

# THE advocate

## “It’s Never Too Late to Have a Happy Childhood.”\*

Over a quarter of New Zealand children have witnessed family violence; the effects can last a lifetime. Half of the families that come to us for support include children under 18. We try to help children understand what is happening in their lives and homes; who is responsible for the anger and fear; how they can make themselves safer; and to learn what healthy, safe behaviour between people looks like.

The Tamariki education programme is one of the main ways that children can be supported to overcome the violence they have experienced. Apart from a safe space to share and learn, children are given tools and strategies to enhance their safety and build their confidence and self-esteem. But without a doubt, the favourite part of each group session is morning tea!

This is a letter about Cathy, an 11-year-old who is overcoming years of violence. The Tamariki programme has been part of her journey:

“Cathy came to live with us two years ago. She had an acute sense of ‘aloneness’ and was anxious – and at times overwhelmed – when she talked about her life experiences. In her short life she had already had 13 care placements.

“Hearing about your Tamariki Children’s group gave us impetus to seek Child Youth and Family’s approval for her to attend. The application/assessment process was easy and positive, both for Cathy and me as her caregiver. It was also wonderful to have her transport to



Tamariki education room.

### “Cathy has even encouraged her Mum to make a self-referral to Aviva!”

and from the group taken care of each week, as I have to work full-time.

“From the first session it was obvious that Cathy was totally engaged and, as the weeks went by and she discussed the sessions both with us and her mother, we could see visible changes in her, especially her awareness that she was ‘not alone’ in having a family with family violence issues. That insight brought her a great sense of relief, as did the understanding of how those experiences might have impacted her life. She also grew in her understanding of the issues her mother faced, as well as her mother’s partner.

“Cathy currently faces more challenges relating to ongoing incidents in her family. However, she now has a helpful ‘framework’ through which she is making sense of it all and she understands now whose responsibility it is to make changes. Cathy has even encouraged her Mum to make a self-referral to Aviva!

“Cathy wanted you to know that she no longer worries about her mum so much, and she feels that through the education group her confidence to make friends has grown and she feels more positive and helpful. She wanted the facilitators to be thanked for all the good things they did for the children. I also want to



acknowledge their exceptional abilities in engaging the children, as well as facilitating a very therapeutic experience for Cathy. We see and live the benefits of her having attended the group and feel so grateful.”

Children who are named on a Protection Order are funded by the government to undertake the Tamariki programme, but for other children, access to the programme often relies on the generosity of private funders and donors. It costs \$1,427 for a child to undertake a ten-week programme, but that is an investment which can change their life. If you would like to help a child like Cathy towards a safer future, please contribute whatever you can by using the slip on the back of this newsletter.

(\*Tom Robbins, Still Life with Woodpecker)



## Thanks to our Supporters

As we approach our next annual appeal we are once again asking our community and supporters for help to raise awareness and money. Working to make families, homes and communities safer is a communal task and we certainly can't do it alone. We know that, as always, you will be there to help and we'd like to thank you all for that support.

We witness our shared community spirit most overwhelmingly at Christmas and December 2013 was no exception. We had so many gifts in our office we lost sight of tables and even floor space, yet somehow they all found new homes to go to. It is an amazing thing to see your generosity and to be privileged to pass your caring on to the many families in our community who need it. We had donations of every size and kind, for all ages, and for boys and men as well as women and girls. Although you may not get to see first-hand just how much your generosity means we can promise you, you are very important and appreciated people to the families who come through our doors.

There were literally dozens of individuals, families and groups who gifted cash donations, presents and food in recent months. As always, we can't list all of our individual supporters here, but we do thank you so much for supporting children, women and men in your community towards safer, more fulfilled lives.

Thanks also to some impressive fundraising and support efforts from:

- ANZ Colombo St
- Canterbury Scientific

- Caspa
- Chrisco and CourierPost
- Christchurch City Council Corporate Services
- Christchurch Hospital Pharmacy Department
- Christchurch International Airport Ltd
- Christchurch Men's Prison Disaster Recovery Unit
- Deloitte
- Direct FX
- The Dove Trust
- Inland Revenue
- J K Kids
- The Jones Foundation
- Kiwi Joinery Installation
- Lions Club of Halswell & District
- Meridian staff of Christchurch
- North Canterbury Quilting Group
- Scenic Hotel Group
- Trents Wholesales Ltd
- Un Cadeau Trust
- Unilever
- Whitcoulls South City

- Zonta Club of Christchurch Canterbury

- Zonta Club of Christchurch South

I'd also like to thank some of our funders, whose ongoing support we rely on to provide services that can transform lives.

- The Blogg Charitable Trust – for supporting four children to do the Tamariki programme

- Christchurch Casino Charitable Trust – for supporting operation of the Christchurch Women's Refuge (Safe House)

- Christchurch Earthquake Appeal Trust – for paying for extra, unbudgeted security upgrades for Shine safe@home

- Christchurch Earthquake Recovery Trust – for covering a Family Support Worker's wages for 13 weeks

- Clyde Graham Trust – for covering the costs of this newsletter

- Harcourts Foundation – for contributing to promotion of our annual appeal

- Mainland Foundation – for contributing to our Christchurch office rent over six months

- Pub Charity – for contributing to community and residential staff wages for six months

- Southern Trust – for paying wages for our rural Family Support Worker for 14 weeks.

We're so grateful to have you all as donors, supporters and volunteers to help us to support children, women and men to overcome family violence and achieve safer, happier futures.

Nicola



Nicola Woodward CEO

# Living Violence-Free – the Powerful Example of Peer Support

Aviva's specialist peer support service has already celebrated 19 graduates – women who are the embodiment of the courage and resilience of those who have overcome family violence, and examples of the ability to create a different, safer future.

Two training courses were run in 2013 with all participants graduating from the six-week course, and the third – which includes two men – is currently taking place in Term One 2014. The course uses an intentional peer support (IPS) model and provides personal development opportunities, as well as a focus on family violence and healthy relationships. IPS training strengthens participants' understanding of themselves and provides the framework for them to develop the skills to support others.

The development of a family violence focussed IPS service is unique in New Zealand. Another unique aspect of this Aviva service is its return-to-work aspect for women who have been socially isolated and financially excluded by family violence – an all-too-common occurrence. In January 2014 two peer graduates – April Green and Sharon Kerr – joined the Aviva team as part of this initiative. Thanks to a financial contribution from Work and Income, as well as sponsorship from a local business keen to support opportunities for graduates to transition into work, Aviva was able to offer both Sharon and April six-month work placements as peers. Together they are strengthening the voice of service users in Aviva's work, supporting other women who are overcoming family violence and who need ongoing support, assisting with the IPS training course and also running a peer support group for women who have experienced family violence.

The opportunities for further peer support graduates to be supported back into work through placements at Aviva or with other organisations or businesses will become a key part of the Aviva specialist peer support service. If you are interested in offering a work placement, or in sponsoring a peer placement at Aviva, please contact us on [beryl@avivafamilies.org.nz](mailto:beryl@avivafamilies.org.nz) to learn more.



Sharon and April – peer support graduates now on work placements at Aviva.

## April and Sharon – Adding Lived Experience to the Resumé

For April the chance to work as a peer supporter was a step to further her intended studies towards a degree in social work, a passion she developed thanks to her own past experiences and the support she received. She believes peer support training and experience will enhance her ability to support others. "Peer support training teaches you to look at the person, not the problem, and to accept your own participation in how you got here. No-one fixed me – I fixed myself, and that's why our team (peer support) is so important. Only when you do that can you move on and put the baggage behind you.

"What I've learned can be applied anywhere in my life. It's already helped my personal communication with my daughter and my mother through being aware of self-care, boundaries and where other people are at. Now I can use my experiences to support other people examine their lives and the problems in them. I thought the lack of formal qualifications would hold me back, but my life experience has got me here. Now I can support other women. It feels so good to see the switch flick for another woman – that she doesn't have to put up with how she is being treated. My goal is to support women so that they never need to go into the Safe House, like I did. I don't want it to get that bad for them."

Sharon was led to the training through her involvement with other agencies and networks. "I was looking to arrive but didn't know where" she says, "but

**"What I've learned can be applied anywhere in my life."**

### April

Aviva Specialist Peer Support Worker

I've learnt the benefit of seeing an open door and taking a look. The peer support training reinforced a lot of what I had learnt and I also learnt new ways of doing things. It helped me progress to the next level."

Sharon has continued with further studies focussed on peer support in the alcohol, drug and mental health fields. The work opportunity at Aviva came at just the right time as it provides her with an opportunity to put into practice all she has learnt, and will contribute to the certificate she is completing. "The experience at Aviva is helping me to reach my full potential. Being part of this network related to alcohol and drugs, family violence, dysfunction – it's what I've known – and so I can use my experiences in a different way now. What I love about peer support is the therapeutic value of one human-being being with another while they discover their journey. I want to fan people's hope. When a person is experiencing multiple problems, one's internal flame gets quite low because it's hard work using services – it is a full-time job just meeting everyone's requirements. I want to help others be free of that. Maybe I can help that one person to change their world."

## Investing in Safer Futures

Overcoming debt as well as family violence is now going to be more achievable for many more individuals and families in Canterbury, thanks to a new No Interest Loans Scheme Aviva is piloting throughout 2014.

In mid-February Aviva received accreditation from Good Shepherd Microfinance to begin offering a No Interest Loans Scheme (NILS) to those living with family violence and on low incomes. Aviva NILS will initially operate as a 12-month pilot scheme. The scheme makes no interest loans of up to \$2,000, together with complementary resources, advice and support, available to individuals and families who are on low incomes and unable to access mainstream financial services.

Loans will be offered for essential household goods or to meet health and education needs and, due to the shortage of affordable housing in Canterbury, can also be used for bond payments to secure safe, alternative long-term accommodation. Repayments are negotiated with the clients based on their ability to pay, within a maximum repayment period of 24 months. Clients from five other local agencies will also be eligible to apply for loans.

Many people experiencing and overcoming family violence often also experience financial hardship. NILS focusses beyond the point of safety in people's journey, and on supporting their wider personal and family wellbeing. Being marginalised financially also brings huge social and emotional disadvantage to families, but NILS enables recipients to improve their lives in tangible ways; to build positive credit histories; take control over their finances; and, by repaying their loans, to make available the capital to support a loan for another family in need. It is the embodiment of social justice that is so important to all of our services.

NILS was originally developed by Good Shepherd Australia and is supported in New Zealand by the Good Shepherd New Zealand Trust and Kiwibank, who provide the capital for the scheme. Aviva manages the service in Canterbury. Good Shepherd Microfinance has been operating



Aviva's NILS Worker Nicola Eccleton is spreading the word on No Interest Loans.

similar schemes in Australia successfully for over 30 years, with a 96% repayment rate.

## Two Hours to Change the World?

Maybe not, but in two hours you can do something to support children, women and men overcoming family violence towards safer, happier futures!

How? Just sign up as a volunteer collector for Aviva's annual appeal on May 16 and 17; two hours is all it takes to show that family violence is not OK and you want to do something about it.

The Aviva appeal is a chance to raise money to provide life-changing support to children, women and men in Canterbury living with family violence. It's also an opportunity to raise awareness about family violence, and the support that is available to create violence-free futures.

We'll be out on the streets in Christchurch, Kaiapoi, Rangiora, Amberley and Rolleston seeking the donations necessary to provide our free services and we'd love to have YOU join us!

You can complete an individual collector form or, if there is a group of you, a group registration form, both of which are available at [www.avivafamilies.org.nz](http://www.avivafamilies.org.nz). OR if you would like to have an in-house appeal or other fundraising activity at your work, school, community group or family, that is great too – we encourage creativity! Just let us know if you'd like a collection box or bucket.

Every dollar raised through the appeal is invaluable in helping to provide our free services to Canterbury children, women and men.

On behalf of the many hundreds of children, women and men who are on



their journey to overcome family violence, a big thank you!



Addington in association with  
**Aviva, Westfield** and  
**Pascoes The Jewellers**  
 are pleased  
 to present...



# Ladies

## night

Join us at **Addington** for a premier night's racing that includes the running of the Canterbury Standardbred Breeders Association New Zealand Oaks for 3YO Fillies.

You'll be entertained by effervescent Chef, Media personality and Ambassador for **Aviva, Jax Hamilton**.

**Westfield Riccarton** will showcase fashion elements from a selection of their retailers.

You will receive a drink (Lion product) on arrival and tasty canapés during the evening created by Addington's in-house Chef.

Courtesy of **Pascoes The Jewellers** you will have the chance to win a **18 White Gold Diamond Set**

**Abstract Ring, total diamond weight - 1 carat. RRP \$3,599**

A portion of the ticket cost will go towards Addington's charitable partner on the night **Aviva**.

**Aviva will have an array of silent auction items on display for you to bid on and take home.**

**Aviva** is a Canterbury-based, specialist family violence agency and was established in 1973 as Christchurch Women's Refuge. To find out more information please visit [www.avivafamilies.org.nz](http://www.avivafamilies.org.nz)

Twiggers  
 Addington Raceway  
 & Events Centre

Friday

16 May

7.00pm

\$45 incl. GST



Tickets from [www.addington.co.nz](http://www.addington.co.nz)

# From Scared to Safe at Home

"I was in an obsessive relationship.

"Just six weeks into the relationship he came around with my name tattooed on his neck; that was the first warning bell for me. Not long after he proposed to me – and came back with that date tattooed on the other side of his neck. I knew I had to get out of this relationship, but I also knew I had to be very careful. When I told him it was too soon to get married, his whole face changed; he looked like a different person and he became ugly. I acted fast – I wanted out and knew I was in danger.

"I went to the Police; they served a Police Safety Order\* and Trespass Order\* on him, but this did not stop him. So I went into Aviva's Safe House for a week and during this time got a Protection Order\*; it was granted in less than two hours. While I was in the Safe House, Police installed a Panic Alarm in my house; within 15 minutes of being back home, I had to use that alarm. I had seen him at the back of my house, dressed all black from head to toe. It took Police eight minutes to arrive; it

was the longest eight minutes of my life. I really thought my time was up. He had told his friends that if he couldn't have me, he would stab me then stab himself. I truly believe he would have done this as he had nothing to lose; he had spent most of his life in jail and kept saying he would never go back.

"The next day I had a lovely phone call from Carol, Aviva's Shine safe@home Co-ordinator; she came into my house and assessed my home. Dave (the builder Aviva uses) rang me up a few times before he came around and assured me he did not want to know what had happened; his goal was simply to make my home safe and secure. He came into my house and I could not have asked for anyone more professional. I got security lighting at the back of my house; window stays put on all the windows; my bathroom was made into a 'safe room'; a bolt was put on the internal access to the garage; and a rod stopped the sliding door being opened.

"That was the first night, after many sleepless nights, that I was able to sleep – knowing my house was safe and secure. I truly believe if I did not have the support from the Police Safety Team and Aviva Shine safe@home, I would not be here today."

Shine safe@home in Canterbury continues to exceed all expectations for demand. Since Aviva introduced the service in July 2012, with a two-year target of 60 houses, 159 have been secured (so far!) Our thanks to all the funders and donors who have helped cover that extra demand – together you've helped to make one man, 158 women and 280 children safer in their own homes!

**\*Police Safety Order – an order to leave a residence for up to five days, issued by Police when they believe that family violence has happened, or may happen.**

**\*Trespass Order – an order for someone to leave a property and not return to it.**

**\*Protection Order – a Family Court order which prohibits further violence towards the applicant and outlines conditions of any future contact between them and the person receiving the PO (the respondent). Can be made permanent.**

## Receive the Advocate by Email

Please help us reduce costs by choosing to receive The Advocate by email. Contact [julie@avivafamilies.org.nz](mailto:julie@avivafamilies.org.nz) or call (03) 378 3847

## Like us on Facebook

Aviva Families and Reach-Out Canterbury have Facebook pages. Check us out and 'Like' us to keep up to date on what each service area is doing and to share your thoughts with us.



**Address:** PO Box 32 034, Christchurch 8147  
**Phone:** 0800 AVIVA NOW (0800 28482 669) or 378 3847  
**Email:** [enquiries@avivafamilies.org.nz](mailto:enquiries@avivafamilies.org.nz)

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**Fax:** (03) 313 1082  
[www.avivafamilies.org.nz](http://www.avivafamilies.org.nz)

## Join the journey to a violence free society

Charities Commission Number CC 30026

Mr | Mrs | Miss | Ms | Other

Name

Address

Phone

Email

Please add me to the email distribution list.

**Please post to:** Aviva, PO Box 32034, Christchurch 8147

Please contact me about making a gift to Aviva in my will.

Here is my donation of  \$200  \$150  \$75  \$25

Other amount (please enter) \$

Cheque payable to Aviva

Or charge my  Visa  Mastercard Expiry date /

Card No.

Name on card

Please use my donation for the: \_\_\_\_\_ service.

If you wish to discuss a donation or make automatic payments please email [julie@avivafamilies.org.nz](mailto:julie@avivafamilies.org.nz)

You can donate online at [www.avivafamilies.org.nz](http://www.avivafamilies.org.nz)

**Thank you! We will send you a receipt.**