



southland help
Rape and Abuse Support Centre

Transform!

Spring 2016 Issue No. 12

Kia ora, Talofa and Greetings from the Staff and Volunteers of Southland Help!

Welcome to the first edition of our newsletter being produced in our Tweed Street premises. We can now be found at 225 Tweed Street.

We are about to celebrate our new premises with a Dawn Service on Friday 30th September. This will be a milestone in the Centre's long history serving our community. The logo design of the bird seen above was designed by local designer Allan Derrick, who kindly donated his time and expertise, in consultation with RAASC Board and staff, to develop the finished product.

Globally, Rape Crisis centres have focussed on the recovery, restoration and empowerment of women who have experienced sexual violence or abuse in any form. The establishment of these services has been a grassroots movement of women supporting women, synergised by unifying catalysts such as the colour purple. The move away from our previous logo has been a strategic decision to move with the shifting sands in the movement that now recognises that sexual crimes can happen to anyone, any individual, their family/whanau, friends and primary supports, irrespective of their gender, age, ethnicity or nationality, socio-economic status, or any other cultural differences. The dynamic primary colours represent this awareness, and need to respond appropriately. At the centre of the logo is a koro design reflecting the connection of family/whanau to each other, while recognising the unique needs of each individual within the family/whanau system. We understand the devastating ripple effect of one person being sexually harmed on their loved ones, and recognise the need to support those who are the victim/survivors primary support.

Southland Help - is represented by the Helping hand - an international symbol of help and support, stretched out and fully open, serving those needing specialist sexual violence services in a respectful, non-judgmental, confidential, but open and transparent way - notably led by the family/whanau members involved. The Helping Hand is carried by the bird - the dove, the symbol of peace, but also the picture of flying, rising up from adversity and restoring freedom to dream, and be all that we can be. The move to the name change of Southland Help - recognises that 'rape' is a challenging word. Rape evokes strong thoughts and feelings for those who have experienced it, those who work in the field, and the wider community. We are committed to restoring and protecting the dignity and honour of those who access our service, work within it, and support the work of it. We believe that a more strength based, solution focused approach - Southland Help, will increase the comfortableness of all those who need help, or want to provide help. We are hopeful that the change will encourage the Southland community to take more ownership of the centre as an integral service protecting the safety and wellbeing of its members.



About Southland Help: A Specialist Sexual Violence Service based in Invercargill, covering the Southland district, providing prevention and intervention services to community members.

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

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

WELCOME

Welcome to our staff as we have all new staff on board at the Centre. The previous Manager Susana moved into the Practice Manager as she transitioned into becoming an ACC Counsellor. We still have Susana's wonderful presence at the Centre as she works in rooms from our premises. Rianda moved with her family to the North Island and is still an ACC Counsellor. Hayley is currently on maternity leave.

We have six ACC Counsellors under our umbrella, so Southland Help is well placed to help with counselling and social work needs in the area of sexual violence.

We welcome visitor's to the Centre. If you would like to call in and see us, just give us a ring so we can make a time to show you around.

MANAGEMENT

Sue Swinbourne Centre Manager

I am the Manager of the Centre and am enjoying being back in Invercargill. I have had a long involvement with the community sector, from managing and administering organisations to being on allocation funding committees and governance boards. I am passionate about the best outcome for the client. It is a privilege to be working for an organisation that has made such an impact in the community. I am qualified in Not-for-Profit Management and look forward to working with the board and staff to lead this organisation into the future. An organisation is only as good as the client delivery it gives and I am grateful for the team who provide the service delivery to enable our clients to make a difference in their lives.

Graduate Diploma in Not for Profit Management

QUOTE

**“DON'T LET ANOTHER
PERSON'S BEHAVIOUR
SPOIL
YOUR
PEACEFULNESS”**

DALAI LAMA

Adriene Pitman Practice Manager

Nga Mihi Mahana Kia Koutou
Mania te Maunga
Mataatua te Waka
Takahiwai te Awa me te Marae
Ngati Whatua me Ngati Pukenga nga Hapu
Nga Puhi te Iwi
Adriene Pitman Toku ingoa

Born and bred in Nelson, I ventured into Southland in 2006. I attained my Social and Community Work Diploma in 2007 from the University of Otago and have 8 years statutory casework experience in the area of Child Protection and Family work and also Youth Justice within the Ministry of Social Development.

I attained my certificate of Competency with the Aotearoa New Zealand Association of Social Workers Inc. in 2006 and my certificate of registration with NZ Social Workers Registration Board in 2007.

I worked in Sydney, NSW as a Residential Youth Worker in a number of Out Of Home Care placements during 2012 – 2014 until returning to Southland.

During 2015 I completed Certificates in Abundance Coaching and Life Coaching with New Zealand Life Coaching.

In my role as Practice Manager at Southland Help I look forward to developing relationships with relevant community and government agencies, working collectively for the betterment of clients and their overall strength and wellbeing.

Diploma in Social and Community Work.

COUNSELLING Services

Viki Abercrombie Counsellor

I celebrate life and I uphold the right for all people to know the freedom of living their lives according to their own values. I am a Counsellor who works creatively and empathetically to respectfully provide a safe, private and confidential service. My past experience includes Counselling in the NGO sector and in private practise. I specialise in the areas of Grief, Loss, Trauma and providing group and individual Art Therapy. It is a privilege to be a member of our specialised team who are committed to providing best practice support for the courageous people who are ready to begin their healing of the issues arising from the impact of sexual violence.

B Couns, NZAC

EDUCATIONAL PROGRAMMES

We have had the pleasure of running two women's educational programmes already this year. Our Skills for Safety course took place in July and was facilitated by Ana Pereira from Woman's Self Defence- Wahine Toa. This was an exciting course that covered all aspects of self-defence and self-empowerment. We would like to thank Ana again for delivering such a wonderful course to our clients.

The Imagine Woman course was held in August and was facilitated by the Southland Help Social Work Staff. This course covered areas of self-care, empowerment and parenting. We had a great time and shared a nice warm pot of soup on a wintery Invercargill day.

Our clients and our staff have thoroughly enjoyed participating in these educational programs and we are looking forward to running more courses this year.

SOCIAL WORK AND SUPPORT Services

Victoria Law Sexual Violence Social Worker

I have relocated to Invercargill from the Waikato to continue to follow my passion of strengthening and empowering individuals and family/whanau to fulfil their true potential, to validate their experiences, restore safety and wellbeing/mauri ora. I am privileged to have worked as Senior Statutory Advocate for the Health & Disability Commissioner of NZ to promote and protect the rights of Health & Disability Consumers through facilitation, education and training delivery and have an extensive background as a specialist Family Violence Social Worker and Manager of Women's Refuge. I hold qualifications in Child Protection Studies and Suicide Intervention and am an experienced crisis interventionist and inclusive practitioner. I look forward to facilitating positive healing, empowerment, and social change for those affected by sexual violence in Southland through a familial and community collaborative approach.

Diploma in Social Services (Social Work).

Emily O'Neill Sexual Violence Social Worker

I have relocated to Invercargill from Christchurch, to further my passion in working within social services and more specifically sexual violence. I gained my qualifications at the University of Canterbury in 2012, I obtained a Bachelor of Arts-Double Major in Human Services & Psychology and went on to complete a Post Graduate Diploma in Psychology & Counselling. I have worked in clinical mental health services, in crisis response, critical assessments and liaison with key stakeholders to provide access to gateway services within our communities. I feel privileged to not only work alongside passionate and dedicated staff and be given the opportunity to support families and individuals who have experienced sexual violence and are on their journey of healing and empowerment.

BA, PGDipPsych

NOTICES

COFFEE MORNING SUPPORT GROUP

Wednesday Mornings 10:30-12pm

This group continues to be an opportunity for women to meet socially and participate in activities. It also provides a space for those who might not feel comfortable with group learning or programmes, to build confidence and ability to participate in these programmes in the future. Please contact Southland Help, if you have any further queries.

ANNUAL GENERAL MEETING

Tuesday 8th November at 6.00 p.m.

Please join us for our Annual General Meeting at Southland Help, 225 Tweed Street. It would be great if you would like to contribute to our organisation by being a Board Member. We could do with a few more Board Members and if you are interested please contact the Manager, Sue Swinbourne 03 218-4357. Our Board has done a marvellous job overseeing the move from Nelson Street to Tweed Street and bringing new staff on.

ACKNOWLEDGEMENTS

We are grateful for the funding we have received, especially the specific funding that has helped us move from our old premises to our Tweed Street premises such as ILT Trust, ILT Foundation, Central Trust of Southland, Rotary. Many businesses gave support in kind to which we are extremely grateful. Our move to the new premises meant that we had conditions placed on us to gain resource consent and we are thankful to Southern Trust for giving us a grant that made a significant contribution to the upgrade of our carpark and street crossing, which was a requirement of our resource consent.

 MINISTRY OF SOCIAL DEVELOPMENT <i>Te Manatū Whakahiato Ora</i>	 Chartered Accountants and Business Advisers	 Te Pou Arataki Pounamu o Murihiku	
 child, youth and family <i>A service of the Ministry of Social Development</i>	 Lottery Grants Board Te Puna Tahua LOTTO FUNDS FOR YOUR COMMUNITY	 Allan Derrick Advertising & Design Ltd	 Your City. Your Trust.
 Supporting Our Community contact: www.iltfoundation.org.nz		 ratonga ā-whānau, ā-hapori A service of the Ministry of Social Development	