

Transform

R.A.A.S.C. Rape and Abuse Support Centre Southland Inc. Newsletter

Kia ora, Talofa, Shalom, and Greetings from the Staff and Volunteers of RAASC!

We are pleased to welcome you to the first edition of Transform - RAASC's new quarterly newsletter. RAASC starts the New Year with a fresh team, and a fresh perspective and vision for the service. In this newsletter we will introduce you to the staff, our services, including upcoming services for the next 3 months.

We are grateful to have a supportive Governance Board providing leadership for the organisation, and look forward to introducing them in the next newsletter.

While we are a new team, we are not a new service. We would like to take this opportunity to sincerely thank all those who have contributed in the past 20 years to the ongoing provision of this crucial service to the Southland community. This newsletter is also for you - to acknowledge and inform you of the growth sprung from your seeds of labour and love.

I am especially excited to be in a new role, having worked in various social work settings, including volunteering for RAASC for the previous two years. I look forward to keeping you posted on developments.



Susana Lepoamo, Centre Manager
MNZASW, PGDipSocS





***Natalie Bennie, Education Facilitator,
BA in Community and Family Studies***

I recently returned to RAASC after taking a 2 year break when having my third child.

I am originally from Israel and have been living in NZ for 9 years. I have worked with Rape Crisis agencies since 2003 and I am very passionate about Sexual Violence Prevention Education and this new role at RAASC.



Penny Bray, Counsellor, MNZAC, DAPAANZ.

I have a background of working with people for over 30 years. I began initially at the Grand Hotel in Invercargill. Then after travelling to California I was the owner operator of a Mexican Restaurant in Dunedin; alongside of raising three children. Eventually I became an adult student and completed training as a Childbirth Educator and then as a Counsellor.

For the past 5 years I worked in Dunedin in a Bi-cultural Therapeutic Community for male offenders with drug and alcohol issues. I completed my Post Graduate Certificate in Health Sciences endorsed in Addictions. I am a member of the New Zealand Association of Counsellors and the Addiction Practitioners' Association Aotearoa New Zealand.

Education Service

A variety of workshops will be facilitated within the community throughout the year. Sometimes this will be in a school or at a local community organization interested in hosting an education session around the topic of sexual violence and its impact. Please contact Natalie on (03)2162079 if you would like to arrange a presentation.

In this upcoming quarter RAASC will be delivering:

- **Justice and Sexual Violence Workshop on the 9th March** - to provide a resourceful day of professional development through education and information sharing for professionals working with Children and Families with key speakers.
- Breaking the Silence Programme - Education workshops catered for year 10 students.

Counselling Service

Having recently returned 'home' after many years, I am living and working in my old neighbourhood; "life has come full circle" one might say. My work at RAASC as the in house counsellor brings me into contact with people from all walks of life who have been the victims of sexual inappropriateness. Together as part of their 'Talking Therapy'; we endeavour to address the grief and anger that so often remains after such incidents. I am humbled by the human capacity for resilience and 'the courage to heal'.

New Group: Enhancing Potential

We have set dates for a new support group for the young women engaged with our service who are survivors of sexual violence. We will start this group on Wednesday, February 1st. The focus will be on 'enhancing potential' by addressing motivation and readiness for change. As part of the introductory process, clients are invited to make a commitment to a behaviour or attitude they are willing to work on and report to the group about over the course of the 4-sessions.

Enquiries and enrolments welcomed.

RAASC is also pleased to announce that we have counselling services available to children, and people living in the rural area of Gore - Hokonui. **Rochelle Nebbs, Registered Child Psychotherapist** will be providing services to children and families. **Jocelyn Johnstone, NZAC Counsellor** is contracted to provide counselling services to Gore - Hokonui.

Support Services

We offer a free, confidential support service for children, young people, women and men who have experienced sexual violence. Support includes advocacy, emotional support, information and advice, referrals to other services, and a Drop-in service open from 10am-4pm Monday to Friday.

Coffee Mornings: We will be hosting fortnightly coffee mornings throughout the year, focused on supporting each other, providing access for information and follow up care, providing new opportunities for socializing, as well as bringing in a monthly speaker or workshop provider. Coffee mornings start at 10.30am. Transport is available by arrangement. Please call Sharleen if you need transport to access our support or drop-in services on (03) 2162079. Here is a look at what's coming up in the next quarter:

- Thursday 2 February: Wellbeing
- Thursday 23rd February: Self Care - Hair Care
- Wednesday 7th March: Budgeting with Simon Tierney, Jubilee Budget Advisory Service.
- Thursday 22 March: Guest Speaker Yvette Hodges, Sport Southland. This presentation will cover the Benefits of active lifestyle health diet. What is the Green Prescription? And Options for low-cost physical activity in Invercargill.

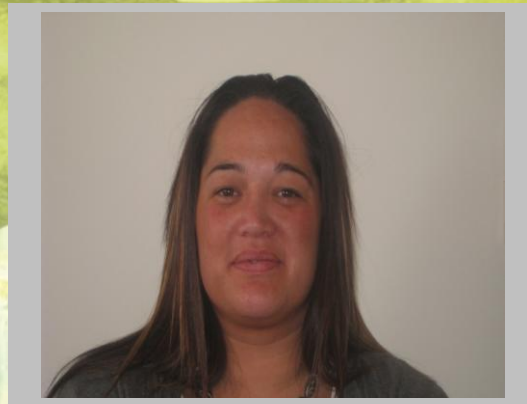
Whanau Support Services

We are pleased to be offering a new service for whanau impacted by sexual violence. This service is possible due to new funding provided by Ministry of Social Development, Family and Community Services. We are excited about delivering direct services to families and whanau that restores safety and wellbeing where family violence has occurred, and that helps create the longer-term changes needed to prevent violence from recurring.



Sharleen Carran, Support Worker, DipBStheol

My previous work experience was as a Community Worker, where I worked for 3½ years. Within that time I organized community events, supported families and established community based programmes. I have been associated with Rape Crisis organisations for over 20 years. I am delighted with my new role as a Support Worker. I am currently completing the Diploma in Child Protection Studies, which is adding to previous study. I work from a strength based approach, with a desire to see people restored and empowered to be all they can be.



Aroha Mitchell, Whanau Support Worker, Cert. SocS

Kia Ora, My name is Aroha Mitchell, Whanau Support Worker. I am a mother of three growing children. I am of Ngati Porou, Kai Tahu and Nga Puhi decent and have lived in Murihiku all my life. I have taken on this role after graduating from the S.I.T Social Services course in 2011, while continuing study at Otago University. My goal is to support people, whatever their situation, by incorporating a holistic approach to encourage partnership, independence, and understanding and promote client well being. I look forward to working alongside you all this year.



Accessing Our Services

RAASC receives self referrals via phone, email, website, or by dropping in to the centre.

Organisations are able to complete an agency referral form, with the persons consent. Referral forms are available on request from RAASC (03)2162079 or emailing raasc@xtra.co.nz

All initial enquiries will be treated with confidentiality and referrers will be advised of the outcome by the intake support worker.

Acknowledgement

RAASC would like acknowledge the tremendous work from volunteers, both past and present.

In the last year RAASC through significant changes, which would not have been possible without the support of volunteers. We would especially like to acknowledge the work of Raewyn Moore, who served as a Board member, and Acting Centre Manager; Sandra Schrader who provided administrative, and support work service; and Linda Engelke who worked diligently in fundraising, and administration for the service. These women are gratefully acknowledged for their generous support, time and energy.

We would also like to acknowledge the following people who contribute to the ongoing operation of our service, by volunteering or donating goods and services:

Mark Bain – McCulloch and Partners, who provides financial advice and service in addition to contracted accounting services

Rick Hambrook –Hambrook Design, who donates the webpage domain, and helped develop the page.

Nicky Kennedy – Graphic Designer, who has assisted with the development of our information service, in designing workable art and other presentation materials.

Ian Riddley – Foveaux Communication, who assist with property maintenance



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Te Manatū Whakaitiaki Ora



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