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# NEWSLETTER

**New Staff:** Welcome to Mark Grimes who recently joined the trust as the Christchurch Co-coordinator. Mark has worked in the UK for many years in Social Services supporting Children and Families.

**Why use a Car seat:** According to an American highways agency, a rear-facing car seat is 71 percent safer than no restraint at all, and a forward-facing car seat is 54 percent safer than no restraint at all. Keeping your baby rear-facing to the limit of the seat is the safest choice. Age is not a factor, as long as the child is kept rear facing for a minimum of 12 months.

Always use a seat that best suits your child's needs - age, height, weight and maturity. Only use a child restraint that is approved to standards accepted in New Zealand, acceptable marks are NZ "S" Mark, Australia's "5 Ticks", and UK ECE 44.03 standards. Seats from America must also display the NZ "S" mark.

**Surviving Winter:** (1)**Wear warm clothes.** Wear two sweaters and a coat in case of severe cold. If you have a heater, turn it on (2)**Exercise.** Run, jump, hop, skip and until you sweat! Then jump constantly for two minutes, take a minute's break. Skip for ten minutes, with a three minutes' break every two minutes. Go for a mile's walk in the neighborhood. (3)**Have warm food and drinks.** Drink hot drinks, like coffee. It makes you feel warm inside. Hot food, like grilled meat, hot pizza, is tasty and warm, too. If you are hungry you will feel cold. Any food will help you feel warmer.(4) **Patch up the drafts.** Prevent any cold air coming into the house, or any hot air escaping the house. This helps save energy and money. (5)**Sit by a fire It can keep you warm!** Always make sure that fireguards are used if you have small children at home

**What's Happening:** Exciting things are unfolding at the trust. Over the next couple months we will be looking at starting a playgroup for Dads along with courses in first aid , cooking and arts and memories. If you would like more information and to register your interest for any of the above please contact the trust (There may be a charge for some courses)

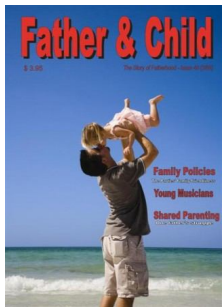
**Facebook:** Social Networking. Did you know that the we are now using Facebook, We would love for you to leave us a post or join in one of the discussions that currently underway. Leave us your comments or just drop by to say hi!

Become a fan now and Bookmark us!

[www.fatherandchild.org.nz](http://www.fatherandchild.org.nz)



# Haralds View



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Things have been changing quite a bit in the last few months for us, and in the short run at least that means we'll be able to do more: see more people, talk with more other groups and so on. Funders have kept supporting us pretty much at previous levels through the recession, which we are very grateful for.

The Families Commission has approached us to do one of their 'family panels' for teen dads. This is their main means of communicating with parents directly, and they thought this is a voice they're not hearing right now. There's panels with solo parents, grandparents and various other groups in other parts of the country. This will start in the middle of the year. The MSD has also become interested in our work with teen dads and invited us to be part of a to-be-formed 'expert' group on teen parents.

Apparently Minister Paula Bennett has a personal interest in the issue!

You should come across our posters around the place in the next few weeks - we made up two, one aimed at new dads and one at separated dads. The posters are asking them to ask for help with any issues they may have. Plunket will display them in all their Christchurch premises and nurses will have the associated pamphlets. Lots of new things have been produced for new dads in recent months - a book, a welcome pack, various booklets - but apart from us no-one is as yet offering any actual help!

Things that are not going so well at the moment are our publications. Father & Child magazine continues to run behind schedule, and last year we dropped an unprecedented two issues. If you have any time to do some writing for our magazine, please let me know. Likewise, the New Babies Edition of the magazine needs stories from new dads, and if any of you happen to be good salespeople, we need someone to get onto potential advertisers for that publication.

Sadly, we've also been unsuccessful with our tender to supply parenting education courses in prisons nationwide. I didn't have much hope for that one (Relationship Services holds the contract at present), but thought we would have done a rather good job at it. As it is, we're doing correspondence parenting courses with some inmates.

This newsletter contains a form to ask your employer to make donation deductions from your pay. This is a really good way to support Father & Child (provided your boss comes to the party), as the donation rebate is claimed right away. This means that if you make a \$30 donation, you'll only get \$20 deducted from your pay, but we'll still get the full \$30.

## Thoughts

If you always do what you have always done, you will always get what you have always got.



# Help Us To Help You! Please Donate

**HAVE YOU DONATED TO THE EVERY  
DOLLAR COUNTS CAMPAIGN?**

## Our Work is Free to You

It is also free to the government—we do not receive any money at all from them for the service we are providing to you.

Our work is made possible by grants from the Lotteries Grants Board, the Community Trust and some other Charitable Trusts.

Donations help us to keep helping dads with the issues they face.

## How Much?

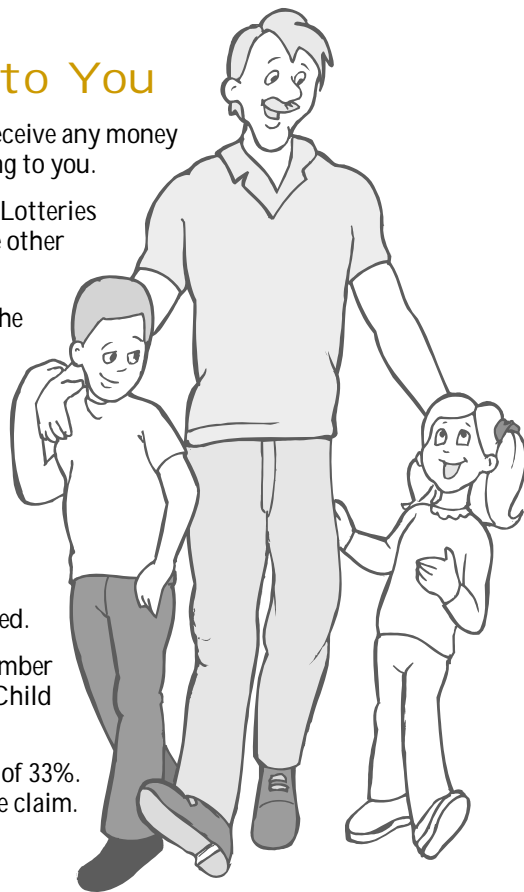
DO NOT FEEL PRESSURED TO GIVE ANYTHING.

We understand that money is often tight.

Any donation you can give is greatly appreciated.

You may also want to consider becoming a member of the Trust (\$20) or subscribing to Father & Child magazine (\$15).

Donations to the Trust qualify for a tax rebate of 33%. Simply attach the receipt to your annual rebate claim.



## To Make a Donation:

- You can give a sealed envelope with your donation to the worker you are dealing with, or
- Send a cheque to: Father & Child Trust, PO Box 26040, Freepost 106040, Christchurch (no stamp required), or
- Direct Credit our account: 03 0802 0955255-00 (you'll need to let us know your postal details to send you a receipt. Email [donations@fatherandchild.org.nz](mailto:donations@fatherandchild.org.nz)), or
- Use your Credit Card to make a donation. Follow the 'donation' link on our web site [www.fatherandchild.org.nz](http://www.fatherandchild.org.nz), or go through
- [www.giftaid.co.nz/charity/fatherandchildtrust](http://www.giftaid.co.nz/charity/fatherandchildtrust)

Fill in your details and include it in the envelope so we can send a receipt.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

I enclose a donation of \$ \_\_\_\_\_



# COMPETITION TIME

WIN ONE YEARS MAGAZINE  
SUBSCRIPTION!!



ANSWER THIS QUESTION

How old is the Father & Child Trust this year?

ANSWER

Please send your contact details & answer to:  
Competition Time  
1/369 Hereford Street,  
Linwood  
Christchurch 8011

Competition close Friday 25 June The correct answers will be drawn by the editor, his decision is final.  
The lucky winner will be notified by The Father & Child Trust July 2010  
Conditions apply.