

# 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 autumn edition of Transform - RAASC's first quarterly newsletter for 2014. 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?**

### ***Much has been happening!***

Firstly, we started the year off with the greatly anticipated Rotary fundraiser: the Southern Wild Food Festival on the 22nd February 2014 at Stadium Southland. We have been extremely grateful for the support of Rotary Invercargill, and especially Mark Bain, Alice Pottinger and her team of entrepreneurs. Staff and Board joined together for the event in fine costume with the generous support of Costume Central, to serve Colostrum Smoothies - which were a refreshing hit! We are looking forward to celebrating Rotary Invercargill's 90th Birthday on the 29th April 2014, and becoming the first benefactors of the inaugural event. It has been not only financially beneficial for the agency, but the project has fostered a sharing of skills and expertise, collaborating with the highly valued business sector in Southland.



*Pictured above: Board members Haley Clark, Holly Waddingham, Roger Ngahooro, Viv Grindlay, with support from volunteer Kirsty, and staff Counsellor Penny looking on.*

The Social Service Select Committee Enquiry has completed oral submissions, and the results of a lot of political lobbying, including the 'Everyone needs the right help' campaign set in motion by former Southlander, Jan Logie, Green MP, has been instrumental in Paula Bennett's latest announcement, that the specialist sexual violence sector will receive a boost of \$10.4 million over the next two years. We will wait with great anticipation to see what your Southland service will receive from this funding!!



**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*





Penny Bray, Counsellor ACC, MNZAC, DAPAANZ

## COUNSELLING SERVICE

The counselling service continued to receive steady referrals from community members and with support of local agencies.

*Penny says: A busy start to a New Year. It is nice to have some new spaces to work in after the alterations have been completed. Thanks to the S.I.T Team. People from all walks of life continue to access services. Some days the agency feels like Piccadilly Station, we all grin and bear it. There is now a feeling that the house has grown into a "Caring Community" for all. We are always on the lookout for new support for the work we do and at times I can be heard to say we work on the 'dark side' of life, however there are also some brighter, even sparkling sides to the work-world we inhabit, we even laugh out loud. Wednesdays are fun! Coffee Group laughter fills the house. For those considering stepping in for support or to access counselling: Just do it!*

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

**Rochelle Nebbs**, Registered Child and Adolescent Psychotherapist, working with children and young people up to the age of 17 years.

## Greetings to Dr Haley Clark, MSW Social Work/Counseling Student

RAASC is pleased to have Haley on board for a 60 day placement. Haley has an extensive research background specializing in sexual violence, and is currently working at Family Works as a Social Worker, having been part of the Strengthening Families team. Haley has been looking forward to the opportunity to integrate her expertise in theory with practice, and we are pleased to give her that opportunity to work with victim/survivors - but especially with families/whanau who have been impacted by sexual violence.



Sharleen Carran, Support Worker, DipCPS, DipBStheo

## 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**.

Currently Sharleen Carran is supporting clients with advocacy and crisis support work, working with Police, Victim Support, and Sexual Violence Victim Advisor to prepare victim/survivors in navigating the legal justice processes. Sharleen is also still working alongside families with whanau support work and continues to assist with the running of our coffee morning support group.

*Sharleen says: I continue to see a large number of new clients accessing RAASC services. Support Services is in exciting times where we can see the growth of our service, clients progressing in our coffee morning group, with up to 25 members accessing support. Clients are experiencing successful outcomes in their lives, partly due to the support from others at the coffee morning.*

RAASC has had **54** referrals in the last quarter for services. This increased workload for intakes and referral of services has been managed by Sharleen, who has increased her hours to 40 hours per week - along with the Centre Manager. This demand in services for clients, and need for more hand-on deck has been supported by volunteers, undertaking administrative tasks. We would especially like to thank Anna Cody - a 4th year Otago University student, who is about to undertake her placement, for her 15 hours voluntary work per week.

**Coffee Mornings:** Coffee mornings are looking forward to a new season, with a Business Project underway that we see support group members enhancing their potential and skills to prepare for increased social, financial, and community opportunities. The centre has been very grateful to have the support of Public Trust Frozen Funding to develop this project, which will be coordinated by Anna Cody. Watch this space!



## Community Education

We are pleased to welcome back Natalie Bennie as an external contractor to work on a couple of projects raising awareness in the community. Firstly, **Sexual Violence Awareness Week** is on from 5-10th May 2014. Natalie has organized a week full of activities to promote the service and raise awareness within the community, including the following:

Sunday 4-11<sup>th</sup> **Public Library** Display and Information Stall

Friday 9<sup>th</sup> **Auction at the Kiln** 8-9pm. Prizes include a Scenic Flight; Hot Laps at Teretonga; Family Night out at the Sharks; and many more...

Saturday 10<sup>th</sup> **Street Appeal** – 10am-2pm. Volunteers are needed - Please contact Natalie if you are interested in participating.

Saturday 10<sup>th</sup> **John Parsons**, Internet Heath and Safety Consultant talks about the links between digital technology usage and the development of our young people's healthy relationships, identity and boundaries. Topics such as supporting young people in appropriate technology usage, Clarifying Parental roles, use of social media, sexting; bullying and abuse will be discussed.  
Public Library Conference Room, upstairs at 1pm

Saturday 10<sup>th</sup> **Benefit GIG at Players**, Tay Street Planning to be a great night – a range of bands, including Daniel Monteath & Michelle Lange, Kipu Tipuna, Apollo and Lipstick will be playing. Be sure to bring a group along for night of fun – and support your local specialist sexual violence service!!

## Building Project



*Pictured above: SIT students carpentry team building the outside covered deck.*

This project was made possible due to the support from Lottery Grants Board, and we are grateful for the support of Funding Advisor Garry Lay in this minor building project that has increased space for service users.

### ACC Schools-based Healthy Relationships Programme Pilot

There have been some exciting developments with the work of ACC School-based Healthy Relationships Programme. RAASC has been involved in the Advisory Group, and we are looking forward to significant developments in prevention education for our High School students in 2014. The Ministry of Justice is set to fund 5 pilot projects throughout New Zealand, and RAASC is corroborating with Sandra Dickson, and her team at ACC.

### Louise Nicholas Day

The inaugural launch of Louise Nicholas Day was held in March 2014 in aiming to look at how the criminal justice system responds to allegations of sexual violence and the services

To find out more and other stories, tap on this link from the Victim Centre: [www.victiminfo.govt.nz](http://www.victiminfo.govt.nz) and view their monthly newsletter





## 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](mailto: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 Events

- **IMAGINE Womens' programme – May-June 2014**  
*Please contact the centre if you have any queries or would like to refer clients to this programme.*
- **Every Needs the Right Help Campaign Tour – Jan Logie, MP – Friday 6<sup>th</sup> June 2014**  
*Information to be forwarded nearer the time.*

## Acknowledgements

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:

- We again acknowledge the generous support of **Rotary Invercargill**, and especially **Mark Bain** who got the ball rolling, or more aptly, snow-balling, into the fabulous event that it became!
- We are very grateful for the voluntary support of **Ian Ridley**, who faithfully mows our lawns week in and out. You are a champion Ian – and we are very pleased to receive your kind services.
- We are grateful for the support and services of Southern Institute of Technology Carpentry Department, and especially the oversight of **Warren Ruwhiu**, **Barry Leonard** and **Gary Popham**, and their team of 16 students.
- Also, thanks to **Rhondda McDowell** for her voluntary work cleaning the centre over the last 5 months. It is great when community members can support the work of the centre - if you are interested in volunteering - please contact Susana on (03)2162079.
- We have gratefully received ongoing funding from **Patricia France Charitable Trust**



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