



Women's Support

MOTUEKA

CHAIR'S ANNUAL REPORT

JULY 2022

Kia ora koutou

It has been a whirlwind year for the new Board! We have worked hard at getting to know one another and the organisation, attending monthly meetings, and read countless documents. It has been an exciting and fast paced journey for us all so far and so rewarding.

Our focus has been on helping where we can to support the organisation move forward in its new direction. There have been a number of aspects to tackle including reviewing the Constitution, assisting with the rebrand and promotion of our services, liaising with external stakeholders and donors, and strengthening our relationships with other organisations in the community.

We have relied heavily on the assistance and expertise of Louise Petzold to get us up and running and a big thanks to her for her continued support. We also give thanks to the feedback and support we have had from all of the staff, and finally, a huge thank you to Maluz for her dedication, hard work and enthusiasm over the past year.

On behalf of the Board, we would like to say we are looking forward to an exciting new year for Womens Support Motueka.

Bridget Lummis

Chairperson



Annual Report July 2021 to June 2022

Tēnā koutou katoa,
Dear friends and supporters,

As we reflect on the past year, we are inspired by the growth and strength our organisation has experienced despite the challenges faced during these ever-changing times.

We were able to achieve remarkable things as we continue to strengthen our services and the programmes we provide to women in our community. Our team strives to give the best possible support to our clients, offering a flexible caring approach to fit their needs. Counselling, support, advocacy and crisis intervention remain our core services and to these we have included our Arts Therapy Group 'In Bloom' as one of our regular programmes, thanks to the support of our donors and funders.

Over the last 12-month period our support and counselling services experienced a moderate increase in referrals and cases related to family harm. The increase indicates a greater awareness of family violence in our community, as well as an understanding of where to look for specialist support. We know that there is still a lot of work to do when it comes to reaching out to people who are unaware they are in harmful or challenging situations. As a result, we are working on a community engagement programme with a focus on safe disclosures. This programme will continue to evolve and our aim is to establish a family violence prevention programme for our community with collaboration from other agencies and organisations.

Our services remained available throughout the lockdown and alert levels, allowing us to provide counselling, support and crisis intervention, both remotely and in person, to our clients. These services become a lifeline for women facing the challenges of the pandemic coupled with family harm, abuse and neglect. We adapted our services where necessary, with any adjustments made only after careful consideration of safety for our staff, clients and volunteers.

This year has seen us farewelling our collective members and some of our staff. We have also welcomed new members to our team. We are pleased to have three new staff members. In March, we welcomed Velia, Bachelor of Counselling, as one of our Case Managers and Counsellors. Mikayla joined us in April, she holds a Master of Arts and Gender Studies, and is stepping in as our Community Engagement Coordinator. We also welcomed Jo, a counselling student from NMIT, as she is completing her counselling placement hours with us and will join us as a Case Manager and Counsellor while one of our staff members is on leave.

In November, we launched our new name '*Women's Support Motueka*', logo and our first website! This was such a great project to work together on as a team. We chose the mānuka flowers as our logo; this flower not only has amazing healing powers but it is also an incredibly

resilient plant. The website features images from local landscapes, especially the Riuwaka Resurgence.

We continue to work alongside other organisations to ensure our clients get the best wraparound support available. This year we were approached by two organisations which are doing amazing mahi locally. Horses Helping Humans and The Wilderness Canoe Trust have offered their programmes to our clients. It is great to refer clients to organisations like these which offer additional support and healing enhanced by working with nature and in the outdoors.

Throughout May, we celebrated our 35th anniversary. This was a special occasion to honour our founding members. The local newspaper The Guardian Motueka featured this milestone and we had an afternoon tea with three of the founding members where we had the opportunity to hear about the stories of how it all started. It was a humbling experience for us all to listen to them and we are truly thankful for all their work.



We have completed the first year of our strategic plan 2021-2024. We have been working on strengthening our services and programmes, organisational systems, governance, collaborating with other agencies and enhancing the wellbeing of our staff, board members and volunteers. This is a critical part of everything we do as we acknowledge that by being well, we can be strong to provide the best service we can to the community. Among our goals for next year, we will embark on a deep policy review with emphasis on child protection as well as exploring new therapy methods to support the healing journey for our clients.

We wish to thank our staff and contractors who strive to give their best always and go above and beyond to support our clients. A huge thank you to our recently appointed board members, Bridget, Michaela, Chantell, Linda and Daniel for upholding the vision, mission and values of Women's Support Motueka to ensure all women and their families within our community are safe, well and empowered to meet their full potential.

Women's Support Motueka is privileged to have such a wonderful team. Your kindness, strength and tenacity keep our organisation strong.

Nāku iti noa, nā

Maluz Moreno
Manager

Our impact

Support

Our support team is comprised of four Case Managers. Over the last 12-month period our Support Service received 444 total referrals from wāhine (women) within our community. With 431 referrals being for women affected by or experiencing family violence/harm.

Women seeking our services or being referred to us are coming with more complex needs. The flow-on effect from the stress of Covid-19, the housing situation, job losses, and an overloaded mental health system are meaning the clients' needs are often more complicated and require more support.

We continue supporting clients in obtaining protection orders and providing advocacy when attending appointments with lawyers, Work and Income, Oranga Tamariki, the police and doctors. We offer crisis intervention when staying at home is unsafe or when they are at risk and emergency accommodation is needed. We work closely with other accredited agencies to provide wrap around support to the whole whānau.

This year, we chose to give a special treat to our clients during the International Women's Day. For this we contacted local businesses and charities to help us put together a gift pack containing not only amazing local produce but also inspiring and empowering messages written by past clients.

Counselling

Counselling was provided to 70 new clients during the year. Of this total, 30 clients completed their intervention. The total hours provided in counselling are 329 hours. The increase in referrals and hours of counselling can be attributed to the flow on effects Covid-19 has brought to people, heightening stress and fears.

Our counselling service consists of short-term therapy and long-term healing and prevention. Clients work with our counsellors for an agreed period (usually 6 sessions), however further sessions are available if necessary. We offer a flexible approach to our clients as many of them live very difficult situations and it is hard for them to commit to a set number of sessions.

**444 referrals received,
with 431 related to
family harm/violence.**

*Increase of 4% in total and
7% increase in family
harm/violence compared to
2020/2021*

**70 clients received
intervention through
our Counselling Service.
Total hours 329 hours of
counselling provided**

*Increase of 13% compared
to 2020/2021*

We work using Te Whare Tapa Whā, a Māori model of health reflecting the four dimensions of wellbeing developed by Sir Mason Durie in 1984. We use this model as an assessment regarding a client's wellbeing and health. Often, we will present this model to the client and ask the client to reflect on their own balance of health.

Women's Art Therapy Group - In Bloom

We have completed three courses of our Women's Art Therapy 'In Bloom' since we restarted it in May 2021. Twelve women signed up for the last two programmes (held in September 2021 and May 2022), however due to unexpected challenges some of them could not continue, and eight were able to complete the courses. The group is facilitated by Emillie, one of our counsellors who is passionate about art therapy and healing. The programme provides a safe space for women to come together to share a journey of self-exploration through a process of therapeutic art.

The clients attending the workshops were mostly clients receiving support from our service, however several of them were referred to us from other agencies such as SASH, Te Piki Oranga and Motueka Family Service Centre.

Our aim is for women who participate: to gain greater self-awareness and increased self-expression; to explore new ways of integrating life experiences; to facilitate a greater connection to self and others; to provide a sense of purpose; to introduce mindfulness through the creative process; and to increase the capacity for bravery. Our next programme is set to start in September 2022.



Pictured above: Some of the art crafted at In Bloom

Community Engagement

We ran the pilot for the Safe Disclosures workshop last November with attendance from members of Yellow Brick Road, Community Law and Family Start. Mikayla, stepped in as the Community Engagement Coordinator in March and since then she has been completing the development of the 'Safe Disclosures on Family Harm' workshops. The workshops are set to start in August and are targeted to community agencies and individuals such as hairdresser, barbers and bartenders who are likely to receive family harm disclosures.

The next phase of this programme is to develop a family harm prevention programme in collaboration with community organisations. This is a programme we are very excited about and we look forward to working with other organisations to help eliminate family violence.

Professional development and networking

Our staff continue to receive training in family harm, working with trauma, recognising and responding to grooming in children, healing through arts therapy, wairuatanga-spirituality in therapy, privacy and comprehensive first aid. All staff receive monthly individual and group supervision as well as cultural supervision.

Two of our counsellors are in the process of completing their full membership of the New Zealand Association of Counsellors. This is a great achievement and WSM is very happy to support this journey for our staff.

The support team participates in "Whitiwhiti Korero", which is a shared case management model whereby our organisation works together with other agencies in the family harm sector in Motueka.

We are members of Motueka Safe Families – a group of organisations and individuals that work together to raise awareness about family harm and promote community resilience. We are also members of Te Ohaakii a Hine – National Network Ending Sexual Violence Together.

Legal Status and Accreditation

Motueka Women's Support Link (also known as Women's Support Motueka) is an Incorporated Society since 1995 and is registered with the Charities Commission – registration number CC34846.

WSM holds a Ministry of Social Development Level 2 Accreditation. The next audit is due in March 2023.

Our supporters and donors

Special acknowledgment to the following contributors and supporters:

Ministry of Social Development

Oranga Tamariki

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Rātā Foundation

Ministry for Women

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Linda Hannan

The Good Bitches Baking

Riverside Community

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