

Scott Simpson | 614 Pollen St. Thames
 MP FOR COROMANDEL | 07 868 3529
 mpcoromandel@parliament.govt.nz | www.scottsimpson.co.nz

"A large part of my job is helping people. For an appointment please contact my office."



Authorised by Scott Simpson
 614 Pollen St. Thames and funded by the Parliamentary Service

National | www.national.org.nz

Broadway Funeral Homes



Maria Kerry Glenda

- Caring Professionals
- Discretion & Confidentiality Assured
- Eco Funeral Planning

FSANZ | www.funeralhome.co.nz
 Caring Professionals

• Registered Funeral Directors • Monumental Agents
 Whitaker Street, TE AROHA • Ph 0800 862273

PIAKO WEEKEND EMERGENCY SERVICES

DUTY DOCTORS

Health Te Aroha
 Weekend Clinics 12noon - 1pm Saturday/Sunday
 Statutory Weekends Clinic - CLOSED

Paeroa Medical Centre
 Weekend Clinics 9am-10.30am Saturday/Sunday
 Statutory Weekends 9am - 12 noon

Be brave and ask for help

There is a lot of talk about family violence during White Ribbon Week (November 25 to 29), but what can you do if you are responsible for it?

Roz Nancekivell, prevention co-ordinator for the Matamata Piako Family Safety Network, acknowledges that the hardest part of change can be taking that first step and asking for help.

"It does take a lot of courage to stand up and say I want a better life for myself and my family," she said.

The first step is to talk to someone. If you can, talk to your family, friends, or workmates. Go and see a counsellor, or call the Family Violence Helpline on 0800 456 450. Just start talking and get some supporters who will be there when you need them.

Nancekivell said It's Not OK ambassador Vic Tamati offered the following advice



Roz Nancekivell

recently to someone who was struggling to control his violent outbursts:

"Make an agreement with your partner now when things are cool, calm and collected. The agreement is that when this situation (that may result in violence) comes up again

and you feel the rage burning either one of you will call for a timeout - you will take 30 deep breaths and leave the house for an agreed time such as 20 minutes," he said.

"Find a place close by where you can go to calm down, go for a walk to a safe place. You must not drink, drug or drive. You must not ring one of your mates to come pick you up. Find a safe place to go to. After 20 minutes go back home and take the time now and talk about things."

Start talking and reach out for help. There are organisations working right across our district who specialise in family violence, anger management, and drug and alcohol issues. Vic Tamati will answer your questions on www.areiyouok.org.nz.

The Matamata Piako Family Safety Network works with men and women who want to

► WHO TO CONTACT:

- Matamata-Piako Family Safety Network organisations:
- Barnardos Waikato Matamata Piako - 07 847 1088
- Child Youth & Family - 0508 326 459
- Matamata Piako Victim Support - 0800 842 846
- Morrinsville Community House - 07 889 5355
- Raukura Waikato Social Services - 07 889 5136
- Starfish Social Services - 07 888 8795
- Supporting Families in Mental Illness Waikato - 0800 555 434
- Te Hauora O Ngati Haua - 07 888 7870
- In a crisis call 111 and ask for police.

change their behaviour and reduce violence in their families.

Everything changes and you can too - it's up to you.

Remember lower limits at work parties

FROM Page 1

certainly changed, most people have got the message," he said.

Police are reminding employers to look out for their staff during the pre-Christmas season - especially with the lowered limit.

Police planned to visit large employers with 30-40 staff to discuss work function safety, in particular, how are staff getting home, he said.

Constable Ross Moratti said many employers spent considerable time and money training staff and would find it difficult to manage their

business if an employee lost their licence due to a drink driving conviction, or had to take time off work to attend court.

Also, in the past with plenty of alcohol present, incidents of violence had occurred which had led to people ending up seriously injured in hospital,

and with those responsible ending up in police cells at Christmas, he said.

"Being a responsible employer ... is about planning a work function and providing plenty of substantial food to go with the drinks and considering providing a sober driver for all staff."