

Transform!

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

Kia ora, Talofa, and Greetings from the Staff and Volunteers of RAASC! We are pleased to welcome you to the spring edition of Transform - RAASC's quarterly newsletter for 2013.

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

What's happening in the sector?

What's happening in the community?

What's happening in-house?

Firstly, We have postponed our **Annual General Meeting** until the 29th October 2013. A Community notice to advise further details will be released - but there will be opportunity to consider Society membership and serving at governance level.

SELECT COMMITTEE INQUIRY

Sexual violence services are to be the subject of an inquiry by the Social Services Select Committee in Parliament. The Southland community will be able to tell the Select Committee what's really needed in the way of services, through written and oral submissions over the next weeks, closing due date is 10th October 2013. The Terms of Reference of the Inquiry are:

- **To review the state of specialist services and determine whether they reflect an integrated delivery, full coverage and best practice.**
- **To review services including for Maori and other diverse ethnic communities, and assess whether they are accessible, culturally appropriate and sustainable.**

Huge thanks to Green Spokesperson on Women's Issues, Jan Logie, for her vision and persistence to achieve this inquiry - and to those who worked hard with her. You can find more about this on the link:

<https://www.greens.org.nz/press-releases/green-party-initiatives-inquiry-sexual-violence-services-funding>

The exciting thing is, if we were to get 20-25 people prepared to make oral submissions, we would be able to ask the Select Committee to come to Southland. I am really excited about the possibility of this happening, given that it is costly to travel to Wellington, both financially and time wise for our organisations. If you would like more information or assistance about making submissions, please contact RAASC on (03) 2162079. We will also be holding a meeting at the centre, 26 Nelson Street, regarding making a submission:

Friday 4 October 2013 at 12pm - Light Lunch Provided

Labour MP Lesley Soper, will be present to answer any queries we may have about making submissions, and

Also, Minister Paula Bennett has commissioned a review of the sector on behalf of her Ministerial colleagues as part of her lead role on behalf of the sector. This is a cross-agency review due to complete in June 2014. It includes officials from the Ministries of Social Development, Health, Justice, Women's Affairs, the Department of Corrections, Police and ACC. **The purpose of the review is to examine and make recommendations about how funding and infrastructure arrangements can most effectively contribute to the delivery of services in the sexual violence sector.**



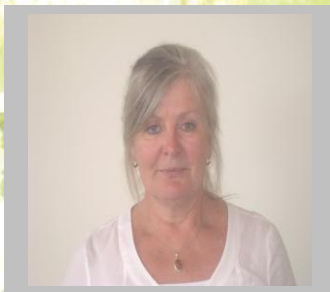
RAASC (Rape and Abuse Support Centre Southland Inc) is a non discriminatory, non judgemental, confidential and free service, offering support, counselling, information, advice and education to survivors of rape and sexual violence.

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

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



Susana Lepoamo, Centre Manager



Counselling Service

Penny Bray, Counsellor ACC, MNZAC, DAPAANZ

It has been a busy time with working with both CYF and ACC clients. ACC continue to consult the specialist sexual violence services about the Sensitive Claims Unit Redesign. If you are interested in finding out more about how far through the phase of development, you can check it out on their website:

<http://www.acc.co.nz/for-providers/sensitive-claims-service-redesign/WPC118245>

Enhancing Potential Programme - In amongst all of this, we are planning to run Enhancing Potential in the next term:

Thursday 10am - 12pm
Oct 17th, Oct 24th, Oct 31st, Nov 7th

This programme explores motivation, the art of self motivation, and making it second nature. This group is open to existing clients and to those who may want to access our service to assist with making change. Please contact me on

(03)2162079 or penny.raasc@xtra.co.nz.

Currently we are looking to start up a second support group for victim/survivors who are not able to attend during the day. At this stage we are looking to provide a service on Thursday nights, once a fortnight, here at the centre from 5pm - 7pm. We will start this in the new term, Thursday 24th October 2013. Come along after work, enjoy a cuppa, sizzle a sausage or anything else -

Stephen Thompson, BA, Med (Couns), PGDip (Couns) MNZPsS.

Stephen is working with ACC clients at RAASC but is also available for Family and Couple counselling. Stephen is here one week per fortnight, Monday – Friday

You are able to contact him on **03 4731157 - 027433137**
stcounsellor@gmail.com

Sonia Pera - Unfortunately we farewell Sonia Pera as in-house Maori counsellor, who is taking on a new job with Youth Horizon as a Functional Family Therapist here in Southland. We are sad to see Sonia leave after a short stint this time around, but know that families/whanau and the community will benefit from having Sonia in this new role, and we at RAASC wish her well in her future role, and thank her for all of the support over the years.

Not a Womens' issue, but a community problem

5 of RAASC team, including 2 Board members, had the opportunity to attend that **National Sexual Violence Prevention Hui - Imagining the Solution**, in Wellington from 9-10th September. It was a very packed two days of workshops, panel discussions and networking with other like-minded people in a very specialist area of work. Here's what staff had to say:

"We had the opportunity to meet with other specialist sexual violence services in NZ through training provided by TOAH-NNEST. Ken Clearwater, who is one of the world's leading male survivor activists, provided information on the impact of sexual violence on our Boys and Men in NZ. He highlighted that male victims are revictimized and discriminated against by lack of services, where only ACC counselling is available in this country. This affirmed that we are on the right track, as RAASC is providing counselling and support to males.

I also attended a workshop on encouraging males to work in this area of sexual abuse. Which again confirmed to me that sexual abuse is not a women's issue but a community problem that needs to be addressed by males and females. " Sharleen

"I found the Maori worldview of sexual violence being about new shoes and feet walking old pathways very interesting, as it sat alongside the theme of resurrecting the sacredness of sexuality, that I have been exploring for a while. I enjoyed reflecting on how individuals and communities will protect and enhance this sacredness, by walking old pathways, and found myself wondering what this looked like for different people and different cultures.

I also enjoyed the opportunity to network with those of us who work in the sector, especially at a time when there is some much potential change afoot. It was exciting to hear from strong voices leading the way, such as Dr Kim McGregor, Sandra Dickson, Ken Clearwater, and members of the Kaitiaki Maori Caucus of TOAH-NNEST, and what they are doing alongside the Tauwhiri Caucus. It was interesting to see the two house/whare model working and supporting each other in the fight to create social justice, service and awareness for the community of Aotearoa New Zealand. It would be fantastic to be able to offer that model here in the Southland community." Susana



Whanau and Crisis Support Work

Sharleen Carran, Support Worker, DipBSTheol

I am currently providing crisis support work services at the Centre. Of the 56 intakes in the last quarter, 13 needed crisis support. This has placed a huge demand on services provided by myself. I continue to work more intensively with clients under a whanau intervention plan, has been a new challenge for me over the last 6 months. Please contact me on (03)2162079 or sharleen.raasc@xtra.co.nz if you would like to find out more about this service.

Intake and Information Service



Aroha Mitchell, Intake Support Worker, Cert. SocS

Well what a busy winter it has been for the staff here at RAASC, with 50+ new referrals and intakes since June - so we are working long hard hours to keep up with demand. We have noticed an increase since being able to host

We are also running a one week, **Respect All People (RAP)** workshop during the second week of the holidays, Mon 7th Sept – Friday 11th Sept from 12:30pm till 7pm. The workshop looks at exploring the music, relationships, boundaries and influences around us, how we respect them and how they respect us. We will take the youth through a process of writing their own lyrics, having professionals help put music to it and then professionally recording their own song/waiata /pese. This is a great way for our youth to find expression for some of their thoughts and feelings while learning new skills.

We have limited spaces available; our criteria for this work shop are 14-17 year olds, Pacific Island and Maori, male and female. Please contact me if there is any interest and I can forward on all relevant information:
aroha.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**. Both support workers have been working steadily in providing a professional and responsive service. Service provision has included, advocacy support, counselling referrals, emotional support and referral for external community services.

Coffee Mornings: *Reflections*

The last quarter has been a busy time, within this safe and supportive environment. I have had the privilege of observing much growth in the self esteem of our clients, who are becoming more aware of their ability to achieve tasks that have been set by the group. All support group members are embracing the challenges before them, with outstanding outcomes because of a change in attitude. Our group has grown to 21 members, among whom many friendships have been formed.

- Christmas Gift making was successful!
- Iceing and designing a Christmas cake was fun!
- Art work classes have been brilliant!
- And the mid-winter Christmas Feast drew in the biggest number of support group members, with food galore all over the

Great News - we have received funding from Frozen Funds, Public Trust, to assist with a project the coffee morning ladies are undertaking. This is exciting, and we will keep you posted on developments.

Submissions:

25th September 2013 Lesley Soper is coming to the coffee morning group to talk with the women about making submissions. Group members have already received information about the Inquiry - and are going



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 Interagency 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.

Upcoming Services

- RAP and Imagine Youth Programme collaboration
- Enhancing Potential Programme
- Thursday Night Support Group

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:

- + **Ian Ridley** generously mows our lawns at RAASC, week after week, and we are very grateful for his kind community service. Especially since our lawn mower is pretty much kaput!
- + **Mark Bain**, and the team from McCulloch and partners are very kindly donating time to our service, so we keep within budget, despite the complexities of managing the financial systems of a every changing multi-bucketed NGO service. We think McCulloch and Partners are superb, and recommend their services!
- + We received funding from **Public Trust Frozen Funds** this month, which will fund a new project for the Coffee Morning Support Group. Watch this space!!

