

Continued from page 1

were going through. Going through the criminal case was so challenging, and it was just great to know that someone who knew what they were doing was backing me up and that I wasn't on my own trying to help my kids through this."

Rachel describes how she felt when she saw her two-year-old acting out what he'd seen his dad doing. "It was awful – I just couldn't believe what I was seeing from my untouched baby. But I rang Hannah and she explained what was happening – 'He's processing,' she said, 'seeing how you react to it.' Having that professional at the end of the phone was so reassuring."

When asked how things are at home now, Rachel replies, "Things are really great. It's obviously been very up and down, but we've got our routines back. The kids are like their normal selves again. Alice is still very aware of things and protective of her brother and sister. Sometimes I have to remind her, 'It's ok, I'm the mum.' It's taken a while to re-set those boundaries, but all in all, we are doing really good."

"If I could offer any advice to someone going through what we went through, I would say, 'Ask for help – just do it.' The biggest thing for me was the shame factor, but this stuff could happen to anyone, of any background, in any neighbourhood. There is no shame in it. You can try and cope with things on your own, but actually reaching out for help for your children isn't just empowering for them – it's empowering for you as a parent."

"Our family motto is now 'strong, brave, fierce.' Me and my girls say it all the time. I am so thankful to Aviva for giving that to us."



## Announcing Our Partnership with Gourmet Brothers

Aviva is excited to announce a new partnership with Gourmet Brothers, a Christchurch-based company providing ready-made, sustainable, and health-conscious meals to Kiwis nationwide.

Gourmet Brothers has committed to donate \$0.50 back to Aviva for every meal purchased.

The two organisations are a perfect match. Whilst every year, Aviva supports thousands of Canterbury's most vulnerable families, Gourmet Brothers also cares for the wellbeing of the community by providing people with healthy, affordable, locally produced meals.

With Covid-19 continuing to impact our communities and leading to increased rates of family and sexual violence, Gourmet Brothers has stepped up to do their part to help.

"It's not just food that we provide; it's a lifestyle, a mindset, a genuine care," says Sid Bhogal, Director of Gourmet Brothers. "This partnership is an excellent way for Gourmet Brothers to give back to the community by taking this initiative of fundraising for Aviva via everyday sales."

Most importantly, Gourmet Brothers' support of Aviva will be ongoing and will not end with the pandemic. As if tasty, nutritious meals are not reason enough to check them out, knowing that you're directly supporting Aviva certainly will be.

**Find out more about Gourmet Brothers at [gourmetbrothers.co.nz](http://gourmetbrothers.co.nz).**

## Life After Violence – Helping Children to Thrive through a Pandemic

All tamariki deserve safe homes and loving relationships. Yet too many are exposed to violence in the very place where they should feel most protected.

Kaitlin, a Tamariki Support Worker at Aviva, supports children to overcome their experiences of family violence and create safer, happier futures. She describes the ups and downs, highlights and challenges of this work, and what it's been like to work with children during a global pandemic.

"A lot of the children I work with struggle with emotional regulation, especially anger management. They don't understand what's happening at home and it's all out of their control," says Kaitlin. For many of these children, Covid has only further compacted these issues. Luckily, Kaitlin is determined and ready to help.

At the start of their time with Aviva, children are given a "treasure box" which contains little gifts, including worry dolls. Throughout their journey, things get added to the box, like weekly affirmations, objects to help them through difficult times, or glitter jars they've made during sessions. "They always love the glitter jar," Kaitlin tells us. "It's something they can use to calm themselves down when they're feeling overwhelmed. One of the mums I work with told me that whenever her daughter wants to talk about something now, she gets out her glitter jar."

Giving children the treasure box at the start helps to build trust. "It can take a long time to get them to talk about things – children are very good at avoiding topics,

and they haven't got the skills or language yet to talk about their feelings. We play a lot of games – a lot of the time what they need is having some special time that's just for them. We deal with difficult topics, so it's important that they enjoy it and look forward to coming."

Games and activities can help the children understand these difficult topics. "They love the volcano experiment, it helps them to understand their feelings – how if you add enough things to the mix, eventually you explode." They also receive practical lessons on violence and safety planning that are essential in keeping them safe from further harm. "It's not good that it has to happen, but it does, and I'm glad we are able to give them that."

Kaitlin speaks about what it's been like to work in her role in 2020. "Lockdown was busy; in the two days leading up to it, we drove all over the city dropping off activities and worksheets for the kids so we could keep working with them." Nonetheless, it was a challenge to engage young children over video calls or phone. "Online groups just didn't work, especially for the little ones. At the end of lockdown, we ended up extending their time with us, to make sure they got the full benefit of the support."

Even now, six months on from lockdown, Aviva is still seeing an increased demand for support. The children Kaitlin works with



are navigating the anxiety, instability and isolation of a global pandemic on top of their family situations.

Despite the unique difficulties faced by working with children through a pandemic, Kaitlin enjoys her job. "I love working with children; it's lovely getting to know their little personalities." However, she admits that it can be challenging at times. "Saying goodbye is hard. And sometimes you can feel like you haven't gotten very far. But then the parents tell you about the difference in their children and how much calmer they are."

**"All these kids are just normal little people. They didn't ask to experience what they've been through. We need to instill in them that violence is not normal and it's not OK. We need to stop that cycle."**

## Michelle Rebuilds Confidence in Herself and as a Mum

When Michelle\* first met her family support worker, Carmen, she knew she had come to the right place. "I felt safe and knew it was what I needed."

Michelle contacted Aviva after escaping a violent situation with her two children. "It was all forms of family violence – physical, psychological, spiritual. I was feeling very frightened and very alone," she explains. But with Aviva's help, Michelle was able to rebuild her confidence in herself and as a parent.

"I had a lot of emotions at the time. I needed to work out if what I was feeling was ok. Carmen was just amazing, and I didn't feel any judgment," she recounts. "I gained just a really clear definition of what family violence is and that it wasn't my fault. It wasn't overnight that I got to realising it wasn't my fault. It took time and that education from Aviva."

Michelle was linked to a network of support services, including a counselor, lawyer, and financial assistance. "It empowered me as a mum because I was struggling. It was hard to leave the relationship because of finances.

\*Not her real name

The way I would describe it is that I felt Aviva had your back."

Even small gifts from Aviva supporters made a huge impact. "I remember getting a hand cream and a really nice soap and thinking, 'Oh, I feel pretty today!' It makes such a difference getting those because you don't really think about those things for yourself at that time."

Michelle also received gifts for her two young children, such as stationery and clothes. "They were really helpful for me because I couldn't financially provide a lot. It made me feel good as a mum."

An important change is how Michelle has reconnected with her family. "Part of the family violence I went through was that my time with my family was limited," she explains. "I used to feel so ashamed that I just couldn't connect with people. With Aviva, I've kind of worked through that." Michelle has

reconnected with her family and they continue to support her on her journey.

"I first called my mum on Mother's Day, and I didn't even know it was Mother's Day!" Michelle explains, "My brother was there too and was so glad to hear from me he said, 'I'm taking the next flight down!'"

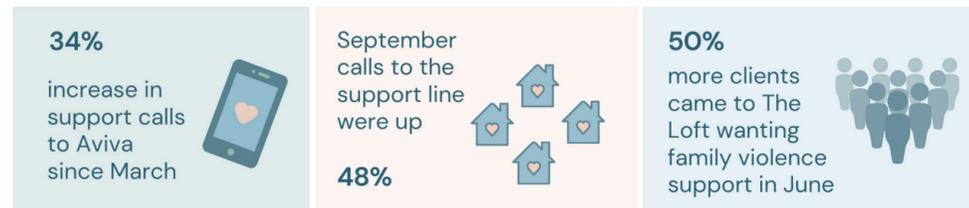
Michelle now has her own place with her children and her outlook has completely changed. "I would say the biggest change is confidence. Confidence in my ability to make my own decisions really." From family violence education that helped Michelle "affirm and trust [her] intuition," to small gifts that made her "feel pretty again," we are happy to see how far she has come.

The holidays can be a difficult time for those living with violence. But your donations ensure that Michelle's children have presents to open on Christmas morning. Your support gives Michelle the space to reconnect with her family and spend Christmas dinner with people that love her.

**Bring a gift to Aviva at The Loft (Level 1, Eastgate Shopping Centre) or make a donation at [donate.aviva.org.nz](http://donate.aviva.org.nz) to help make the holiday season a little more joyous for someone near you.**

### COVID-19 and Family Violence

*Demand for family violence support continues to grow eight months on*



Data from 1 March to 30 Sept 2020 vs same period in 2019



## Give the Gift of Christmas to Tamariki and Whānau Impacted by Covid

The past year has left an impact on our communities that will likely be felt for years to come. But you can help a child in your community have a happy holiday this year.

When the Covid came to Aotearoa, children across the country were trapped in violent homes full of uncertainty; and they continue to feel the impact on their healing and recovery even now.

With the help of valued supporters like you, we were able to answer thousands of calls, relocate families to safe new homes, and offer children the education they need to live free from violence.

But many are still struggling and need your help.

You have the opportunity to ensure a child in Canterbury has a present to open on Christmas morning.

Bring a gift to The Loft (Level 1, Eastgate Shopping Centre) by **Friday, 11 December** to support children and families impacted by family and sexual violence in Covid-19.

Don't know what to give? Here are some ideas:

- ✦ New children's books, games, and toys
- ✦ New clothes
- ✦ Sports equipment
- ✦ Presents for older teens
- ✦ Presents for Mum, Dad, or other parental figures
- ✦ Petrol and grocery vouchers
- ✦ Warehouse and mall vouchers
- ✦ Entertainment passes for families
- ✦ Cell phone top-ups
- ✦ Wrapping paper and gift tags

Gifts must be unwrapped. Aviva cannot accept toy weapons such as nerf guns or water pistols.

Alternatively, you can make a donation directly toward Aviva services at [donate.aviva.org.nz](https://www.aviva.org.nz/donate).

Thank you for your support! Meri Kirihimete and happy holidays!



We are excited to announce...

## Research First's Inaugural Charity Golf Tournament

**Thursday 28 January 2021**

**Tee-off 12 noon**

**The Clearwater Golf Club, Clearwater Resort, Christchurch**

**18 holes | Ambrose format**

**Cost:** \$1,990 team of 4 players. Individuals \$500.

Entry fee includes refreshments throughout the day, golf carts and the opportunity to play a hole or two with some of the Crusaders players and management.

Join us at the 19th hole for drinks and canapes, tall tales from the day and a quick-fire panel discussion with some key personalities from the Crusaders, together with a live auction of memorabilia kindly donated by the world's most successful rugby franchise.

All proceeds go to Aviva.

Register by emailing [janine.turkington@researchfirst.co.nz](mailto:janine.turkington@researchfirst.co.nz).

**Rain Day:** Thursday 4 February 2021



## Thank You to Our Supporters

We are so grateful to all the donors, businesses, volunteers and other supporters who make our work possible.

This year in particular would have been ten times harder than it already was if it wasn't for the support of our community. When the work seemed impossibly hard, the generosity and confidence of you, our supporters, helped us to raise over \$150,000 for our Covid response.

Like so many charities, when we were founded, we were run entirely by volunteers. Now we have a paid workforce, but volunteers continue to play a vital role in both fundraising and the delivery of our services. This year, we were gifted an impressive 4,247 hours; the equivalent of 106 additional weeks' full-time work.

Aviva receives funding from the Ministry of Social Development; Ministry of Justice and Oranga Tamariki. This funding is imperative for the delivery of our services, but it does not cover all our costs. Every year, we need to fundraise over three quarters of a million dollars, and we are so grateful for every donation we receive.

The variety of ways the community supports us makes a significant difference. That so many people believe in what we do and want to support us to help thousands of people overcome the harms of family and sexual violence is truly humbling. Thank you for putting your trust in us.

### FUNDERS

- New Zealand Communities Growth Trust (NZCGT)
- Roy Owen Dixey Charitable Trust
- Community Trust of Mid and

- South Canterbury
- The Strathlachlan Fund
- Keith Laugesen Charitable Trust
- Tax Management New Zealand (TMNZ)
- Lion Foundation
- Todd Foundation
- David Ellison Charitable Trust
- Southern Trust
- Hoatu Fund
- Anstiss-Garland Charitable Trust
- The Methodist Church of New Zealand
- Maurice Carter Charitable Trust
- Christchurch City Council
- Pub Charity
- Lottery Grants Board
- ANZ Staff Foundation
- Christchurch Casino Charitable Trust

### OTHER SUPPORTERS

- Lois MacFarlane Estate
- Good Shepherd New Zealand
- Vodafone Foundation
- The Funding Network New Zealand
- Dove Charitable Trust
- Deloitte New Zealand
- Mod's Hair
- Jean Stanbury Family Trust
- 3M
- United Way
- Cowdy Real Estate
- 27 Steps
- Anytime Fitness
- Ashburton Yoga Class
- Bargain Chemist - Shirley
- Bloan Women's Group
- BNZ - Colombo
- BNZ - Kaiapoi
- Bolt of Cloth
- Christchurch Aunties
- Christ's College
- Community Governance Team (Banks Peninsula)



- The Creek Trust
- ENGEO + The Dream Trust
- Enlightened Solutions
- Farmers Mutual Group
- Hot Auckland City
- Kiwi Office FitOuts
- Knitting Group Parklands Village
- Knox Presbyterian Fireside Group
- Lincoln Girl Guides
- Lions Club of Christchurch Pegasus
- Little Genie
- Macpac
- My Father's Barber
- Oriental Warehouse
- Papanui Rotary
- Parish of Oxford-Cust
- Rapaki Girl Guides
- Sew What
- Spark Business Canterbury
- Sudima Hotels Christchurch City
- Terra Viva Home & Garden
- U3A Rutherford
- Whitebait TV

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0800 AVIVA NOW  
Summer 2020



# THE advocate

## Alice Learns to Stay Safe

At six years old, Alice\* likes the same things as lots of girls her age – she loves horses and her best friend, drawing and dressing up, and is a loving big sister to her siblings Rosie and Sam. But last year, Alice's world was turned upside down when she witnessed her dad hurt her mum and watched as he was driven away in a Police car.

Alice's Mum, Rachel, describes what that experience was like for her and her children, and how their support worker Hannah helped them all to heal. "Honestly, my experience with Aviva was such a positive one. It absolutely helped me and my kids through a really dreadful time, so if telling my story helps even one other person, it's totally worth it.

"All three of my children saw what happened and watched as Daddy got taken away in handcuffs. After that, they were very clingy towards me – the two little ones especially needed me around all the time. I was their safe place, but of course I was in shock too, processing it all, so they saw me in tears and witnessed me having a panic attack. That was really frightening for them.

"We were referred to Aviva and Hannah started seeing Alice at school. She made it clear to Alice that she was a safe person to talk to and that Alice could ask her questions she was



frightened to ask me. Hannah was fantastic with Alice and she just adored her.

"The whole thing was so good for Alice. She'd gone from being a confident kid to being so anxious and frightened to take risks. I saw her carrying herself differently. But going through the education programme with Hannah and learning her safety plan made such a difference."

"Since working with Hannah,

I've noticed Alice using the things she's learnt – she's got her little worry dolls and I see her counting on her fingers when she gets upset. She's got so much of her confidence back. I just think the whole thing was so empowering for her.

"Hannah didn't just help Alice – she helped me too. She explained what the children

[Continued on next page](#)

\*Not her real name



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