

THE advocate

Will You Share the Journey?

Every year in Canterbury, thousands of children and young people are traumatised by family violence. Many of them come through our doors, needing support. But it's the ones who we don't see who really worry me. I wonder, what will their futures be like?

At Aviva, we want every child to be safe and happy; I'm sure you do too. The good news is that together we can make that happen.

It happened for Cathy*. Her home was so unsafe that by 11 she had been placed in care 13 times. She came to live with Robyn*, her foster-mother at nine and by then "she had an acute sense of 'aloneness' and was anxious - and at times overwhelmed - when she talked about her life experiences".

Cathy undertook Aviva's 10-week Tamariki education programme; it made all the difference.

"As the weeks went by, we could see visible changes in her, especially her awareness that she was 'not alone' in having a family with family violence issues" says Robyn. "That insight brought her a great sense of relief, as did the understanding of how those experiences might have impacted her life."

With your help, we are here 24-hours-a-day, seven days a week, to provide support. Over 1,000 children, women and men in Canterbury come through our doors every year; last year, we received almost 4,000 calls for support. Supporting people like Cathy and her



Image courtesy of Pixabay

family through some of the most difficult times of their lives and being part of their journey is a privilege, but we can't do it alone.

This April we are holding our annual appeal, including a street appeal. If you can, please join our street appeal to raise funds and awareness of family violence, or choose to support one of our services for children, women and men.

You can you be part of someone's journey too.

Thank you.

Nicola,
CEO

“It Is Easier To Build Strong Children Than To Repair Broken Men...”

Frederick Douglass

Debbie-Lee and her partner Shane know the truth of every bit of that saying.

When Debbie-Lee met Shane two and a half years ago, he was “a broken 30-year-old child.” Having been in and out of care from three-months old until 15, emotionally he was “like a seven-year old” she says. The next 15 years saw Shane constantly in and out of prison, becoming involved with White Power and solving arguments with his fists. He was on medication for depression and mood disorders; perhaps not the best track record for a prospective partner or parent.

Although Shane wasn't violent towards Debbie-Lee, there was emotional abuse – he was overly-concerned about who she was seeing, would sulk and withdraw when things didn't go his way, and he tried to manipulate her into doing what he wanted. But it was his violence that brought both Shane and Debbie-Lee to Aviva.

Eighteen months ago, having gone off his medication, Shane's aggression and paranoia took over. When Debbie-Lee's ex-partner came to collect their 10-year-old daughter, an altercation ended with Shane lunging at him with a knife. The Police were called, but worse was to come – that incident led Child Youth and Family (CYF) to decide to uplift the baby that Debbie-Lee and Shane were soon to have, and Shane's anger and frustration at that unexpected decision would see him sent to jail for several months.

Mark, one of Aviva's Family Support Workers in the men's ReachOut Service, became involved and contacted Shane to offer support. When Shane got out of jail, he wanted things to be different. For the first time, Shane had lost something valuable on the outside, something he wanted to get back. He was determined to be there and be more of a dad than he'd had growing up, and he was willing to learn how to do that.

The last 18 months have been about change for Shane, and it hasn't been easy. “Mark likes to push Shane's



Image courtesy of Pixabay

buttons; a lot of people would be too scared to do that, but Shane listens to Mark” says Debbie-Lee. “With him, Shane's learned new strategies to deal with anger. He's learned to take a break when he's angry, or just walk away from conflict. Three years ago he would have been in the midst of any fight.”

Mark also introduced Shane to the Men's Shed. “That's been massive for him. Now he's able to work with other guys, including making friends with guys from other ethnicities and cultures. He is much more sociable and brave. The change in him in the last year is phenomenal.”

Mark suggested that Debbie-Lee get some support too, to ensure she was safe whilst Shane worked on changing himself and dealing with his anger, and she became engaged with Family Support Worker Kylie. “Mark and Kylie have supplied us with good words, and support. Now, we just touch base fortnightly or so - they are there to bounce things off.”

Ensuring their relationship and home was a safe one was not only important for Debbie-Lee and Shane – it was vital if their son was to return home. Their hard work paid off. “Kylie and Mark came to every CYF Family Group Conference with us, and the support letters they wrote about the positive changes in our home really made all the difference. They were people who were in our lives every day, seeing us with our son. They had been two extra pairs of eyes on him, which really helped. Shane had hated CYF because of his experiences as a child, but with Mark's help he learned he had to work with them to get our son back home full-time. He's been home five months now and in February, CYF saw that they didn't need to look out for him anymore. “The silver lining of having our son taken away was that we both did a lot of work on ourselves. Now Shane is a whole new person. His attitude has changed and his mind has opened. He is so proud of his son, it is bursting out of his pores.”

ReachOut is Aviva's early intervention support service for men who have used family violence. Initially developed in 2012, ReachOut uses Police reports of family violence to proactively contact men, and it is also open to self-referrals. Aviva currently employs three Family Support Workers to deliver the ReachOut service in Christchurch and North Canterbury, and support is delivered one-on-one, at no charge. In the last financial year, your support, and that of New Zealand Red Cross and the Ministry of Social Development, helped ReachOut to support 168 men like Shane towards safer futures.

Aviva Annual Appeal in April

That's a lot of 'A's! And we hope it will help us generate a lot of \$\$!

This April 16 and 17 we will be running a street appeal, and we're still looking for collectors to help us. In just two hours you can be part of children's, women's and men's journeys to safer, happier futures by signing up as a volunteer collector.

The Aviva appeal is a chance to raise money to provide life-changing support to children, women and men in Canterbury living with, and overcoming, family violence. It's also an opportunity to raise awareness about family violence, and the support that is available to create violence-free lives.

We'll be out on the streets in Christchurch, Kaiapoi, Rangiora, Amberley and Rolleston seeking the donations necessary to provide our free services and we'd love to have YOU join us! Working to make families, homes and communities safer is a communal task and we certainly can't do it alone.

You can complete an individual collector form or, if there is a group of you, a group registration form, both of which are available at www.avivafamilies.org.nz.



Students from Shirley Boys supported Aviva in 2015.

OR if you would like to have an in-house appeal or other fundraising activity at your work, school, community group or family, that is great too – we encourage creativity! Just let us know if you'd like a collection box or bucket.

Every dollar raised through the appeal is invaluable in helping to provide our free services to Canterbury people. On behalf of the many hundreds of children, women and men who are on their journey to overcome family violence, a big thank you!

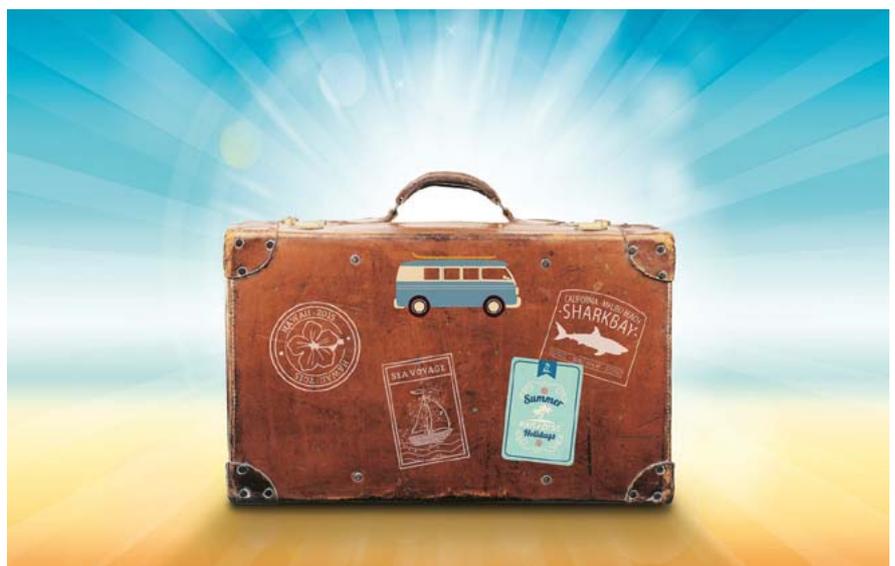
Support Aviva the Next Time you Travel

Do you travel for business or leisure?

If so, there is a great way you can support Aviva at no cost to you, or your company. If you book your accommodation through Kiwi Karma, simply choose Aviva as your charity of choice, and 5-8% of the room rate comes to us.

The site allows you to find, compare and book from over 3,200 places nationwide, and it includes accommodation options from backpackers to luxury lodges. The room rates on Kiwi Karma are also comparable to all other travel sites.

Generating enough money to maintain our range of free services is always a challenge but Kiwi Karma is an easy way for you, your family and friends, or workplace, to help. Your stay away will be even more enjoyable knowing that



simply by relaxing or going about your business as usual, you are helping others to create violence-free futures!

Check out www.kiwikarma.co.nz and when you do, enter their latest competition.



Construction is well under way.

A New Way to Wellbeing at The Loft

If you've received our newsletters before, you'll know that for several years we've been talking about the new co-location innovation we are creating with a group of other social services in Eastgate Shopping Centre in Linwood. Now we have a new brand identity to represent not only the space, but the experience it represents.

'The Loft' will be home to a wide range of social and health services in what will effectively be a child, family and community health and wellbeing centre on Eastgate's first floor. The new brand not only names that space as a welcoming, accessible place, but also represents the client journey of moving forward and the concept of rising up. Other brand elements such as the Māori name equivalent - ki te tihi ('to the summit') - and the whakatauki created for the brand also reference that journey, whilst embracing and reflecting Christchurch's diverse and multi-cultural community.

Strategy Design and Advertising were tasked with creating the new identity, one that could represent the diversity of the services coming together, and also encapsulate the essence of clients' journeys and the accessibility of support to all who need it.

"We wanted to be involved in this project as it is unique and has so much potential to make a positive impact," says Geoff Cranko, Group Managing Partner of Strategy. "The opportunity to work on an identity for this innovation was something we really wanted to do."

That innovation is all about promoting collaboration that creates better outcomes for service users. It is a unique proposition in national terms because it

"Poipoia, tautokotia kia ekea te tihi o Oranga" – Through nurture and support you will reach the summit of wellbeing.



creates a significant platform for more integrated delivery of services. One side of the new centre will be dedicated to social services, and the other will deliver an integrated family health centre that supports mental, emotional, social and physical health.

Construction in the space began in early January and the projected opening of The Loft is July 2016.

Thanks to the Lottery Grants Board, Community Facilities Fund; Wayne Francis Charitable Trust; The Mayor's Earthquake Relief Fund; NZ Red Cross; Ministry of Social Development; Working Together More Fund; and the Rata Foundation's Capital Projects Fund for their funding support.

To find out more about The Loft, contact ipvision@avivafamilies.org.nz.



An artist's impression of how the new space will look.



Lena from Accessman hands over the cheque for \$5,000 to Aviva Funding Manager Julie!

Time to Be Grateful

We see so much generosity of spirit at Christmas and we were again overwhelmed with kindness last year. We had the privilege of passing on your gifts to so many families, many of whom had previously been preparing for a very frugal Christmas. There were literally dozens of individuals, families and groups who gifted presents and food to our clients. As always, we can't thank all of our individual supporters, but together you have created so many smiles – thank you so very much.

A huge thanks to Lena Harrington and the team at Accessman. They supported our Christmas campaign by offering to match every dollar donated, up to \$5,000. Needless to say, all of our fabulous supporters made sure we got that full extra \$5,000 donation from Accessman! Thanks Accessman for your generosity, and thanks to everyone who supported us this Christmas.

Special thanks to these businesses and organisations for their recent support:

- Carters

- Canterbury Scientific

- Direct FX

- Dove Charitable Trust

- Drummond Inheritance Trust

- Hyman Marks Trust

- The Jones Foundation

- Les Mills

- NZ Labour Hire



Just some of the very many gifts you gave at Christmas

- Scenic Circle Group

- The Todd Foundation

- Thanks also to the Christchurch Earthquake Recovery Trust and Pub

Charity for contributing to the salaries of our team of Family Support Workers, and the Mainland Foundation for supporting our work through a grant towards rent.

Support Line Volunteers Needed

The Sexual Assault Support Service Canterbury (SASSC) service hosted by Aviva and delivered in partnership with START is currently looking to recruit more volunteers; could you be one of those special people?

SASSC is a confidential and professional sexual assault service offering support to women and men following recent or historic sexual violence or abuse. Volunteers provide initial phone support; help people process what has happened to them; contact family/friends; and support people during medical examinations, at the Police station or in court.

Full training is provided, following which volunteers are given a buddy (an experienced volunteer) to accompany them on their first few call outs, or more if needed.

If you're interested in finding out more about being a SASSC volunteer, please email SASSCadmin@avivafamilies.org.nz, or call 0800 AVIVA NOW.



Supporter Spotlight

We need our supporters, and we love it when people help us out. Angela Maslin is someone who has been helping us out since 2011.

With her partner, she began donating regularly to Aviva when we were still Christchurch Women's Refuge. "We are comfortably off and we both wanted to give something back to our wider community" says Angela. When choosing where to invest their donations, for Angela it was about "wanting to help women, children and families, and especially people within New Zealand. I've always been very supportive of women's causes because of the way I was brought up – my mum was a strong feminist."

Family violence isn't everyone's favoured cause but Angela could see how insidious and present it really was. "I had a friend who was really, really smart, but was in a horribly abusive relationship. I can see how that dynamic can develop

and how complex it is. That's why this work is really close to my heart. Who's to say it won't happen to someone in my family or someone I know – they might need your services someday."

Thanks to Angela, and our many other supporters, those services - including No Interest Loans, Specialist Peer Support, education, advocacy, sexual assault support, ReachOut and Aviva's Shine safe@home service – are here 24-hours a day, at no cost.

Here is how you, and Angela, can make a difference when you support Aviva:

- \$20 helps provide transport to and from group each week for children doing our education programme
- \$30 could buy Worry Dolls for children attending an education group

- \$60 could ensure our 24-hour support line is answered during the night
- \$70 buys a personal alarm for someone at high risk of repeat or severe violence
- \$150 buys morning tea for children's group for a term
- \$500 can provide five weeks of family violence education for men who are overcoming violence
- \$1,590 enables a woman to undertake a life-changing 10-week education programme
- \$2,000 enables a child to undertake a life-changing 10-week education programme.

Receive the Advocate by Email

Please help us reduce costs by choosing to receive The Advocate by email. Contact julie@avivafamilies.org.nz or call (03) 378 3847

Like us on Facebook

Aviva Families and Reach-Out/Canterbury have Facebook pages. Check us out and 'Like' us to keep up to date on what each service area is doing and to share your thoughts with us.



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