



WHANGANUI FAMILY VIOLENCE INTERVENTION NETWORK

236 Victoria Avenue

Phone: 0225418747

Email: vin@jigsawwhanganui.org.nz

familyviolencewhanganui.org

November 2022- Issue 11

Creating Brave Spaces for Transformation

Together we will create brave space
Because there is no such thing as a 'safe space'
We exist in the real world
We all carry scars and we have all caused wounds.

In this space
We seek to turn down the volume of the outside world,
We amplify voices that fight to be heard elsewhere,
We call each other to more truth and love
We have the right to start somewhere and continue to grow.
We have the responsibility to examine what we think we know.

We will not be perfect.
This space will not be perfect.
It will not always be what we wish it to be
But
It will be our brave space together,
and
We will work on it side by side
-Mickey Scott Bey Jones



This month I have been thinking a lot about transformation, and about the spaces in our community that have seeded a new way of being, places that have held themselves to a long view of time, discerning how we are all seasonal and cyclical, moving backwards and forwards towards different versions of ourselves- **understanding that human transformation takes time, often longer than we want it to.** Places that have planted their hope in what they know, while living expectantly for new possibilities and ways of being yet to come. Spaces that are in constant communication with what they require of and offer to the people that enter them, holding a willingness to embrace curiosity, to be surprised, to let go of assumptions and to lean generously into the humanity of the people they serve. These wonderful places, the brave spaces in our community, remind me that it is human transformation which makes social transformation possible. And this ability to transform-is important work for us all.

Transformation is not for the faint hearted, it cannot be achieved through the Capitalist spirit of doing things quickly, having an action plan, getting things resolved, and moving on. To quote the wonderful community weaver, Reverend Jennifer Bailey of the Faith Matters Network...**"Relationships move at the speed of trust, and social change moves at the speed of relationships."** Our own personal journeys of transformation inform our relationship with trust, our relationship to connection, our ability to be in community, our capacity to listen, to risk ourselves again and again, to find the words that matter, to create brave spaces that welcome unlikely combinations of people . We must share the stories of these brave spaces, of our own personal journeys of transformation, so that we can hold the hard questions, speak honestly, honour the diverse ground that we all stand upon, and renew our ability to talk about the things that divide us from a better platform, one of relational safety. This doesn't mean that safe spaces are comfortable spaces. Talking about racism, homophobia, ableism, colonialism, misogyny, violence of all kinds- is inherently uncomfortable. And yet there is something transformational about telling our own stories, and having them received by a generous listener, holding us in the spirit of manaakitanga, being patient and humble and civil. That's where the magic is. We seem to be able to attend to injustice more compassionately, more urgently, when someone entrusts us with their story. By knowing someone's story—where they came from, how they have been hurt, what they struggle with, how they have found hope and healing—relationships with strangers are formed, relationships with our internal selves are deepened, and relationships with action are set in motion.

"There's been no movement for justice or equity that didn't start with relationship."

For our final VIN hui of 2022, I would like to invite you all to a shared lunch (bring a plate of kai to share) at the St Paul's Church/ Brechin Lounge on Thursday 8th of December 11-12:30pm, where we can spend some time getting to know each other and our transformational stories outside of our professional selves. Prompt: Describe a moment, recent or long-since passed where you felt isolated, alone or unwelcome and how did you find hope/healing/movement?

As a network facing such a difficult challenge (the endemic of family violence), this is an opportunity to build resilience and hope through generous listening. And maybe lean into some alternative viewpoints to thicken our own narratives, helping us hold to the dream of a violence-free Aotearoa.



xx
Lorraine





Taking back the phrase 'Boys will be Boys'.

This is a saying that excuses poor behaviour, and promotes the notion that boys should be drinking, fighting, having promiscuous sex etc. Let's take this outdated support for rigid masculinity and flip it on its head, because there are awesome things that boys can be that need to be celebrated. Boys can be kind, caring, and trustworthy. They can be allies, ethical, generous, humble, compassionate, supportive, respectful, thoughtful, multi-dimensional, considerate, gentle, and vulnerable. Boys have the potential to grow into great men that will not remain silent about violence.

Planning for the 2023 March will start again in the New Year. Tim Metcalfe is on the lookout for a group of committed tāne to make next year's White Ribbon Day even more dynamic and powerful. If you feel called to take action please contact Tim. Email- tim@jigsawwhanganui.org.nz/ Phone: 0274453098

LET'S START FLIPPING THE SCRIPT

BOYS WILL BE

BOYS

CARING

SUPPORTIVE

ETHICAL

RESPECTFUL

FRIENDLY

GENEROUS

AWESOME!

BOYS BECOME THE MEN WE TEACH THEM TO BE



whiteribbon.org.nz



White Ribbon March 2022

On the 25th of November, we take a stand internationally, against the violence of women and children. For 2022, White Ribbon Whanganui organised a Street March from the corner of St Hill Street/Taupo Quay towards Majestic Square. The march was a catalyst for men to take the pledge and commit to transformative action, offering eight models of calling in (inviting) rather than calling out (indicting) their fellow men to do the same:

- Talk to women about their experiences with men – and believe what they tell you
- Ask myself how I've treated women, and how I can behave more respectfully
- Disrupt other men when they disrespect or threaten women – Bystander Intervention
- Treat women as equals in everything we do and have less stress and be happier.
- Choose how I will be a man and how I will act. Holding to rigid ideas is unhealthy.
- Talk with young man about 'breaking out of the man box' you must appear tough etc
- Think about what I'm watching and the media I use. Use your 'crap-detector'.
- Talk with young men about respectful relationships and porn. If you don't who will?

She is not your Rehab Community Events Oct 10th - 11th



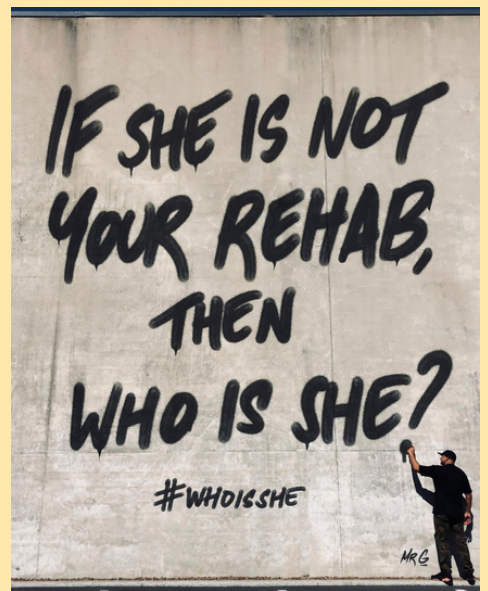
In Mid October VIN hosted Matt and Sarah Brown from She is not your rehab here in Whanganui. Over two days, Matt and Sarah told their story and shared their kaupapa with our community.

She is not your rehab is a movement and book founded in 2018 helping men acknowledge their childhood trauma and take responsibility for their healing to prevent hurting others and themselves. Matt's story of growing up in an abusive home is not uncommon, and yet the heart of his narrative- healing- has become a calling. Matt is set on telling a new story, a generative story, and has become a bridge for other men, to walk this path too. On Monday the 10th of October Matt and Sarah spent the evening with the men from Mana Man at Te Ao Hou marae, which was a powerful evening of communal vulnerability, with many of the men sharing their own stories of pain, shame and trauma. Mana Man founder Mahanga Williams explains the reciprocity "when you get men in a circle who have walked in your shoes, you can't bullshit each other." Matt and Mahanga both have a shared passion for men, in building their highest capacities through sharing what they have learned and are learning, being open about vulnerabilities and celebrating small steps.

The second event at Hakeke Street on Tuesday the 11th of October, was well attended by whanau and families- there were plenty to keep the kids happy and occupied- a bouncy castle, face painting, crafts and origami. And after hearing Matt's testimony, all 80 She is not your rehab books flew off the Paige's Book Shop table and into the hands of the mamas and papas who attended.

In the evening, Matt and Sarah headed over to the Scout Hall in Gonville for the final event of their trip. Judy Kumeroa from Te Ora Hou and Kathy Parnell from Stone Soup developed a fun and compelling event for their families, creating a safe space to have conversations about making changes. Having Matt and Sarah share their narrative, normalises the kaupapa that men who have had trauma in their youth can learn to communicate, that they can transform over time for themselves and their whanau. She is not your rehab's message aligned with their own visions of a safer, more connected, locally led community. As part of the events, Matt (who is a barber by trade), shaved the heads of two of Stone Soup's facilitators as a fundraiser- raising \$1200 to donate to Mana Man.

All of these places, Te Ao Hou, Mana Man, Hakeke Street, Te Ora Hou, Stone Soup, She is not your rehab, are the places I think of when I ponder on transformation, they have all asked the hard questions of themselves, focusing in on "who will we be to each other?" concerning themselves with the people and communities that they are part of and embracing the messiness and wonder of human transformation that makes social transformation possible. Mauri Ora!



See the art! Read the stories! Be part of the movement! #whoisshe

On the 25th of November, in honour of White Ribbon Day 2022, She is not your Rehab launched their community art project #whoisshe: if she is not your rehab- an exhibition in collaboration with Mr. G. Hoete Art.

This exhibition will be open for a whole year in Christchurch, so if you get the chance, you can walk through the gallery, hear live submissions from multiple tāne as they each share their words and stories for the wāhine they were written for. You can also check out their facebook page facebook.com/Sheisnotyourrehab, and pre-order their beautiful GALLERY edition book before December 1st.



VIN WEBSITE/ AGENCY Wallet Cards

WHAT'S NEW?



**ARE YOU AFRAID?
DO YOU NEED HELP?**




IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, PLEASE DIAL: 111

FOR MORE INFO:

FAMILYVIOLENCEWHANGANUI.ORG

These will be available mid-December. If you would like me to drop some off to your organisation, please let me know.

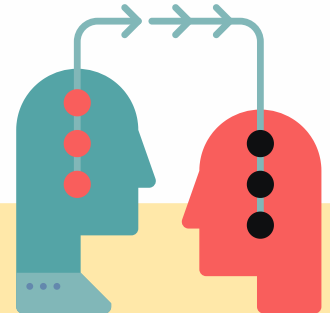
Contact:

Lorraine

022 541 8747 or

vin@jigsawwhanganui.org.nz

**Front
Back**



FOR HELP IN A CRISIS SITUATION:

POLICE/ FLOW TEAM: 111
 ORANGA TAMARIKI: 0508 326 459
 WOMEN'S REFUGE: 06 344 2204 OR 0800 733 843 (OPTION 4)

FOR SHORT AND LONG-TERM SUPPORT/ FAMILY VIOLENCE INTERVENTION AND PREVENTION:

AGE CONCERN: 06 345 1799 OR 0800 32 668 65
 CLAW (COMMUNITY LEGAL ADVICE): 06 348 8288
 FAMILY WORKS: 06 345 6681
 JIGSAW: 06 345 1636
 TE ORANGANUI: 06 349 0007
 TUPOHO SOCIAL SERVICES TRUST: 06 345 2042
 WHANGANUI SAFE AND FREE: 06 343 3416



We will also be running Family Violence 101 training from February next year for businesses/ community organisations that are wanting to upskill themselves re: The Domestic Violence Protections Act.

Learn:

- the signs and symptoms associated with family violence
- how to have difficult conversations with staff
- How to respond appropriately to staff disclosures
- support available in our local community
- your roles and obligations under the domestic violence victims protection act: Family Violence leave rights/ flexible working rights/ ensuring staff are not discriminated against



**DO YOU UNDERSTAND:
THE DOMESTIC VIOLENCE VICTIM PROTECTIONS ACT?
AND YOUR ROLE/ OBLIGATIONS AS
AN EMPLOYER IN AOTEAROA?**



FOR MORE INFO:

VIN@JIGSAWWHANGANUI.ORG.NZ

CHECK OUT OUR WEBSITE: FAMILYVIOLENCEWHANGANUI.ORG



More information will be released closer to the time, including a dance practice schedule. We would love to hear from anyone that is interested in supporting this kaupapa (as listed above or in any other way you envision). Please contact Lorraine on: 022 541 8747 or vin@jigsawwhanganui.org.nz



One of our WELLBEING TENT CONTRIBUTORS

← Annette Puti Green
 Reiki Master/Teacher
 Sliding Scale Fee
 Contact:
 0220572296

Reiki is a healing modality which I find effective and non invasive which has been very helpful for some of my clients. It can be hands on or done remotely. There is a way in which to set it up to do distance healing, which I do regularly for clients, friends, my adult children, and my mokopuna. My usual practice is to do a bit of both after gaining permission from a client that touch is acceptable to them. By touch, I mean the head, shoulders, knees, ankles and feet. It is also particularly effective for pets and children.

I was doing Reiki treatments at the 2022 Mental Health & Wellbeing Expo in Levin this year, and one of my clients was a midwife. She immediately saw the value of it from the perspective of my practice of combining both touch and distance Reiki for a client. She was thinking in particular about the mums in her care and how smooth, respectful and safe Reiki is to receive. She appreciated my work and the ways in which it effectively met her needs without her having to explain a long and possibly traumatic back-story. The trauma in this case is based on her personal experience in her field of expertise.

Reiki does not replace appropriate health care but works alongside it with, in my experience, excellent results.

I am semi retired and work from home or in other people's homes in some cases. I am a member of ReikiNZ.org and am bound by a code of ethics and guidelines which reassure my clients that they are receiving Reiki treatments in a safe, compassionate and ethical manner at all times.

Reiki has its own intelligence, it knows where to go and what to do when it gets there. It is flexible and compassionate and I love hearing and seeing the difference it is making in people's lives.



One Billion Rising is the biggest mass action to end violence against women (cisgender, transgender, and those who hold fluid identities that are subject to gender-based violence) in human history.

The campaign, which launched on Valentine's Day 2012, began as a call to action based on the staggering statistic that 1 in 3 women on the planet will be beaten or raped during her lifetime.

This coming Valentine's Day February 14th, 2023, we invite people from our Violence Intervention Network and our wonderful wider community to show up and support one billion rising @ Majestic Square from 11-2pm.

This can be done in many ways:

- through learning and practicing the dance (and dancing with us on the hour every hour)
- participating in the one billion rising tik-tok challenge,
- holding a stall that celebrates women (cisgender, transgender, fluid) in anyway
- offering your body work/massage/beauty/spiritual/ritual expertise for our health and wellbeing tent and more.

The violence of discrimination, of exclusion, of poverty, of inequality, of occupation, of exploitation, of suppression, of displacement, of oppression, of control has been severe and unrelenting. Let us join together as a collective and RISE!
<https://www.onebillionrising.org/events/one-billion-rising-whanganui-5/>

WOMEN'S REFUGE

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



kaupapa whānau – thriving children, flourishing families

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/ Email: admin@jigsawwhanganui.org.nz

PH: 06 344 2204

PH: 0800 733 843

North Island Option 4

24/7 crisis and support line



Suite 10, 236 Victoria Ave

PH: 06 345 1636

IT IS **OK** TO ASK FOR HELP

HELP

TEXT or CALL:

1737



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

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



NEW ZEALAND
POLICE
Ngā Pirihimana o Aotearoa

Bell Street

PH: 111

24 hours a day.

7 days a week

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.



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.

Email: familyworks-whanganui@psc.org.nz

179 Wicksteed Street

PH: 06 345 6681

Caring...enabling...supporting



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.

57 Campbell Street

PH: 06 349 0007

Korowaitia te puna waiora

hei oranga motuhake mo te iwi

Empowering whānau into their futures.



TUPOHO TRUST

Tupo Ho House

249 Victoria Avenue

PH: 06 345 2042

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

Whanganui Safe and Free

healing and preventing sexual abuse in our community

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.

Email: administration@whanganuisafe.org.nz

Suite 4, 236 Victoria Ave

PH: 06 343 3416

ORANGA TAMARIKI

Ministry for Children



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

Ingestre Chambers

74 Ingestre Street Whanganui

PH: 0508 (FAMILY) 326 459

24 hours a day,

seven days a week



AGE CONCERN WHANGANUI
He Manaakitanga
Kaumātua Aotearoa

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.



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

Whanganui
Family
Violence
Intervention
Network

**FAMILY
VIOLENCE
IT'S NOT OK**

IT IS **OK** TO ASK FOR HELP

