

Invest in the Future

Changing children's lives is an investment in their future and therefore in the future of our community.

- \$10** Helps provide resources for children's groups
- \$20** Helps fund our driving service (to collect children for group and return them to school)
- \$30** Buys morning tea for children on the group programme
- \$50** Will help resource our 24-hour crisis line
- \$75** Will help provide food, nappies, baby food and toiletries for children in the Safe House
- \$500** Provides electricity to keep families in the Safe House warm for one month
- \$1275** Pays for a child not named on a Protection Order to undertake a life-changing 10-week education programme

"The future depends on what we do in the present."

Mr/Mrs/Miss/Ms/Other _____

Name _____

Address _____

Phone _____

Email _____

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

Other amount (please enter) \$ _____

Cheque payable to Christchurch Women's Refuge

Or charge my Visa MasterCard Expiry date ____ / ____

Card No.

Name on Card _____

Please send me information about making a gift to Christchurch Women's Refuge in my will.

Please post to:

Christchurch Women's Refuge Inc., PO Box 32 034, Christchurch 8147

If you wish to discuss a donation or make automatic payments please contact Julie on (03) 353 7501 or Julie@womensrefuge.co.nz. To make an online donation visit www.womensrefuge.co.nz

About Christchurch Women's Refuge

Since 1973 Christchurch Women's Refuge has been supporting women and children to become, and stay, safe.

We specialise in early intervention services that are designed to stop the cycle of family violence within families in the Christchurch, North Canterbury, Selwyn and Banks Peninsula districts.

Christchurch Women's Refuge is affiliated to Jigsaw, a national network of community agencies focussed on nurturing safe children and creating positive family environments. This reflects our growing focus on children and holistic family services.

As New Zealand's first refuge we have supported thousands of women and children in their journeys away from family violence. By helping make families safer, we make our communities stronger.

Creating Safe Futures - Early Intervention Services:

Support, advocacy, assistance with accessing essential services (e.g. financial, legal, health, housing etc) and professional referrals.

Creating Strong Communities - Prevention Services:

Ten-week group or individual education programmes that enable women and children to confront the abuse in their lives and plan for their safe futures.

Leadership, facilitation and participation in a wide range of collaborations which strengthen the ability of other agencies and services to respond to family violence.

Awareness raising; research; service development and community education.

Making Families Safe - Crisis Management Services:

A free 24-hour crisis and support line and emergency accommodation for up to 16 people in our Safe House.



Christchurch Women's Refuge initial/all enquiries

PO Box 32 034, Christchurch 8147

Tel: 0800 1 REFUGE or (03) 364 7306

Fax: (03) 377 2847

E-mail: enquiries@womensrefuge.co.nz

Rangiora Office ongoing correspondence only

PO Box 198, Rangiora 7440

Fax: (03) 313 1082

0800 1 REFUGE

www.womensrefuge.co.nz

Christchurch Women's Refuge



Children's Services

Safe Families Strong Communities

CUT ALONG THE LINE

Today's Children

Children and young people living with family violence – whether it is physical, sexual, emotional or psychological – can be affected for the rest of their lives. Even if they aren't directly the victim, they will be scarred and their development impacted.

Just watching or hearing family violence between others in the family can affect children emotionally and psychologically. The result can be emotional, social, learning or behavioural problems and often it leads to a continuation of the cycle of violence as young people repeat the behaviours they have witnessed or experienced.

Sadly, one of the most endangered species in New Zealand right now is our children and they are most at risk with their own families, but Christchurch Women's Refuge is committed to helping keep them safe and helping them create a brighter future.

Last year we supported almost 570 children to begin the emotional journey away from the violence in their homes.

Family Violence Can Cause:	We Can Help Children:
Anxiety disorders; excessive fears; nightmares	Learn about healthy relationships
Cruelty to animals and other people	Increase their confidence
Attention seeking	Build up resilience and self esteem
Suppressed feelings and emotions	Develop their own safety plans
Failure to relate to adults and children	Learn what to do when they recognise abuse
Self-harm or suicide	Find appropriate ways to deal with their anger
Frequent sickness; failure to thrive	Learn about respectful behaviours
Inability to concentrate or engage	Have a positive experience
Disruptive behaviour; tantrums; bullying	Share with others and break the secret
Isolation and withdrawal	Trust other people

“The human brain is designed to be moulded by the environment it encounters.”

Dr Allan Schore, emotional and social development expert



Refuge encouraged my son to do the Tamariki (children's) programme. Everyone, including the school principal, has noticed a vast improvement. (Ex-client)



Group Work

Our Tamariki (children's) programme is approved by the Ministry of Justice.

Our group programme is available to all children five – twelve years old who access our service, but attendance of children named on Protection Orders is funded by the Ministry of Justice. The majority of children we support are not named on a Protection Order and therefore not funded to attend our group programmes unless we can secure sponsorship for them.

At Christchurch Women's Refuge we provide children a safe context in which to talk about, share and make sense of their experiences.

For many it is the first time that they realise they are not alone in their experiences and that a violent family home life is not all they can, or should, expect.

To ensure children attend regularly we provide transport for many children to and from the programme. Most Christchurch and North Canterbury schools have accessed our programme at some time and this has developed a high level of trust in our staff and the work they do.

Individual and Sibling Support

Children can receive individual or sibling support if that is more appropriate to their needs – the programme work will be similar.

Young men can also receive our support through individual sessions until they turn 18-years old.

Tomorrow's Adults

A child's mental, emotional and physical wellbeing, as well as their future, can be severely compromised or damaged by family violence.

Family violence is finally being recognised as a community issue, because family violence affects everyone in some way. We know that being a victim of family violence can lead to increased social, physical and mental health problems, as well as antisocial behaviours. Research indicates that children who experience, or even witness, family violence will have a higher rate of delinquency or criminality. Victims often also have an increased use of and need for social, legal and health services.

Our children and young people need to experience healthy behaviour within family relationships if they are to fully contribute to safe, healthy family units when they grow up. Without intervention, these children may otherwise grow to become tomorrow's adult victims or perpetrators. Sadly, many do.

“Children are the living messages we send to a time we will not see” John W. Whitehead

Sobering Facts:

- 75,000 children are known to witness family violence each year.
- Three-quarters of child homicides are of children under-five
- Children in their first year of life are most likely to be killed by a natural parent
- Each year approximately eight New Zealand children die of maltreatment
- New Zealand ranks third highest for incidences of child abuse out of 30 OECD countries
- 70% of child abuse cases are within a family violence context
- A baby was hospitalised due to abuse or neglect every five days last year



Both my kids did the course. They wanted to do it again and again. (Ex-client)