

Spring 2007



Auckland
**Women's
Centre**

Auckland Women's Centre

Gossip

Contact us

4 Warnock St
Grey Lynn
Ph 376 3227
info@womens.org.nz
PO Box 78271
Grey Lynn
www.awc.org.nz

Centre hours

Monday to Friday
9am - 4pm

Library hours

Saturday 11am - 1.30pm

Thanks

To the South Auckland
Charitable Trust for funding
Gossip and
our community education
brochure.

Local Family Violence Awareness Campaign Launched

THE Auckland Coalition for the Safety of Women and Children launched a domestic violence awareness project on Women's Suffrage Day. At the launch, the manager of OKRA Café in Sandringham was presented with two pieces of artwork that included the message "we speak out against domestic violence".

The Auckland Women's Centre, with several other women's and preventing violence agencies, make up the Coalition. Working collaboratively has strengthened our understanding of domestic violence, each other's work and produced enriched outcomes.

The project is funded by the Government's Campaign for Action on Family Violence, which utilises television, a website (www.areyouok.org.nz), a 0800 Family Violence Information Line, a Community Action Toolkit and print media, urging New Zealanders to recognise that "Family violence – it's not ok".

Over coffee at Okra Café, Deborah MacKenzie spoke about the role of the project, "We want to encourage more conversation about domestic violence in our everyday spaces, like cafes and workplaces. New Zealand has shameful statistics for family violence. One in three women can expect to experience physical and sexual violence from an intimate partner in their lifetime. Wherever we are, there will be someone who is or has experienced family violence. It's

everybody's problem."

"Auckland City businesses are a site of influence and we are mainstreaming the message 'we speak out against domestic violence' by inviting businesses to display a piece of domestic violence artwork in a prominent place. We are also supplying employers with information on how they can support workers who might be victims of domestic violence."

The Auckland Coalition also lobbies for all victims of domestic violence to be kept safe and for all offenders to be held accountable. On the day of the launch, it was reported that Aucklander Nai Yin Xue had abandoned his three-year-old daughter in Melbourne and his wife, An An Liu, was missing.

The following day the Coalition was horrified to learn that the first time Nai Yin Xue came to the notice of the Justice sector, he was convicted in the Waitakere District Court for



a domestic violence incident and received no sentence. He was told that he would be sentenced if he offended again. During the incident, Nai Yin Xue had held a knife to his wife's stomach as she held their daughter in her arms and he threatened to kill her. The child was hurt in the incident. Every time a domestic violence incident results in no Court penalty, it sends a message that family violence is ok.

The Government must provide the Police and Courts with the tools and resources they need so that the Justice sector is always delivering the same message as the Government's Campaign for Action on family Violence: "Family violence – it's not ok".

Staff: **Teen Parent Service Coordinator:** Margaret Stewart, teenparent@womens.org.nz. **Young Women's Advocate:** Shelley Fraser, youngwomen@womens.org.nz. **Projects Coordinator:** Annalise Myers, youngparent@womens.org.nz. **Administrator:** Elizabeth Morey, admin@womens.org.nz. **Centre Coordinator:** Leonie Morris, akcentre@womens.org.nz. **Frontline and Programmes Coordinator:** Amelia Rothwell, info@womens.org.nz.

At the Auckland Women's Centre...

Therapeutic massage

Available for beneficiaries and other women on low incomes on Mondays between 9.15am and 2.30pm, for an hour-long session. Cost is \$25 for beneficiaries and \$40 for non-beneficiaries. Gift vouchers are now available – ideal as presents for Christmas.

ACC registered counsellor

Anthea Randell, an experienced sexual abuse counsellor, recently joined our team of professionally trained and supervised counsellors. A flat fee of \$35 is charged for ACC clients. For non-ACC clients, the fee to visit a counsellor is based on a sliding scale of \$30 to \$80 based on your income. A diverse range of issues is catered for. Please ring the Centre for an appointment.

Information and resources

The Centre has a large amount of information about services, programmes and activities offered in the community. We also have contact details for women-friendly doctors, lawyers, natural health practitioners and counsellors. Lesbian activities, events and

services are advertised and the *Tamaki Makaurau Lesbian Newsletter* is available.

Health services

With WONS: Nursing, Education & Health Promotion Services, we have now extended our smear tests and breast examinations service to include full consultations on women's health issues, such as menopause and PMS. Appointments are available at the Centre on Friday mornings once a month. Forthcoming dates are 19 October, 2 November and 7 December.

Library: new books available

Celebrate the arrival of spring by reading a book in the great outdoors. We have recently purchased many new library books including several health and well-being titles. New fiction includes Louise Nicholas' autobiography, *Heart of Darfur* by Kiwi nurse Lisa French Blaker, *Over* by Margaret Foster, *Inés of my Soul* by Isabelle Allende, *Rhythm* by Rebekah Palmer and *Suite Francaise* by Irene Nemirovsky. We have also been donated several great reads including many titles by the ever-

popular Janet Evanovich and Marian Keyes. It costs \$5 for beneficiaries and between \$10 and \$20 for non-beneficiaries to join the library per year. Books are issued for a month, and there is a library returns box in the alcove on the porch if you return books after hours.

As well as being open during the week the library is also open every Saturday from 11am to 1.30pm.

Book club – no charge

A place for women looking for good literature and good conversation. Ring 376 3227 for details.

Would you like to support the Centre to stay up-to-date with developments in feminist thought and research?

Please donate to a fund to enable two AWC staff to go to the Women's Studies Conference in Invercargill in February 2008. See www.wsanz.org.nz/conference%202008.html

Please post a cheque made out to the Auckland Women's Centre to PO Box 78 271 Grey Lynn, or phone for internet banking details.

Courses and workshops for you

Back again this term is a firm favourite, **Turn up the Volume** creative writing course. This course is tutored by Emma Farry, a very experienced tutor and published writer. The course uses a stream of consciousness technique to empower you to unlock your creative potential.

We also welcome the return of Wende Jowsey's wonderful 6-week course **Midlife, Menopause and Reawakening**. This is a truly empowering and inspirational course giving women the tools to enhance the potential of the second half of their lives.

Due to the success and high demand for all things crafty, we have decided to run another **contemporary craft workshop** this term. Come along and make your

very own decorations, cards and personalised presents just in time for Christmas, at **DIY Xmas!**

Calling all solo mums! We have a new **Mothering Alone** programme starting on 1 November. Share your experiences with other solo mums, get up-to-date information on benefits, parenting skills, budgeting and legal rights. This 7-week programme is free and includes free crèche facilities for your children.

Also on offer this term are our ever-popular **Art of Happiness, Coming Out, Girl2Girl**, and **Building a New Life After Separation**.

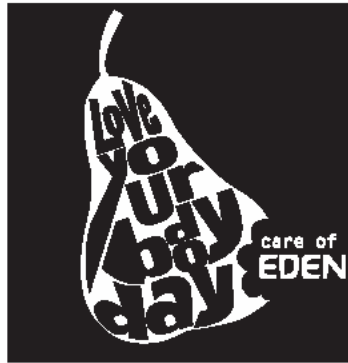
For more details go to our website: www.awc.org.nz or call 376 3227.

Celebrate Love Your Body Day with EDEN!

By Maree Burns, EDEN Coordinator

With research indicating that up to 80% of women and girls are dissatisfied with their bodies, it is high time that we had an event in Auckland to celebrate body diversity and promote body satisfaction. The Eating Difficulties Education Network (EDEN) has decided to adapt the Now Foundation's Love Your Body Day concept by introducing Love Your Body Day for the first time in Aotearoa New Zealand, this year on Wednesday, 17 October 2007.

In the current climate, there are very few opportunities to celebrate and appreciate our bodies as they are and to acknowledge the beauty and natural diversity of all body shapes and sizes. Research demonstrates that body satisfaction is a key determinant in healthy self-esteem and self worth for girls and women (and men). Crucially, positive body image helps to protect against the development of eating difficulties and eating disorders which is a growing problem for increasingly younger girls in Aotearoa New Zealand.



Increasing awareness

Celebrating LYBD on 17 October is a positive, engaging and proactive way to raise awareness of these issues and to promote body satisfaction. This inclusive and topical matter resonates across age groups and body sizes. These issues touch a huge number of women in our communities and we all have a responsibility to embrace diversity. The campaign has a dual focus of creating debate and increasing awareness about eating difficulties, and raising EDEN's profile and funds for EDEN's work, which currently does not attract any Government funding.

EDEN's Love Your Body Day will be an afternoon of fun for people to congregate in Aotea Square in Auckland where they can contribute to a large mural of what they think real beauty is. To keep up to date on this Love Your Body Day event please check www.eden.org.nz/eden_love_your_body.html.

EDEN has also created three gorgeous Love Your Body Day t-shirts, which are being sold online. Anyone wearing one of these t-shirts on the day in Aotea Square will be in to win a prize. Spot prizes will also be available

to win for people participating in painting the mural. To view or buy a t-shirt now please go to:

www.productville.co.nz/shop/index.php?cPath=97_148

About EDEN

EDEN is a not-for-profit community organisation operating out of premises in Westmere. The agency has been in operation since 1990 and is the only community organisation north of Wellington dedicated to working with eating issues on a self-referral basis. EDEN provides services to those concerned about their own or a loved one's eating difficulty, and also works in the community to promote body satisfaction and prevent disordered eating.

EDEN was established in response to a significant gap in the availability of information, support, referral and education services for disordered eating in the greater Auckland area. Importantly, EDEN recognises that eating issues arise in societies and sociocultural contexts in which prescriptive beauty and body ideals (especially for women) are promoted, and where diversity in body size and shape is disparaged. EDEN considers eating and body image issues cover a wide range of problems that are not only confined to anorexia or bulimia, but can include difficulties such as body dissatisfaction, yo-yo dieting, over-exercising and eating past fullness (or binge eating). EDEN believes it is important to offer support and information for all of these problems and to provide early intervention services, rather than waiting until the problem has reached clinically significant levels. Body image and eating difficulties in all their forms cause anguish and distress and EDEN aims to be responsive to all those experiencing these problems.

Body satisfaction is a key part of healthy self-esteem and self worth for girls and women, and helps to protect against the development of eating difficulties

EDEN is actively involved in health promotion. These services include a school programme that involves working with staff, students, curriculum, parents, policy and community networks to ensure the school is promoting body satisfaction all students. In addition, EDEN is involved in training health professionals, presenting at conferences, and producing resources.

Please see www.eden.org.nz for more information.

WELL WOMEN'S CLINIC

Free

Cervical smear tests for women:

- ? Who are due for a smear test and are Community Service Card holders
- ? Who have not had a test in five years.

Advice

On managing periods, PMS, menopause, stress and incontinence using natural remedies, diet and lifestyle

Consultations \$45 (½ hour)

Clinics once a month at Auckland Women's Centre, Ph: 376 3227 and all Auckland areas

**For more information
phone 523 0263**



*Nursing, Education and
Health Promotion Services*

Teenagers as mothers

'If I didn't have my baby, I don't know where I'd be: Teenagers as mothers'

This paper by Barbara Collins, Principle Analyst, Ministry of Social Development (MSD) was presented to an agency gathering at the Auckland Women's Centre in September. Below is an extract from a summary of the paper on the MSD website:

This paper reports on a study of how young women view and experience teenage motherhood. Contrary to public views, and while recognising the challenges, they see themselves as good mothers. Some regret early pregnancy, but they do not regret having their babies. Most feel their lives are very much better than before they were pregnant, and motherhood becomes the motivation to abandon damaging lifestyles. Many have a new sense of purpose, and see hitherto unimagined possibilities for themselves and their children.

Unresponsive systems

Their optimism is often dispelled, however, when they encounter unresponsive systems and social stigma. These prevent the development of supportive connections and access to the resources that would help them realise the outcomes they seek.

The paper suggests ways in which public concerns about teenage mothers might be better harnessed to develop policies connecting them to social institutions, supporting them in their parenting role, and developing their capacities in ways that result in enhanced social and economic outcomes for teenage mothers and their children.

Barbara's research on teen parents informed an MSD initiative providing eight Teen Parent Service Coordinators throughout the country. One of these Coordinators is based at the Auckland Women's Centre. As well as discussing Barbara's research, the agency meeting also explored what successful interventions with teen mothers might look like.

Those that missed this meeting are encouraged to read Barbara's excellent paper at www.msd.govt.nz/events/conferences/social-policy-04/papers-presentations/23.html



\$20

Saturday 1 Dec
10:30am - 4:30pm

DIY Xmas

Come and make your own Xmas decorations, cards and personalised presents!

You will get the chance to learn hand-sewing techniques and how to apply your skills using felt!

Book now! Call us on 376 3227