

The Advocate

Making the Chance to Change Lives

When the Police came with their dogs, eight-year old Ben* shook with fear so much that it was hard for him to keep standing.



CEO Nicola Woodward

Nobody wants their child to feel like Ben did, but many children living with family violence experience that kind of fear all too often.

It's a scary reality, but I know your commitment to help change that reality for families is why you are reading this newsletter now. Together we can offer whole families, including women, men and children, the support they need to overcome family violence and live safer, happier lives. It really is possible when people are offered the right support, at the right time, in the right way.

Ensuring that the right support is available when people reach out for it is something Christchurch Women's Refuge has been working hard on. We've kept up our regular services, like our 24-hour support line (which has received a sustained 50% increase in calls in the last year), but we've been responding to increased need with new thinking too. In the last few months an exciting new pilot service in North Canterbury – ReachOut – has begun offering support to men who have perpetrated family violence, encouraging them on a personal journey to understand and address their behaviour and overcome family violence. Inside this newsletter you can meet Daryl and Matiu, the new staff behind that service. Without ReachOut, men who are now addressing their violent behaviour would not be doing so.

We are also preparing for delivery of another new service called safe@home.

For many of us, our home is our 'refuge' from stress or trouble. That's why we believe the safest place for women and children should be their own homes, and safe@home will allow women and children who have lived with family violence to stay in their family home, safely. More about safe@home inside.

You can also read about Haley*, a woman who lived with and survived years of family violence. Haley made the difficult but courageous decision to leave her abusive relationship, for the sake of her children. Now she has hope and self-confidence again – and hopefully her son won't ever have to experience the kind of fear young Ben went through.

We're privileged to be part of someone's life changing journey, but we know that when people thank us for helping children like Ben and women like Haley, it's you – our supporters – who really deserve the thanks. Without your support we would struggle to fund services like a 24-hour support line or a safe@home service – it is together that we support women and children to live lives free from fear. So, on behalf of Ben and Haley, and the

thousands of other people who use our services, I want to say a big thank you.

Of course, there is still much more to do, so now, during our annual appeal time, I ask you to again help make a difference for the thousands of people living with family violence in Canterbury – people who may be your neighbours, your colleagues, maybe even your own family.

Please support our annual appeal this July – we've made it easy for you to get involved with suggestions and opportunities inside. Family violence is devastating but it can be overcome. Together we can contribute to someone's journey to a safer place.

I hope you enjoy reading about what has been happening at Christchurch Women's Refuge in the last few months. Please feel free to contact us directly if you want to know even more. You can reach us via our support and information line 0800 1 REFUGE (0800 1 733 843) – it's available 24 hours a day, every day of the year.

Nicola Woodward
CEO



We Sure Could Use Your Hands, Your Feet AND Your Smile!

Our Annual Appeal Week is just around the corner and we need you, our wonderful supporters, to help.

Perhaps you'd like to use Appeal Week (16 – 22 July) to organise your own fund-raising activity, or you could become one of our many marvellous Street Appeal Collectors at pre-arranged locations around Christchurch (like Malls or outside supermarkets). We'll supply everything you need (official bucket, stickers, posters), but we need your hands, your feet and, of course, a big thank you smile for the many people who give money to help support families living with family violence.

It takes a small and dedicated army of at least 110 collectors spread across Christchurch, Kaiapoi, Rolleston, Rangiora and Amberley to collect in our Street Appeal so, if you, your staff, colleagues, friends or family, can spare a couple of hours on Friday 20 or Saturday 21 July, we'd love to hear from you. Just fill out the Collector Application on our website (www.womensrefuge.co.nz), or call Raelyn on 353 7400 to register as an official collector.

Every Drop in the Bucket Counts

Our Annual Appeal Week (July 16-22) raises both money and awareness for women and children experiencing family violence. The many generous donations we receive in our Annual Appeal – and from supporters throughout the year – combine to make an enormous difference to vulnerable women and children affected by violence. And every little bit helps.

Take a look at the change you can make:

- \$20 buys the petrol to collect children for education group and return them to school
- \$50 helps provide resources for a 10-week children's education group
- \$75 will help provide a week of food basics, baby food and toiletries for the Safe House
- \$110 covers all Safe House rent for one week
- \$150 will help provide phone and on-call Safe House support all through the night
- \$350 provides electricity to keep families in the Safe House warm for one month
- \$500 provides 12 months' access to a free-phone for men who want to overcome family violence
- \$1,200 pays for a woman or child to undertake a life-changing 10-week education programme.



Groovy Foodies Night with Jax Hamilton

This year we're supplementing our annual street appeal with an event that's for the ladies AND the gents!

MasterChef runner-up 2011 and local foodie Jax Hamilton will be demonstrating some recipes from her latest book – and of course, you can get your own copy signed on the night! Expect a fun, sociable

evening including wine, canapés, raffles, auctions and, of course a focus on food, all to raise funds to support Canterbury families living with family violence. Not a bad way to warm up a winter evening.

WHAT: Groovy Foodies; a Christchurch Women's Refuge fundraiser with Jax Hamilton

WHEN: Wednesday 18 July, 5:30 – 8:30pm

WHERE: Rosebank Wine Estate, main function room

COST: \$45 (includes canapés, goodie bag and a glass of wine on entry)

All funds generated on the night will go directly to Christchurch Women's Refuge.

Book online www.eventbrite.co.nz

More details are available on our website

(www.womensrefuge.co.nz) BOOK NOW!





Reaching Out to Support Men

A new pilot service for men called 'ReachOut' – the result of collaboration of local agencies led by Christchurch Women's Refuge – is now up and running in North Canterbury.

This pilot service aims to promote men's personal responsibility by inspiring self-belief in the potential for change. It also adds a further layer of intervention which can enable women and children safe to become safe.

Matiu Cheesman, a new male Family Support Worker, proactively engages with men named in North Canterbury family violence police reports to encourage and support them to understand and address their violence. Where appropriate, Matiu will facilitate access to a Domestic Violence Approved (DVA) programme but the focus, at least in the first instance, is on forming a good relationship, managing the crisis and reducing risk.

Overcoming family violence can be a long, complex and challenging journey. "Families need to be empowered to lead their own change and come out the other side" explains Daryl Gregory, our new Men's Service Development Manager. "In the past, men have been ordered to do programmes as a kind of punishment, often months after the incidence of violence was reported. Through ReachOut we aim to make contact with men early in a crisis situation, to engage their positive personal buy-in when motivation towards change is at its highest point" says Daryl.

"Most men want to change; they just have no idea how to get there."

58% of all reported violent crime in New Zealand is family violence.

Becoming Safe at Home

Why doesn't she just leave? It's a question many people ask when they hear about women and children living in a violent environment.

The events of the last 18 months in Canterbury have shown people how hard that really is, but maybe a better question is 'shouldn't the safest place for women and children be their own homes?'

That's what women and children tell us they want – and what they need and deserve – and one of the ways to help them achieve this is by introducing safe@home. Safe@home is a service for high risk clients which will make their current home physically safer from re-entry once the person perpetrating the abuse has left or been required to leave by a Police Safety or Protection Order.

The safe@home concept was developed by Auckland based agency Shine in 2008 and Shine fully supports Christchurch Women's Refuge rolling this service out to Canterbury families. This service is especially necessary now when the housing shortage means that for many women and children, leaving an abusive relationship is simply not feasible when there is nowhere else to go.

The safe@home service involves undertaking an assessment of the property and implementing ways to make it more secure. This may include adding security locks, replacing glass doors with solid ones, installing window locks, security alarms, security lighting, and fire alarms.

The service has been shown to dramatically improve feelings of safety and security for women and children, including better sleep patterns, social connections and sense of wellbeing.

The safe@home service will commence in the early part of the second half of 2012.



"Before it was all about me, about what makes me happy and getting what I want. Now I feel better about doing things for everyone else."

Hugh*, a man who has overcome family violence

Did you know ...

that you can donate online at www.womensrefuge.co.nz?

Check out our 'Support the Refuge' section to see how!'

"We can breathe on our own and not be victims. We do have choices, we are worthwhile members of society and have something to give back in any way that we choose whether through work, or living practical, healthy lives."

Rose*, a survivor of family violence

Daryl Gregory – Unshockable and Unstoppable

Christchurch Women's Refuge welcomes Daryl Gregory to the role of Men's Service Development Manager.



Daryl is a well-known and dedicated advocate against family violence in Canterbury and New Zealand, implementing many positive initiatives through his work as founder and Managing

Director of He Waka Tapu. The creation of Daryl's position with Christchurch Women's Refuge further strengthens our new strategic model of whole-of-family service to support women, children and men to live lives free from violence.

Taking the Heat, Fuelling the Fire

Daryl's early days in family violence intervention began in prisons, working with Maori men convicted of violence and sexual abuse. That was 20 years ago. Over the years there's not much Daryl hasn't seen or heard, but his personal passion for working with men and the belief in the potential for change remains as keen as ever. It's what has, and still does, fuel the fire

in his belly for getting involved and taking things to the next level.

It was this enthusiasm and his natural ability to bring others alongside to share his vision that saw Daryl found He Waka Tapu, in 1996. Under his guidance as Managing Director for 16 years, Daryl grew and developed this service into the highly respected organisation it is today. Daryl remains on the Board of He Waka Tapu.

As Men's Service Development Manager for Christchurch Women's Refuge, Daryl will help evolve a range of services that support men of all ages and ethnicities to address and move away from violence. These services will include developing temporary alternative accommodation options for men, so women and children can remain in their homes; supporting the development of a Specialist Peer Support Network of men who have overcome family violence; facilitating access to Domestic Violence Act approved programmes for men; and training, development and support for ReachOut, the North Canterbury Men's Intervention Project.

"I don't want to be where I am. I want to go to a better place. I don't want others to follow me."

Josh*, a man trying to overcome his own violence.

Unpacking the Past, Breaking the Cycle

Daryl's approach to supporting men to move away from violence involves honouring the person, whilst addressing the behaviour. "Many men have never stopped and looked at the effect their violence is having on themselves and the wellbeing of their family. Their own belief systems are often justifying their behaviour, blaming others for their violence" he says. "We help them unpack these ideas and evaluate the connection with what they really want from life. In my experience 75-80% of the men we work with actually want the same as you or I do. They want a good life and a happy relationship. With the right support, men who genuinely want to change can develop the skills and tools necessary to relate in new ways, and to become violence-free role model for their kids."

For more information on Christchurch Women's Refuge Men's Services, contact Daryl on 353 7400.

Walking the Talk – Introducing Matiu Cheesman

Matiu Cheesman joined Christchurch Women's Refuge in May as Family Support Worker for ReachOut, our exciting new men's service which is being piloted in North Canterbury.



Matiu's role involves contacting men and offering them support to address and move away from their violence, with the goal of improving outcomes for all family members affected by violence.

With 12-years of experience in both prison and Probation Services, Matiu has worked with many men who are living out the consequences of their violent and abusive behaviour. ReachOut's engagement with men at an earlier stage in the cycle of violence is part of the reason Matiu accepted the position with Christchurch Women's Refuge. "ReachOut is a proactive service" explains Matiu. "The initial point of contact is with men named in North Canterbury police incidents involving family violence. By offering support at

the point of crisis and following up in the days and weeks ahead, men are more motivated and able to begin a journey of change, and their family is safer from on-going or repeated violence."

A 'Heart Hook' for Change

Encouraging men to take an objective look at the path they are travelling and at what might unfold as a consequence (such as being named on a Protection Order) is also one of ReachOut's aims. "A man needs his own reason to change. It has to be personal and powerful enough to motivate him to make and maintain the changes needed to be violence-free" says Matiu. "I call it 'a heart hook' which is an honourable goal or reason to change. Often the hook is to become a good dad or a loving partner. Sometimes it's simply when a person is so full of self-loathing that their goal is to be a better human

being, to regain self-respect" explains Matiu. "Change is never easy and it means manning up to things that aren't working in your life. Finding a head and a heart connection helps a bloke link his choices with the impact they are having on his life and those of his family."

Matiu has a strong empathy towards men who want to move away from family violence and speaks from personal experience when he says it's no easy process. "I made a decision to turn my life around 18 years ago. I've been married 26 years and my family means everything to me. That was the heart hook that got me. Now I contribute back and if I can stop others in their tracks from offending in that way I will."

Matiu is available for support and advice to men in the North Canterbury area on 0800 ReachOut (0800 7322 4688).

Thanks to our Supporters

In the last few months so many wonderful people, groups and businesses have come forward to support families living with family violence – we're very grateful that they chose us as their way to make a difference.

We can't publicly acknowledge everyone, but we DO value every bit of support we get, so thanks to all you unsung heroes – you know who you are. (And so do we)!

Thanks To Our Funders:

- The Working Together More Fund – for supporting development of a new database
- The Dove Charitable Trust – for supporting earthquake affected clients
- The Estate of Kathleen Boyd – for supporting our Safe House operation

Special Thanks To:

- Flaxwood Festival – for organising a great music festival that raised thousands of dollars for five local charities
- Scholastic New Zealand & Diana Noonan – for further royalties donated from the sales of the perfect children's book, Quaky Cat
- Featherston Arts Trust – for putting on a community music festival for families affected by family violence in Canterbury
- Eden Park Trust – for auctioning a corporate box at the Bledisloe Cup to help post-quake families living with family violence
- Experience the Exotic Fundraiser – thanks to Amy Densem from Westpac; Robyn Galloway from the Innovative Travel Company and Carole Williams from Jane Daniels for organising an amazing fundraising evening in March
- Donnithorne Simms Mitsubishi – for donating the use of a lease vehicle for one year to support the pilot ReachOut service for men in North Canterbury
- The Red Cross – for supplying 50 torches/radios/cellphone chargers for the Safe House rooms, children and other clients, anxious after the earthquakes.



“My Face Was a Mess – and so Was my Life” – Haley's* story

“From the moment I met Colin it was full on. He was so attentive and interested in me, it was exactly what my low self-esteem at the time was looking for. I felt like I was literally swept off my feet. Colin said he'd done work for Life Line in the past, and I'd done social work papers; so together we thought we would save the world! The reality was we were both heavy drinkers and using cannabis daily. I don't know what we were thinking.

“Colin wanted to be with me constantly and, within two weeks, we had moved in together. The violence started within a few weeks. He pushed me to the ground, straddled me and punched me all over my body. My 14 year old daughter was in the room at the time. Afterwards, she begged me to leave; he begged me to stay. He cried and said he was sorry. He said he'd get help. I wanted to believe it was a one off incident; I wanted to believe he really did love me. Part of me even felt sorry for him – he had been subjected to a lot of abuse in his own life. So I carried on, thinking there was something I could do or say to save him.

“The violence continued and got worse. He would accuse me of having affairs, of not loving him and strangulation became a common theme. Always the next day, he would be the one that was crying, saying he was scared he was going to kill me. But he never sought help. The Police were frequently involved and I soon discovered I was not the first woman to be on the receiving end of Colin's abuse.

“I began to recognise when a storm was brewing. He would wake up in a mood, quiet, tense, brooding. He would hit his dog for nothing at all, and I knew before long he'd turn his anger onto me. One night, in an argument he grabbed me by the hair, and slammed my face into the wall, yelling “I'll f*** your face up.” There was blood everywhere. I left the house. My face was a mess and I realised my life was too. I'd been living in a fantasy, believing that this relationship could last. Now I had

no roof over my head, no belongings and, to top it off, I found out I was pregnant. I was desperate; hopeless, helpless. I wanted to die. I stayed on a friend's couch, and my friend convinced me not to go back, but make contact with Christchurch Women's Refuge.

“I was an emotional wreck at the time, it must have been very difficult to talk to me, but Lyn (a Family Support Worker with Christchurch Women's Refuge) was amazing. She helped me to stay calm, to breathe and she took me to a lawyer. I got a Protection Order preventing Colin from having contact with me and I did the Protected Persons Programme run by Christchurch Women's Refuge. It helped me understand that the violence wasn't my fault; that nobody deserves to be treated that way. Colin had chosen to be violent and he had chosen not to get help.

“It taught me the signs of what to look for in a relationship, and it made me realise what impact the violence had had on my daughter. It was that, and the fact that I was now pregnant, that became the real motivator to get my life together. I wanted to keep strong and role model to my children that change is possible.

“The best thing about my life now is that I'm stable and in control of my own life again. I have a beautiful wee boy, and I can move forward to keep us both safe. I want to give back to the community. I'm very thankful to Christchurch Women's Refuge for giving me the support and confidence I needed to leave Colin's violence behind.”

Post-Earthquake Leadership Acknowledged

The anniversary commemorations of the February 2011 earthquake involved giving recognition to the charitable and service sector of Canterbury for their contribution to family and community welfare in the post-disaster Canterbury environment.

The Greater Canterbury Social Sector Awards recognised the work of 41 local community groups for their responsiveness, innovation, collaboration and leadership and Christchurch Women's Refuge was honoured to receive a Leadership Award.

The award was an acknowledgement of the way in which Christchurch Women's Refuge stepped up in October 2010 to release a senior staff member to join the Earthquake Support Co-ordination Service, and of the outstanding service Carol Brown and fellow Co-ordinator Louise Edmonds have provided to hundreds of people. Together Carol and Louise have helped families directly affected by the earthquakes navigate their way through many complex issues ranging from EQC, insurance, house repairs, health concerns and social service support. Living in Canterbury is hard for many, many people, but Christchurch Women's Refuge is honoured to be able to be part of making life a little easier for some stressed families.



Carol Brown and fellow Co-ordinator Louise Edmonds with their Leadership Award.

Although Police attend a family violence situation every 6 minutes, they estimate that only around 20% of incidents are reported.

78% of partner homicides in NZ are men killing their current or ex-female partner

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Christchurch Women's Refuge has a Facebook presence! Check us out and 'Like' us to keep up to date on what we are doing and to share your thoughts with us.

Receive The Advocate by Email

Please help us reduce costs by choosing to receive The Advocate by email. Contact julie@womensrefuge.co.nz or call (03) 353 7400

"My son did the programme for children when he was eight and it was a real turning point for him. He has gone from being a kid who hung his head and wouldn't look anyone in the eye, to a boy who is really starting to fly"

Faye*, a past client

*Not their real names.



CUT ALONG THE LINE

Join the journey to a violence free society

Charities Commission Number CC 30026

Mr/Mrs/Miss/Ms/Other _____

Name _____

Address _____

Phone _____

Email _____

Please add me to the email distribution list.

Please post to:

Christchurch Women's Refuge Inc., PO Box 32 034, Christchurch 8147

Here is my donation of \$25 \$75 \$150 \$200

Other amount (please enter) \$ _____

Cheque payable to Christchurch Women's Refuge

Or charge my Visa MasterCard Expiry date ____ / ____

Card No.

Name on Card _____

Please send me information about making a gift to Christchurch Women's Refuge in my will

If you wish to discuss a donation or make automatic payments please contact Julie on (03) 353 7400 or at julie@womensrefuge.co.nz
You can donate online at www.womensrefuge.co.nz

Thank you! We will send you a receipt