

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 quarterly newsletter for 2013. We hope that you all had a safe and restful break over the Christmas and New Year. Our team has had 3 weeks off to refresh, and begin the year with service planning, that will see our team take on new challenges and developments this year, while continuing to refine our roles and strengthen our wrap around service.

In this edition we will let you know what we're up to, including:

- **'Everyone Deserves Help' Campaign Launch**
- **Hitting the airwaves with our Radio Show 'Step Up Speak Out'**
- **Getting ready for our rebrand**
- **What's happening in-house with IMAGINE Women, Enhancing Potential, and IMAGINE Youth recovery programmes**

Radio Southland, 96.4FM, Radio DJ, Lenna T, invited RAASC to speak on her 'Close to My Heart' show, which had a great response from the community, resulting in Manager Darren Ludlow supporting a regular monthly slot for our agency. RAASC is excited about the opportunity to hit the airwaves with information and discussions about sexual violence prevention and intervention - encouraging our community members to 'Step Up and Speak Out' about their own stories, or become more aware of the sexual violence, increasing our protectiveness and community safety. RAASC is supportive of the nationwide community call for 5 sets of eyes to be caring for our children, our precious tamariki, as well as empowering youth, women and men to identify risky situations or relationships. Tune in to hear our show, which will air on (date/time to be set)

Our first radio guest will be Jan Logie, Green MP, who is launching the 'Everyone Deserves Help' Campaign on Friday 8th February 2013. This is a great opportunity to profile our services, and raise the awareness of our need for more finances and resources.



RAASC (Rape and Abuse Support Centre Southland Inc) is a **non discriminatory, non judgemental, confidential and free service, offering support, counselling, information, advice and education to survivors of rape and sexual violence.**

Vision: The elimination of all forms of rape and sexual violence against children, young people, women and men, and society.

Mission: To promote the safety and well being of children, young people, women and men, through advocacy, education, counselling, information, advice and support



Susana Lepoamo, Centre Manager

Education Service

In this upcoming quarter RAASC will be delivering:

ImagIne for Women

A programme exploring self image and factors that impact on developing healthy positive self image and healthy relationships, following sexual trauma.

This begins on

Thursday 14th February 2013 - and is a 6 week programme. Please contact Natalie if you would like to refer someone who has experienced sexual trauma, who may benefit from this recovery group work, on **natalie.raasc@xtra.co.nz** or **(03) 2162079**

Counselling Service

RAASC continues to provide specialist counselling services:

Rochelle Nebbs, Registered Child Psychotherapist will be providing services to children and families.

Sonia Pera is contracted to provide counselling services for Tangata whenua who prefer to work with a Maori counsellor.

Jocelyn Johnstone, NZAC Counsellor is contracted to provide counselling services to Gore - Hokonui.

Enhancing Potential

Enhancing Potential is facilitated by Penny and was held for a second time in May. The group is open to existing clients and to those who may want to access our service to assist with making change. We deliver this group programme on Wednesdays 10am-12pm, and will be delivering this

The focus is on; 'enhancing potential' by addressing motivation and readiness for change. As part of the process, clients are invited to make a commitment to a behaviour or attitude they are willing to work on. Over the course of the following sessions they share with the group about how this is going and what impacts upon their motivation. The sessions include good handouts/guide sheets for implementing goals and reflecting on changing behaviour.

Enquiries and enrolments welcomed.



Natalie Bennie, Education Facilitator, BA
RAASC delivered the Breaking the Silence Programme to St Peters College Year 11 students at the end of 2012. Thanks to the Maitua Licensing Trust, we have received more financial support to deliver this in other schools in the Gore-Hokonui area, and will be hoping to deliver this at Gore High School. The feedback from students is positive. We hope to be able to deliver this programme in all Southland High Schools. If you are interested in working with Natalie to introduce this to your High School please contact Natalie.



Penny Bray, Counsellor, MNZAC, DAPAANZ.

*Counselling services continue to be in steady demand. RAASC counselling services provide up to 10 free sessions, transitioning those who require more sessions to make or reopen an ACC Claim. It has been identified that transitioning is complicated by the lack of ACC registered counsellors in Invercargill. There have been some initial discussions with ACC about this service gap - and there may need to be further discussion. Anyone interested in working collaboratively to address this community need is welcome to contact Penny on **penny.raasc@xtra.co.nz***

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 host weekly coffee mornings throughout the year, focused on supporting each other. Providing access to information, follow up care, new opportunities for socializing, as well as bringing in a 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.

We have had consistent positive feedback in the value of these coffee mornings, especially the art tutoring providing by Karen Pringle, and bottling/preserving workshop held by Shelley Armistead. The willingness of presenters to engage service users is most notable, and presenters themselves state that they find the experience rewarding.

Whanau Support Services

We are continuing to develop our whanau services. The opportunity to promote our services at the recent workshop, as well as continue to network with agencies working with whanau, has seen a steady increase in referrals for both individuals and whanau. Development of our in-house services, and programmes, has meant that RAASC is able to provide more wrap around services, and work collaboratively with counsellors, social/support workers and the educational facilitator.

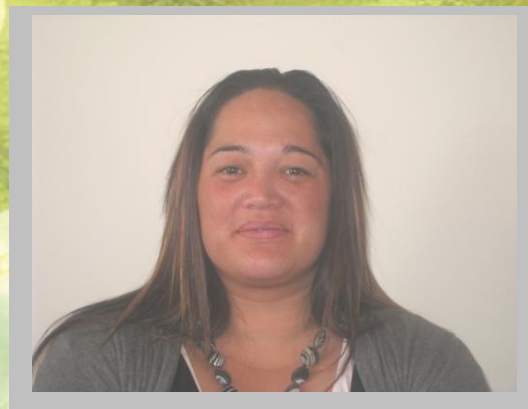
A component of the work being developed is exploring the impact of sexual and domestic violence on the family. Staff are currently engaged in training with *Craig Whisker, Certified Psychodramatist ANZPA, MA (Applied) in Social Work, MNZAC, from Family Therapy Specialists.*

Aroha is actively involved with youth accessing our services, and will be co-facilitating the IMAGINE Youth



**Sharleen Carran, Support Worker,
DipBSTheol**

The launch of the new look coffee morning was successfully attended, with positive reports from those attending. Thank you to all of our presenters in the last quarter, including Karen Pringle, Maria Kerr, Shelley Armistead, Yvette Hodges, and Natalie Bennie.



**Aroha Mitchell, Whanau Support Worker,
Cert. SocS**

Both support workers have been working steadily in providing a professional and responsive service. Over the last quarter we have had 40 intakes/referrals for services. Service provision has included, advocacy support, counselling referrals, emotional support and brokering services.



Accessing Our Services

RAASC receives self referrals via phone, email, website, or by dropping in to the centre at 26 Nelson Street, Invercargill.

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

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, Rick and Nicky Hambrook, Ian Ridley

This quarter we received considerable grants from **ILT Foundation** and **ILT Trust** to continuing the work of the centre. We are extremely grateful for the ongoing support of ILT

Community Trust of Southland donated a considerable contribution to our operational costs, which was most appreciated. Given the recent cutbacks with funding, we were most grateful to receive the funding - in acknowledgement of the vital work that is undertaken by the community.

We were also pleased to receive funding from **Lottery Grants Board**, **Family and Community Services**, and **Child Youth and Family**, in the last quarter. The ongoing support from the ministries is an indicator of the value and need for RAASC services here in Southland.

