



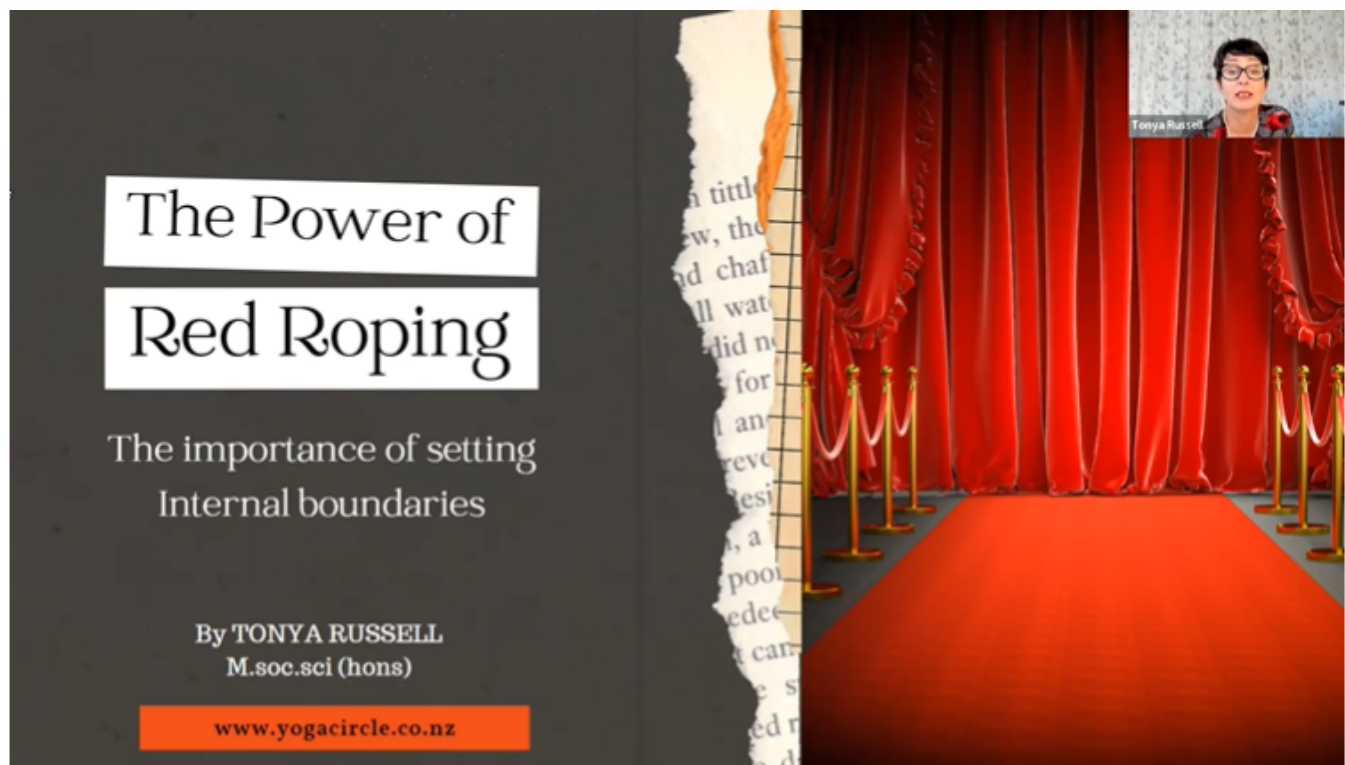
# WHANGANUI FAMILY VIOLENCE INTERVENTION NETWORK

236 VICTORIA AVENUE

PHONE: 0225418747

EMAIL: VIN@JIGSAWWHANGANUI.ORG.NZ

## MARCH 2022 - ISSUE 7



**MY WORLD IS . . .**

**MY LIFE IS . . .**

**I AM . . .**



**We can get into a habit of checking in with ourselves/ noticing the first thing that pops into our minds for each sentence**

Using this exercise we can see our language and framing in any given moment **AND**

Once we shine a light on this, we are then in a position to challenge and change these.

**For example:**

**I AM . . . so far behind**

**A wider lens can lead to curiosity:**

**BEHIND WHAT?**

**ACCORDING TO WHOM?**

**REALLY?**

**AND IF SO, What's the plan and when can I schedule it?**

**We can then use the word AND to help us move out of a narrow focus and into a wider lens, BOTH can be TRUE**

**MY WORLD IS . . . AND . . .**

**MY LIFE IS. . . AND . . .**

**I AM . . . AND . . .**

*Tonya asks questions about how we nourish ourselves and others, how we schedule warmth and light, and how those practices of carving out space can support us to show up for ourselves.*

**Meeting Recording:**

**[https://us02web.zoom.us/j/8T59c2sTd0FXXcc3RF3kvpZomxzquw3\\_LZ-2ejlr3ovqXqxiM\\_cgOvaz-7TCiro.7H-6Jp3yPgV9szDr](https://us02web.zoom.us/j/8T59c2sTd0FXXcc3RF3kvpZomxzquw3_LZ-2ejlr3ovqXqxiM_cgOvaz-7TCiro.7H-6Jp3yPgV9szDr)**

*(Tonya's presentation starts at 19:00 mins (after whanaungatanga).*

# THINGS TO CHECK OUT:

## June Vin speaker: Kerry Thrupp from Woven Earth

"What sits on the other side of speaking out? It's tough, it's hard and it's scary. Survivors need support and we need to pull together to give them the support they need to feel it is even possible to leave and stay safe. When survivors have access to the right support their family benefit, and as a result the wider community benefits too."

Woven Earth is founded by Kerry Thrupp, a family violence survivor who has walked the journey of rebuilding her life with her two children and the first hand struggles she faced. Watch the video below to see Woven Earth in practice.

**"Woven Earth is about bringing light into the darkness of family violence."**



**NEXT VIN MEETING  
THURSDAY 14TH APRIL  
ON ZOOM  
11 - 12:30PM**

Jo Voice, Whanganui Family Court Kaiārahi, will be joining us to speak about the Kaiārahi role at the next VIN meeting on Thursday 14 April 2022. Established in 2021, the Family Court Kaiārahi role has the focus of improving access to justice for whānau or are thinking about or who are currently engaged in Family Court proceedings. Please come along to hear about what Jo can do support any whānau you are working with who are involved with the Family Court.

Zoom link:

[https://us02web.zoom.us/j/83804979881?](https://us02web.zoom.us/j/83804979881?pwd=Q3gwSXdlWL2kxNGl5QzBDR2l1aFZHZz09)  
[aFZHZz09](https://us02web.zoom.us/j/83804979881?pwd=Q3gwSXdlWL2kxNGl5QzBDR2l1aFZHZz09)

## "EMBRACING TE TIRITI, FOSTERING COMMUNITY" WEBINAR 6TH APRIL 10AM

Exciting seismic shifts are happening in New Zealand's cultural political landscape. The regular use of Te Reo, recognition of Te Ao Māori, and a growing understanding of Te Tiriti o Waitangi demonstrate a movement with the potential to radically re-orientate New Zealand to be a better place for all.

Community-led development (CLD) is one strand that can support this movement achieve effective and lasting change.

In their first webinar of the year, Inspiring communities will address the strengths of community-led development (CLD) and honouring Te Tiriti and Mātauranga Māori. How the strands that each hold are sometimes weaved together while at other times they can sit in parallel or alongside in place.

Register: <https://inspiringcommunities2021.typeform.com/to/R0nuRdd5>

**ECLIPSE: Family Violence Services Ltd** is a specialist family violence training provider, that offers services across Aotearoa, New Zealand. We have a targeted focus on increasing whānau safety and well-being by educating on the Practitioner-Victim Insight Concept (PVIC)© and the interconnected dynamics and impacts of Coercive Control-The Umbrella Tactic ©, Rewards Based Phenomenon, Layers of Consequence ©, Invisible Walls© and Whole of Person Entrapment©. This training aims to increase understanding of the restrictions and barriers that surround primary victims and reduce capability to help seek. We also aim to increase sectoral knowledge and empathy and to reduce the unconscious judgement that exists within our sector. Facilitator Debbs brings 20 years experience working across the family violence sector, and is also a survivor of family violence, she recognises and presents the interconnected perspective of survivor and practitioner in a professional, healthy and informative manner.

- Debbs story - Breaking Silence documentaries
- Coercive Control- indicators, dynamics and consequences
- 'No Holds Barred' Q & A session
- Resistance - The strength of our victims - victims are the experts in their own lives, support self-determination strategies
- How we view our primary victims and how that impacts on our responsiveness
- The Episodic nature of family violence and coercive control - cumulative impact
- The Practitioner-Victim Insight Concept (PVIC) ©
  - Coercive Control - The Umbrella Tactic
  - Rewards Based Phenomenon
  - Layers of Consequence
  - Invisible Walls
  - Whole of Person Entrapment
- Follow My Lead Aotearoa - Complexity Maps

**TRAINING IN  
WHANGANUI \$95 + GST  
MARCH 25TH 9-5 @  
ST PAUL'S CHURCH HALL**



**DEBBS MURRAY**

**Domestic Violence Service Management (DVSM) - NSW - Practice Framework**

- Practice Framework Approach
- Upholding Dignity
- Whole of Person Approach
- Creating a Foundation of safety
- Practice Dashboard
- Building on Personal Safety and Navigating Risk (Practitioner)
- Risk analysis
- Safety strategising
- Understanding victim behaviour and responses - reducing judgement and increasing empathy
- Empathy vs Sympathy - understanding the difference
- Organisational and Systemic Entrapment - how the systemic deficits within our own organisation and our organisations systems can inadvertently re-victimise
- Working in partnership - SAM table - highlighting roles and responsibilities in reporting / information collation
- How can we utilise our new learnings - mindset change / response tools
- How to acknowledge that every Intervention opportunity is a Prevention opportunity
- Wrap up

**TO REGISTER:**

**[HTTPS://WWW.EVENTSPRONT  
O.CO.NZ/EVENT1801?Q=3185](https://www.eventspront.co.nz/event1801?q=3185)**

# WEBINAR TRAINING APRIL 21ST AND 22ND 9AM-12PM

**\$150 + GST SSPA MEMBERS**  
**\$170 + GST SSPA NON-MEMBERS**

## About the Workshop

This online workshop, presented as a 2-part webinar by Nicola Atwool, will help participants develop a strong trauma-informed practice – with a particular focus on implications for those working in the family violence sector. There will be opportunities throughout the sessions for small group work so that material can be applied to your own work context.

*The following topics will be covered:*

### Webinar 1:

- Brief overview of trauma-informed practice
- Knowledge base for trauma-informed practice
- Skills to support trauma-informed practice

### Webinar 2:

- Self-care
- Trauma-informed systems

## Date and Time

**Thursday 21<sup>st</sup> and Friday 22<sup>nd</sup> April 2022**

**9.00am – 12.00pm** (Day 2 may finish earlier)

Both days include a 15-minute wellness break

## Introducing....

### Nicola Atwool

Nicola is an Associate Professor in the Social and Community Work Programme at the University of Otago.

Nicola has professional qualifications in social work and child

psychotherapy. During her career she has worked for what is now Oranga Tamariki and as principal advisor for the Office of the Children's Commissioner.

She completed a PhD in 2008 exploring the use of attachment assessments in decision-making for children in care.

Nicola sees the goal of her research as to influence policy and practice to improve outcomes for children and young people exposed to adversity. Her extensive practitioner experience enables her to bridge the worlds of academia, policy and practice.

**TO REGISTER:**

**[HTTPS://EVENTS.HUMANITIX.COM/BEING-TRAUMA-INFORMED-IN-PRACTICE-WEBINAR-WHANGANUI-VIN](https://events.humanitix.com/being-trauma-informed-in-practice-webinar-whanganui-vin)**



**FAMILY VIOLENCE  
PREVENTION EXPO**  
"WEAVING TOGETHER FOR CHANGE"  
WHANGANUI WAR MEMORIAL CENTRE, APRIL 1<sup>st</sup> TH 9:00-4:00 PM

with guest speakers



Good Shepherd  
New Zealand



We have made the decision (re: ongoing Covid concerns and social responsibility) to postpone the Expo until October when Matt and Sarah Brown are next available. Watch this space for updates around new dates etc.



14/10/21

In an emergency call 111 and ask for POLICE. Family harm is a high priority for Police. Police take every opportunity to prevent harm and reduce offending and victimisation. Police is committed to a prompt, effective and nationally consistent approach to family harm episodes in collaboration with other agencies/iwi and with community partners. When Police attend a Family Harm Investigation they do so with "eyes wide open", which means working to understand the wider dynamics of family harm, the patterns of harm and the adverse circumstances in which they occur. It is not a private matter, it is a crime. Preventing and effectively responding to family violence is one of the greatest opportunities to improve the wellbeing and safety of our communities, and we all have a collaborative approach where Police partner with Iwi, Community agencies and providers to meet the needs of our community and tailor responses based on what our community needs and wants. FLOW visits Whanau after the initial Police attendance. FLOW act as navigators, enabling Whanau to access the most relevant service that will assist them to be safe from harm.

PH: **111 24/7**

**"WORKING TOGETHER FOR A  
VIOLENCE FREE WHANGANUI"**

## AGENCIES IN WHANGANUI



14/10/21

### WOMEN'S REFUGE

PH: 06 344 2204

PH: 0800 733 843

North Island Option 4

24/7 crisis and support line

We work with women, children and families/whānau experiencing the effects of family violence by providing advice, support and advocacy, risk assessments and safety planning. We also provide safehouse accommodation for women and children at high risk of further harm and support women, children and families/whānau in the community.

Email: [advocate@refugewhanganui.org.nz](mailto:advocate@refugewhanganui.org.nz)



kaupapa whānau – thriving children, flourishing families

14/10/21

Suite 10, 236 Victoria Ave

PH: 06 345 1636

Our team journey alongside whānau and families to be safe, confident and proud in their relationships and parenting their children. We support whānau and families resisting violence, healing trauma, building safety, strengthening family relationships, enjoying parenting, and getting support you need from other services. Our services include social work support, parenting programmes, and family harm prevention programmes. We also provide information and advice to whānau and families who are not sure where or how to get help.

Website: [jigsawwhanganui.org.nz](http://jigsawwhanganui.org.nz) / Email: [jigsawwhanganui.org.nz](mailto:jigsawwhanganui.org.nz)

## TUPOHO-IWI AND COMMUNITY SOCIAL SERVICES TRUST

14/10/21

Services include social work support and intervention to reduce whānau/family harm, advocacy and negotiation with statutory and other support agencies, and financial mentoring and education services.

Whakapūmautia te mana o nga tangata i roto i ngā tāngata.

Nurturing . Sustenance. Empowering.

Tupoho House

249 Victoria Avenue

PH: 06 345 2042

**IT IS  
OK TO ASK  
FOR  
HELP**

SHINE (Domestic Violence Helpline):

9am – 11pm

PH: 0508 744 633

SHAKTI (for Migrant Women):

24 hours a day/ 7 days a week

PH: 0800 742 584

Safe to Talk (Sexual Abuse):

24 hours a day/ 7 days a week

PH: 0800 044 334 or

TXT: 4334



Family Violence It's Not OK campaign  
information line : 0800 456 450

Hey Bro – He Waka Tapu  
(for men who want to stop being  
violent)

24 hours a day/ 7 days a week

PH: 0800 439 276



**Family  
Works**

14/10/21

179 Wicksteed Street

PH: 06 345 6681

Provides free individual or group programmes for women and children affected by family violence; an eight-week parenting programme – a Boundaries course for women and general counselling for individual adults, couples, children, adolescents and families. There is a fee for general counselling but funding is available that may assist with this.

Caring...enabling...supporting

Email: [familyworks-whanganui@pssc.org.nz](mailto:familyworks-whanganui@pssc.org.nz)



TE ORANGANUI

14/10/21

57 Campbell Street

PH: 06 349 0007

Korowaitia te puna waiora  
hei oranga motuhake mo te iwi  
Empowering whānau into their futures.

Te Oranganui's Whanau & Community Services support whānau experiencing family violence. They support whānau to build resiliency and live nurturing and cohesive lives. Te Oranganui's other services also have a zero tolerance to family violence: Mental Health & Addiction, Disability Support Services, and GPs.

**ORANGA  
TAMARIKI**

Ministry for Children

Ingestre Chambers

74 Ingestre Street Whanganui

PH: 0508 (FAMILY) 326 459

24 hours a day,

seven days a week

14/10/21

Statutory Child Protection Service. Investigates concerns about serious abuse of children (physical, sexual, emotional and neglect), and provides youth justice services.



Email: [VIN@jigsawwhanganui.org.nz](mailto:VIN@jigsawwhanganui.org.nz)

Phone: 022 541 8747

[facebook.com/VINWhanganui](https://facebook.com/VINWhanganui)

### Kaupapa:

We believe all services need to be culturally appropriate and informed by the principles of the treaty of Waitangi.

We believe we all have a right to live in homes free from violence and oppression.

We are committed to the wellbeing of whānau and families.

We believe violence in families occurs in a wider context of oppression and inequality.

We challenge the nature and quality of social response in a society that supports violence and oppression.

We believe family violence is socially learned and can be changed through effective community action that strengthens community relationships and networks.

We believe the best way to achieve our objectives are to work together to build safe, resilient, strong and connected communities which enable whānau to thrive.



14/10/21

Serving the needs of older people

164 St Hill Street

PH: 06 345 1799

PH: 0800 EA NOT OK

(0800 32 668 65)

A free and confidential Elder Abuse Response Service for people experiencing, or at risk of, elder abuse and/or neglect.

### Whanganui Safe and Free

14/10/21

Specialist therapy and counselling for children, adolescents, whanau and families, and individuals affected by the trauma of sexual abuse and rape. Whanganui Safe and Free also offer Kaiawhina/Family Support for those directly and indirectly affected, and preventative education programmes for children and their parents/caregivers, for families and for students.

Suite 4, 236 Victoria Ave

PH: 06 343 3416

Email: [administration@whanganuisafe.org.nz](mailto:administration@whanganuisafe.org.nz)



COMMUNITY LEGAL  
ADVICE WHANGANUI

Suite 2, 236 Victoria Ave

PH: 06 348 8288

Community Legal Advice Whanganui can provide those living with family violence information and advice on dealing with the police, protection orders, occupation or tenancy orders, relationship property, the process to end a marriage, civil union or de facto relationship, and seeking the services of a family lawyer.

Email: [claw@claw.co.nz](mailto:claw@claw.co.nz)

14/10/21