



WELLELDER

Ph 04 380 2440 | www.wellelder.nz | administrator@wellelder.nz

A community trust providing specialist counselling for older people from Wellington through to Kāpiti

Saying YES to Today

Saying YES to today is the title of a group that we regularly run in Wellington, Johnsonville and Kāpiti. We thank the participants of one group who wrote about their experiences.

For six people nervously sitting in a meeting room in Paraparaumu last year, they had no idea what saying “yes” really meant. In the next four weeks, they would be challenged and supported to:

- Face fears they had carried with them all their lives,
- Share their hopes for their future when the answers of the past no longer apply,
- Experience self-validation in the face of insecurities and criticism,
- Brainstorm for coping strategies for themselves and each other,
- Explore how to make their lives meaningful and not be handicapped by events of the past and difficulties of the present,
- Complete ‘homework’ each week and report back to the group.



A group session at Riddiford House

WellElder provides low cost counselling for older people

In 2017 we held 989 individual counselling sessions and ran 36 group sessions for 290 clients.

- *We rely on a DHB contract to provide the service.*
- *We ask clients to contribute towards the cost of counselling as they can, from \$10.*
- *Donations and additional funding are necessary to cover the full cost.*

Together they found acceptance and friendship. The group feel they can carry on exploring issues and giving each other support. After the four weeks, the group continued to meet fortnightly at a café overlooking the sea – a lovely place to stop and reflect amongst chatter and laughter.

The group sessions taught them:

- Ways to improve their personal wellbeing,
- Being kind to yourself is not selfish,
- Trust can be given and received,
- To let go of the past to make way for the present and the future, and open space for new friends,
- Sharing and opening out to others brings new things to enjoy.

Their comments confirm that meeting people who are in a similar situation can be helpful and powerful. Spending time with others to reflect and learn together with an experienced group leader is a very positive experience.

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As well as *Saying Yes to Today* we also run *Taming Anxiety* and a *Counselling Group*. We are working with some rest homes to provide support groups for families and carers of residents, and are interested in further opportunities.

Our groupwork is an active and continuing programme. If you are interested in being part of a group, ring us on 04 380 2440, or email administrator@wellelder.nz with your contact details.

Become part of the WellElder community in Wellington....

Signup for information and invitations to events to support WellElder

Name: _____ Email: _____

Donate to us at 94 Riddiford Street Newtown, or by direct debit to bank account 06-0574-0223422-00 (ANZ Kilbirnie)

We are a registered charity (CC31682) – Your donations are tax deductible

