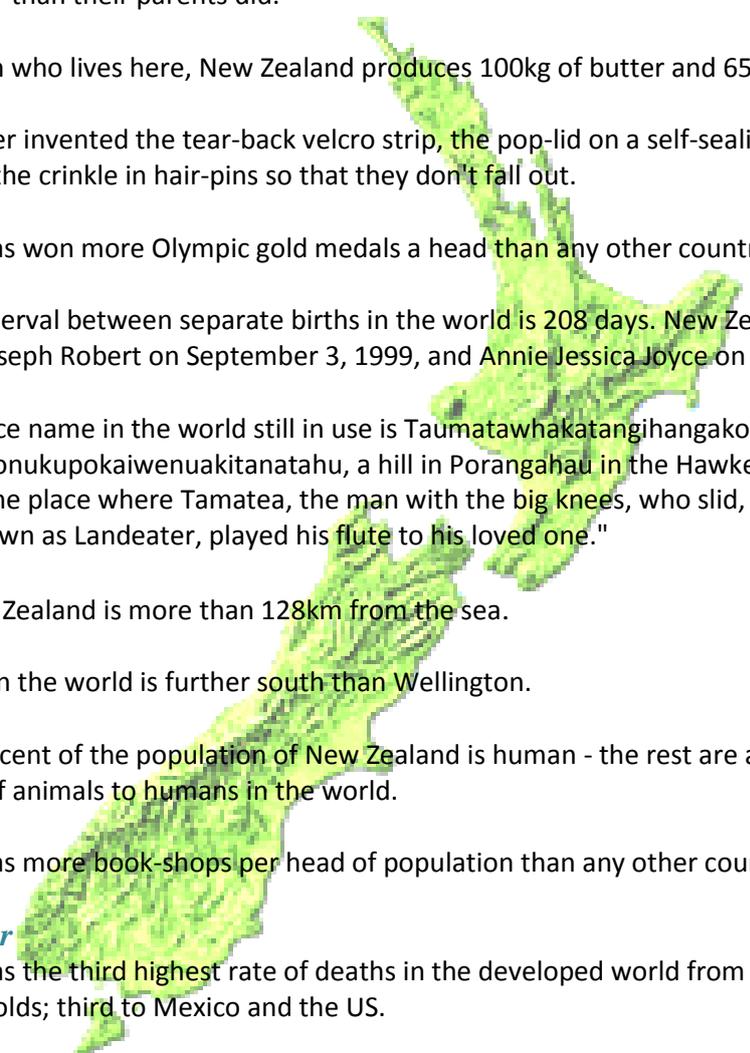
Less than 5 per cent of the population of New Zealand is human - the rest are animals. This is one of the highest ratios of animals to humans in the world.

### 10. *Big Readers*

New Zealand has more book-shops per head of population than any other country; one for every 7500 people.

### 11. *Bad Behaviour*

New Zealand has the third highest rate of deaths in the developed world from maltreatment among under-15-year-olds; third to Mexico and the US.



### ***Important Notices!!!***

- If you have any changes of circumstances or persons residing at your residence, please notify us immediately.

**A huge thank you to all Caregivers, Support Workers and Staff**