



**southland help**  
Rape and Abuse Support Centre



# Transform!

Autumn 2017 Issue No.13

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

**“Experience is a hard teacher because she gives the test first, the lesson afterwards.”**

The Dawn Blessing held on 30<sup>th</sup> September was a fitting way to acknowledge the staff and community in a welcome to our new premises. Approximately 40 people from the Community attended.



Adriene Pitman, Practice Manager, Sue Swinbourne, Manager and Sandy Dawson, Board Chair celebrating Dawn Blessing

Sue Swinbourne, Adriene Pitman with Michael and Winsome Skerett who organised and conducted our Whakawatea



**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.

**Staff have been out and about involved in support of stop violence projects**



Vanessa Spooner, Shirl Holster, Vic Tamati and Sue Swinbourne at the launch of the Champions Project in Invercargill



Adriene Pitman, Vanessa Spooner, Louise Nicholas, Victoria Law, Sue Swinbourne at the recent 'The Culture of Family and Sexual Violence Conference' in Queenstown

## Expression of Interest for Southland Help's Board

We have a team of four board members who do a wonderful job with the governance of our organisation. We are currently looking for one or two more Board Members. We met monthly ten times a year. If you are interested in supporting a community organisation that has a significant impact on our community for the better please contact our Chair.

Chair:

Sandy Dawson

Email: [sandy@able.org.nz](mailto:sandy@able.org.nz)

Phone: 3218 2100 or 027 369 5845

**CURRENT STAFF:**

**Sue Swinbourne**, Centre Manager – NFP Manager.

**Adriene Pitman**, Practice Manager – Social worker and ACC Accredited Social Worker.

**Shirl Holster**, Counsellor.

**Victoria Law**, Social Worker.

**Vanessa Spooner**, Support Worker.

**CONTRACTED COUNSELLOR:**

**Debbie Anderson** - Counsellor

**ACC ACCREDITED COUNSELLORS:**

Southland Help is a supplier for ACC Sensitive Claims and currently has five providers:

**Stephen Thompson** - Counsellor

**Susana Lepoama** - Counsellor

**Dorothy Hennessy** - Counsellor

**Merle Grimswood-Petersen** - Counsellor

**Adriene Pitman** – Social Worker

**Meet Vanessa Spooner, Support Worker**

Tēnā koutou katoa  
Ko Hikurangi te maunga  
Ko Waiapu te awa  
Ko Horouta te waka  
Ko Ngāti Porou te iwi  
Ko Vanessa Spooner awau  
Mauri ora ki a tatou katoa

I was born in Napier and raised in Gisborne. I relocated to Invercargill from Gisborne in 2016 to study Social Services – Level 4 at the Southern Institute of Technology. I am enrolled to complete my Bachelor of Social Work through Massey University on a part-time basis. I come from a teaching background, having studied for my Diploma in Bilingual Teaching at Te Wananga o Raukawa in 2011. I have worked as a Teacher Aide and Teacher Relief in the Special Needs unit, Kia Manawanui at Lytton High School in Gisborne.

In my role as a Support Worker at Southland Help, I am thankful to be given the opportunity to support whanau and individuals who have experienced sexual violence and are on their journey towards healing and empowerment. I look forward to working alongside a team of passionate and dedicated staff and most importantly, being able to learn from them about the service delivery and skills to empower our clients to make changes in their lives.

***Ehara taku toa, he takitahi, he toa takitini*** (My strength is not that of the individual, but that of a collective)

Diploma in Bilingual Teaching

**Meet Shirlene Holster, Trauma Counsellor**

I have relocated to Invercargill from Hamilton where I have worked for over 10 years in the addictions field. My experiences have seen me working in NGO's such as a Kaupapa Maori Mental Health Service, Pacific Island Service and other NGO's.

I am a conscientious and highly competent counsellor with a personal and professional commitment to empowering others. I am passionate about supporting my clients towards their own personal growth, self-awareness and healing and am also experienced with working with clients who present with a diverse range of issues.

I am excited to be working alongside our team of passionate and committed professionals and for the opportunity to provide support and counselling to individuals and families who have experienced sexual violence and are on their journey of healing and empowerment.

BSocSci(Counselling) MNZAC



## HAPPENINGS AROUND HERE

### CARPARK AND DRIVEWAY

Those of you who use our facilities will have noticed our car park and driveway upgrade. Unfortunately at the same time contractors decided to close our side of Tweed Street when the bulk of the work was carried out. Thanks to clients and staff for being patient while the upgrade took place.

The driveway and car park are almost complete. The work needed to be carried out as a condition of moving into our premises in Tweed Street. We would like to pay tribute to the team at BB Contractors for the way they carried out the work with consideration to our clients and to recycling our garden and making a lovely resting area for our staff and to Southern Trust who helped fund a significant portion of the \$30,000 plus to carry out the work. Without Southern Trust we would have had to use very valuable resources that would have had an impact on the service we could offer.

## NOTICES

### COFFEE MORNING SUPPORT GROUPS FOR SURVIVOR'S OF SEXUAL VIOLENCE

*Wednesday Mornings 10:30-12 noon*

These groups 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.

## ACKNOWLEDGEMENTS

We are grateful for the funding receive, from organisations 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 car park and street crossing, which was a requirement of our resource consent.

 <p>MINISTRY OF SOCIAL DEVELOPMENT Te Manatū Whakahiato Ora</p>	 <p>Chartered Accountants and Business Advisers</p>	 <p>Community Trust of Southland Te Pou Arataki Pounamu o Murihiku</p>	 <p>Community Organisation Grants Scheme</p>
 <p>ORANGA TAMARIKI Ministry for Vulnerable Children</p>	 <p>Lottery Grants Board Te Puna Tahua LOTTO FUNDS FOR YOUR COMMUNITY</p>	 <p>the Southern trust Funding your community</p>	 <p>Invercargill Licensing Trust Your City. Your Trust.</p>
 <p>FOUNDATION Supporting Our Community contact: www.iltfoundation.org.nz</p>		 <p>family &amp; community services ratonga ā-whānau, ā-hapori A service of the Ministry of Social Development</p>	