

The Advocate

Giving Our Best at Christmas

I love Christmas – the season of goodwill and hope. It's a time of giving and caring, where the hope for a better future is close to us all. At Christchurch Women's Refuge that hope is expressed in our vision for New Zealand, where family violence is no longer tolerated and where all people are safe and encouraged to be their best. I know that if you are reading this then you too share that vision.



CEO Nicola Woodward

Family violence isn't something that takes a holiday at Christmas. While calls to our 0800 1 REFUGE line level off during late December and early January as families try to 'hold it together' for the

holidays, once the tinsel comes down we see family violence stats go up. With the New Year comes the return to work and school; mounting credit card debts; and, in Canterbury, the continued uncertainties around accommodation, insurance claims, school closures and a city in the remake. It all adds up to extra pressure on families and is seen in a spike of family violence during January and February. The demand for our services increases dramatically. That's why we are available 24-hours a day, 365 days a year – even on Christmas day.

A year of positive progress

As I reflect on the year that was, I feel very privileged to have led a committed team who, together with you, our supporters and volunteers, have made a difference to hundreds of Canterbury women, children and men who have struggled with family violence this year. The journey to a violence free future begins with the very first step of finding the right support. With the help of generous funders, dedicated staff and the

many gifts of goods, donations and time from caring individuals and the groups they represent, the hope of a better future has become a reality for many.

New ways of connecting

This year, the development of three new services – Shine's safe@home; Specialist Peer Support; and ReachOut – has connected with those experiencing family

violence by making homes physically safer; by linking women and men to peers who have themselves overcome violence; and, quite literally, by reaching out to men to challenge violent behaviours and inspire positive change. In the year ahead we hope that you will continue to support the evolution of these services to meet the needs of individuals and families and to bring about sustained social change that upholds the right of all New Zealanders to live lives free from violence.

A time to celebrate

We look forward to an exciting new year ahead, one in which we will celebrate 40 years of service to Canterbury families and our proud legacy as New Zealand's first refuge. The energy and passion of those who began Christchurch Women's Refuge all those years ago is still going strong in Canterbury and we hope that you will join us in celebrating what we have achieved together for families and communities.

Until next year, the team at Christchurch Women's Refuge wishes you and your whānau very safe and happy holidays.



Nicola Woodward
CEO

New Partnership to Protect Pets



SPCA Canterbury and Christchurch Women's Refuge have recently signed a Memorandum of Understanding that will support both organisations to work more closely together to protect women, children and animals from family violence.

Twenty-five – 30% of clients in Christchurch and 60 – 70% of North Canterbury clients have reported that fear of what may happen to pets and animals is a real concern for them and sometimes even a deterrent to leaving an abusive relationship.

"We have heard some really appalling stories of animal abuse," said Rural Services Coordinator Celine Donovan. "Animals are so vulnerable in relation to family violence and as such they are frequent targets. Threats to harm pets and using them as a tool to control a woman or child's behaviour are very common among our clients," Celine says.

This new partnership with SPCA Canterbury will help to remove fear of animal abuse or abandonment as a deterrent to women and children becoming safe. The SPCA will communicate and cooperate with Christchurch Women's Refuge staff to investigate complaints of cruelty or neglect, and to assist with sourcing temporary accommodation for animals so they too can be removed to a place of safety.

Annual Appeal Week Tops the Charts

This year's Annual Appeal Week in July was a great success with both our Groovy Foodies evening and the Annual Street Appeal being very well supported and a new record achieved for our annual fundraising week.

Centre stage on Groovy Foodies evening was our newest Ambassador Jax Hamilton, whipping up culinary delights and inspiring the domestic goddess/god in us all. The event was a sell-out and included a silent auction of tempting treats kindly donated by generous Canterbury businesses. The evening raised a total of \$5,700 to support women, children and men to move away from violence.

This year's street appeal also surpassed all previous targets, thanks to the big hearted generosity of thousands of Cantabrians who helped raise \$27,000. It just goes to show how much Cantabrians really care about stopping family violence. Making it all possible were the 150 wonderful volunteers – you know who you are! – who braved the winter chills and took to the streets, malls and petrol stations armed with donation buckets, big smiles and thank you stickers. Volunteers are the lifeblood of our annual appeal and we want to say a HUGE thank you to everyone who gave their time throughout Christchurch, Rolleston, Kaiapoi and Rangiora.

Every dollar given goes towards essential services that support women, children and men to live lives free from violence, including our 0800 1 REFUGE Support and Information Line, Safe House accommodation and life-changing Ministry of Justice approved education programmes. To everyone who made this appeal such a success, whether you gave, or collected, THANK YOU. When we all do a little, together we can make a really big difference.



"Having been through physical and psychological abuse, it's the psychological abuse that does the most damage."

Monique*, family court lawyer and a survivor of family violence

Family Focus for 2013 Annual Appeal

You can't have 'family violence' without 'family', so shouldn't family be central to family violence solutions? That's what we think and why we are evolving services to support all members of the family overcome family violence.

It's also why Christchurch Women's Refuge has decided to move our locally run annual street appeal to May next year, in line with the week celebrating the International Day of the Family. That day is commemorated around the world on 15 May, which is a Wednesday in 2013, and our street appeal will follow on Friday 17 and Saturday 18.

Apart from the change in date – and hopefully the warmer temperatures of autumn – everything is business as usual. There will be more details to come in our first 2013 newsletter, but it's never too early for you to register as a collector – details are under the Volunteering section of our website, womensrefuge.co.nz

Spotlight on Shine's safe@home

Women and children who experience family violence often talk about living in fear of it happening again. Even when the person who has committed the violence has left the home, or been required to do so via a Court Protection Order, those left are often fearful of an unwelcome return. The sense of powerlessness is very real for many women and children and it doesn't just go away; it erodes their confidence and their ability to get on with everyday life.

One of our core beliefs is that every one of us should be safe in our own homes. That's why we're rolling out Auckland-based family violence agency Shine's safe@home service into Canterbury. Shine's safe@home works to help prevent repeat family violence by installing practical security measures for high-risk families. Our safe@home Co-ordinator, Carol Brown, assesses each property and completes a security audit to identify what upgrades are needed to make the house secure.

"safe@home is making a big difference, both to a woman's safety and her sense of wellbeing" says Carol. "One option we have is a specially adapted family violence alarm. When it's activated it quickly (and silently) alerts the Police Communications Centre, and flags the address. The system also starts recording everything that is going on in the home at that point. It's positioned in a discreet fixed location in the home and can be activated from the unit, or by a pendant worn around the neck in a similar way to a medical alarm."

Other security measures might include installing internal locks to create a 'safe room' within the house; replacing glass panelled doors with solid doors; fitting smoke alarms and security lighting; installing deadlocks, bolts, peepholes, door and window restrictors; changing locks; repairing broken windows; fitting safety glass; and providing hand-held personal alarms and small strong torches.

"Increasing a home's security is a deterrent to would-be offenders. It reduces their opportunity and motivation for repeated violence" Carol explains. "At the same time it delivers a strong message that our community supports the safety of the protected person."

Our thanks to the Ministry of Social Development, Ministry of Justice and Rotary for funding Christchurch Women's Refuge to deliver Shine's safe@home service to Canterbury families.



Carol installs a specially adapted security alarm into a high risk home.

Sally's Story of a Safer Home

Sally* and Rory* lived together in a flat with Sally's two young children, until Rory assaulted Sally in front of her children. She ended the relationship and made it clear that he was no longer welcome at the flat, but that didn't stop Rory. He broke into the flat, stealing items that belonged to her and to her son in order to fund his drug and alcohol problems. Twice he entered the property through a window in the middle of the night, frightening Sally to the point where she could no longer sleep soundly, triggering anxiety and depression.

With no funds to fix or secure her doors and windows, or family support to help, Sally and her children felt vulnerable and afraid. Although Rory was charged with theft, Sally wasn't confident that a court order would stop him coming around if he was under the influence of drugs or alcohol.

Sally hadn't heard of Shine's safe@home service when she first contacted Christchurch Women's Refuge, but when Carol explained how it could help make her property safer she jumped at the opportunity to have her flat assessed.

The upgrades to her property included a peephole and door restrictor installed on

her front door; window repairs and the fitting of security stays; security lighting; and an internal lock to her bedroom to give her a safe room. Rory would now have to break windows to enter the house and in doing so he could alert someone to his actions. The new security measures also buy time for emergency services to arrive if things were ever to go that far.

The new measures have made all the difference to Sally and her children. Having had her first proper sleep for months, Sally is less anxious and feels she's getting her strength back, allowing her to parent more effectively once again.



*Not their real names.

E Tu Whānau – Stand up Family!

Daryl Gregory, our Men's Service Development Manager, was recently appointed as an ambassador for E Tu Whānau, a division of the Ministry of Social Development's Family and Community Services. E Tu Whānau is brimming with great initiatives for Māori and Pacific communities to support and build strong, violence-free families.

The kaupapa (values and ethics) behind E Tu Whānau draw on the power of Māori oral traditions to share wise words and stories based on traditional Māori values – and of course, it's all about whānau. The stories of whānau successes are shared through iwi radio, Māori media, DVDs, posters, cards and booklets with sayings and ideas that can be applied practically within families. The stories and words are inspirational, with the view that success breeds success, and the result being the growth of mana (respect and honour) within and for whānau.

"Many of the E Tu Whānau messages and stories have been collected from whānau as we work alongside them" says Daryl.

"They affirm what is working well and what we aspire to, as whānau at our best."

E Tu Whānau resources also include filmed kaumātua (respected elders) talking about the six key E Tu Whānau themes which are: Aroha – expression of love/feeling loved; Whānaungatanga – being connected to whānau; Whakapapa – knowing who you are; Mana/Manaaki – upholding people's dignity/giving of yourself to others; Korero/Awhi – open communication, being supportive; and Tikanga – doing things the right way, according to our values. E Tu Whānau is also supporting and organising hui and initiatives that get these messages into action.



Daryl is a proud ambassador for E Tu.

Kia ora Daryl. We're so proud that you're standing up for family – E Tu Whānau!

To find out more about E Tu Whānau go to: www.familyservices.govt.nz

Something is Wrong at My House

"Mummy and Daddy have terrible fights. It scares me and I don't know what to do. I don't like all the hurting. I see Dad hurting Mum, and I'm scared that someday he will hurt me and my sister. I never know what is going to happen next. I feel all alone. I am ashamed of what keeps happening at our house. Should I tell someone about it? What if I do and they don't believe me? I worry that my parents will get in trouble if I tell. I worry that I will get in trouble, too." (extract from *Something is Wrong at My House*, by Diane Davis)

Something is Wrong at My House is one of the many resources we use on our Tamariki Programme, to help children aged 5-12 years begin to make sense of the family violence in their lives. When a child begins the Tamariki Programme they're often shy about opening up and talking about what

they've seen and heard. It's not something they're used to talking about – it just happens. And just like the child in the extract they're scared about what might happen next.

Our 10 week Tamariki Programme, which is approved by the Ministry of Justice, aims to strengthen a child's self-esteem and sense of personal power by giving them a safe space to explore their feelings and thoughts. The fun, friendly, and child-centric approach of the programme connects at an age-appropriate level using art, stories, role-playing and games. The children begin to realise that they are not alone, that violence is never ok, and that what's been happening to them is not their fault.

The philosophies behind the programme are based on the principles of the United Nations Convention on the Rights of the Child, which note that all children have the right to live in a safe domestic environment, free from violence; no child is responsible

for the violence they experience; and that violent behaviour is learned.

With the help of our specialist Family Support Workers, 'Group' becomes a safe place for children to talk and share their feelings. Each child develops a personal safety plan and learns ways of getting the care and support they need by identifying people they can talk to or call for help. For many it is the beginning of a new way of seeing themselves and the world in which they live and, with the knowledge that it is their right to be safe and happy, a new courage emerges.

The Ministry of Justice funds access to the Tamariki programme for any child named on a Protection Order but for those that aren't, Christchurch Women's Refuge must find over \$1,400 per child from other sources. But the investment is worth it, as the mother of Jack* (aged 10) reminds us – **"Jack has gone from a kid who hung his head and wouldn't look anyone in the eye, to a boy who is really starting to fly."**



Children on the Tamariki Programme use art, stories, games and role playing to help make sense of family violence.

Remember, This December, That love weighs more than gold!

– Josephine Dodge Daskam Bacon

For most New Zealand families Christmas is a time of celebration and fun, but for many families Christmas can mean additional family stress and violence.

Yet the generosity of the many wonderful people who give from the heart to support women and children whose Christmas may not be so happy really does make all the difference. If you are looking for ideas on how you could help, here are some of the lovely things that supporters have thought of in the past:

- Grocery and petrol vouchers
- New toys for children (board games; DVDs; colouring in books and pencils; glitter sets; beads; balls; makeup; books etc)
- Family passes to holiday activities
- Cellphone top-ups
- Toiletry gift sets
- Chocolate boxes
- Wrapping paper

We would prefer any donated gifts to not be wrapped, as this allows women and children to choose items for each other and to wrap them themselves, so that they really feel part of the giving.

Or, if you'd like to make a donation to help support families via Christchurch Women's Refuge's services (all of which are free) throughout the Christmas period, you might like to consider the following options:

With:	Your donation could buy:
\$10	art resources for work with children
\$20	Shine's safe@home family violence personal alarm
\$80	Safe House rent for one week
\$200	one week's worth of 24-hour, free phone support
\$350	resources and food for a ten-week children's group
\$500	12 months' access to a free-phone for men who want to overcome family violence
\$1,400	a life-changing 10-week education programme for a woman or child.

A Big Thank You to Our Supporters

We have lots of wonderful people to thank for their support over the last six months. If we don't mention every one of you by name, please forgive us and know that we – and women, children and men living with family violence – do appreciate all the support you give to families through us. Whether you are donating a pair of socks or a large grant, every bit works together to improve someone's life in some way, so THANKS for taking action.



Recent grants received have contributed to:

- Four children undertaking the 10-week Tamariki programme - ANZ Staff Foundation
- Safe House overheads - B A Lewis Charitable Trust
- General wages and overheads - Canterbury Community Trust
- Wages for a Family Support Worker - Catholic Diocese of Christchurch/Tindall Foundation
- Strategic development - Christchurch City Council
- Safe House running costs - Clyde Graham Charitable Trust
- General wages and overheads - Department of Internal Affairs (Lotteries grants)
- ReachOut service for men in North Canterbury - Hugh Green Foundation
- Safe House staff wages - J & M Ferrier Charitable Trust
- 20 individual and sibling children's programmes - Keith Laugeson Charitable Trust
- Wages of two Family Support Workers - Lion Foundation
- Clinical support staff wages - Maurice Carter Charitable Trust
- Support for Shine's safe@home service delivery - Rotary NZ World Community Service
- Safe House running costs - The Strathlachlan Fund
- ReachOut service for men in North Canterbury - The Todd Foundation

Thanks to companies and community groups which have:

- Donated a lease car for one year to ReachOut - Donnithorne Simms Mitsubishi
- Supported family violence and earthquake affected families with essentials - The Dove Trust
- Donated goods & clothes - Rural Women of New Zealand clubs throughout the country
- Shown ongoing and generous support - Un Cadeau Charitable Trust
- Donated several new dining suites - Vast Interiors
- Chosen Christchurch Women's Refuge as one of their community charities - Z Service stations Templeton and Bishopdale
- Purchased and installed a new heat pump for the group room at the Safe House - Zonta Waimakariri



Our New Sponsor's Special Christmas Deal!



Petal is delighted to be supporting Christchurch Women's Refuge as its local charity. We sell flower inspired jewellery and accessories for you and your home.



Petal would love to offer all Christchurch Women's Refuge supporters 15% discount off any product* from our website **PLUS** for **every item** purchased within this exclusive offer Petal will donate \$1 per item to Christchurch Women's Refuge.



Offer Valid until 16th December 2012



To take advantage of our exclusive offer, enter code **CWR0112** in the voucher field on our checkout page to receive the fabulous discount. Postage and packaging is **FREE** on jewellery, scarves, purses and accessories.

*Petal offers a 10 day money back guarantee on all items purchased through our website

www.thepetalstore.com

"Christchurch Women's Refuge tirelessly support women and children, **plus** supporting men to become the partners and parents they really want to be."

Karen Dugdale, owner of The Petal Store.



IT IS OK TO ASK FOR HELP

Like us on Facebook



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

CUT ALONG THE LINE

Join the journey to a violence free society

Charities Commission Number CC 30026

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Name _____

Address _____

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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 ____ / ____

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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