

Summer 2008



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.

# 'World of Difference' Award

Congratulations to Annalise Myers who has received a 'World of Difference' Award from the Vodafone New Zealand Foundation to work as the Team Leader of our Teen Parent Project.

Annalise has worked at the Centre for two years on our SKIP Project — promoting positive parenting with teen parents. Our Teen Parent Project has grown rapidly and we are grateful to Vodafone for this opportunity to consolidate the project.

Annalise's time will be dedicated to supporting staff who are working with teen parents, exploring new work models, implementing a strategic plan and applying for funding to ensure the sustainability of the Teen Parent Project. For monthly



updates of Annalise's work check, her blog on the Vodafone Foundation website.

## New Young Women's Advocate Appointed



We are thrilled to have Tauafu Fonua Moala join our team as our Young Women's

Advocate. Tauafu has considerable community work experience with the Tongan Youth Trust, the Tongan Methodist Church and as a youth talkback host on Niu FM. She is part-way through a Bachelor of Arts majoring in social science and philosophy. Tauafu is passionate about equality for all and

providing non-judgmental support to youth to help them build better lives for themselves.

Taufu's role involves organising and co-facilitating our Young Mothers Support Programme, providing advocacy for young women through our Information, Referral and Advice Service, providing some administrative support to the agency, and supporting the Coalition for the Safety of Women and Children.

Our previous Young Women's Advocate, Shelley Fraser, has become our SKIP Project Coordinator.

## Courses and Groups

This term we are offering a new knitting course aimed at women who want to learn the skills of the old traditional craft of knitting but use them in a contemporary and innovative way.

The tutor, Margaret Lewis, ran a knitting workshop last year at the Centre and received very positive feedback.

In April, Joan Prairie, one of our experienced counsellors is delivering her

very popular one-day 'Building a New Life After Separation' workshop.

Available again this term are our weekly Hatha yoga and yoga/pilates/stretch classes, our monthly book club and our twice monthly contemporary craft group, 'Craft Grannies', and more.

For details check out our community education brochure or our website.

**Staff: Teen Parent Service Coordinator:** Margaret Stewart, teenparent@womens.org.nz  
**Young Women's Advocate:** Tauafu Fonua Moala, youngwomen@womens.org.nz  
**SKIP Project Coordinator:** Shelley Fraser, skip@womens.org.nz  
**Team Leader, Teen Parent Project:** Annalise Myers, youngparent@womens.org.nz  
**Administrator:** Elizabeth Morey, admin@womens.org.nz  
**Centre Manager:** Leonie Morris, akcentre@womens.org.nz  
**Frontline and Programmes Coordinator:** Amelia Rothwell, programmes@womens.org.nz

# SKIP and AWC Help Connect Teen Parents

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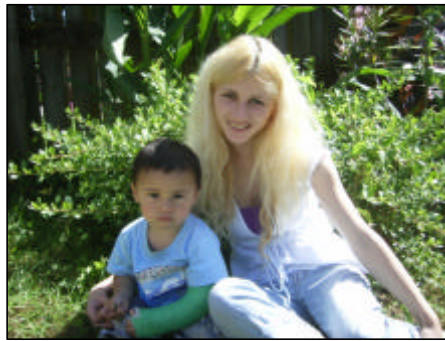
The Auckland Women's Centre and SKIP (Strategies with Kids, Information for Parents) are thrilled to embark on our fourth year of a partnership which allows us to connect young mothers across Auckland and spread positive parenting messages.

The shared aim of our projects working with teen parent families is to equip parents with the resources to feel confident about parenting positively, and to encourage loving and nurturing relationships.

Becoming involved with SKIP and the Centre has made a big difference for Michelle (20). "It's heaps of fun because you get to meet lots of other young parents", Michelle explains.

Michelle was encouraged to join the SKIP Positive Peer Champions on the advice from her local Young Mother's Support Group leader in West Auckland. Since then, she has taken part in SKIP open community events such as a morning at Balmoral Playcentre to introduce new mothers to positive and interactive learning through

Playcentre; Skip•a•latte, a coffee and story event to promote reading and peer relationship building; and our Christmas event last year which celebrated the achievements young mothers and their children had made throughout the year. As well as providing mothers with helpful



parenting information and positive peer interaction, a strong focus of the SKIP programme is to encourage affirmative learning experiences for children. This has been of major benefit to Michelle's son, Tyson (18 months).

"Tyson gets to play with lots of other kids, which is great because he is normally by himself."

By participating in SKIP events and activities, Tyson has been able to

interact with other children his own age and build valuable social skills.

"The kids in our neighbourhood are all a bit older, and he is normally pretty quiet with them around. But when we come to the Women's Centre and he gets in with the other kids, he's more himself".

This year SKIP and the Women's Centre will be hosting numerous activities in the Auckland area for young mothers and their children, including open community events, one-off workshops, a network for agencies and professionals working with teen parents, our popular Young Mother's Support Programme, and newly-established parenting seminars in the West and East Auckland areas.

Michelle is eagerly looking forward to our second event on Sunday 2nd March, when SKIP will encourage young families to engage with their local community by attending Toddler Day Out at the Waitakere Trusts Stadium.

If you, or a young mother you know, is interested in becoming involved with SKIP please text Shelley on 021 0271 1330 or ring 376 3227.

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## 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.

### Free Mammograms

From 10 March to 2 April the Mobile Breast Screening Unit will be operating from the Auckland Women's Centre. Mammograms (breast x-rays) are the best way of picking up very early breast cancers, and the Government provides free

screening for women aged from 45 to 69. To make an appointment please ring 0800 270 200.

### Health services

With WONS: Nursing, Education & Health Promotion Services, our smear tests and breast examinations service includes full consultations on women's health issues, such as menopause and PMS. The next clinic is on Friday 28 March. Appointments are essential.

### Library: new books available

We have recently purchased many

new library books including *Keeping the World Away* by Margaret Foster, *Luminous* by Alice Tawhai, *Run* by Anna Patchett, *Orphan Gunner* by Sara Knox, and *The Road Home* by Rose Tremain. 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.**

# Child Sexual Abuse Endemic in NZ

By Janet Fanslow, Faculty of Medicine and Health Sciences, University of Auckland

A recent large scale study of violence against women in New Zealand has provided further information on the occurrence of child sexual abuse (CSA). The study interviewed almost 3,000 women selected randomly from Auckland and the north part of the Waikato. On average, one woman out of four reported that she had been sexually touched, or made to do something sexual she didn't want to do, before she was 15 years old.

Half of those who experienced CSA reported that it occurred once or twice, 27% "a few times," and 23% "multiple times." The most common age of the girl when the CSA started was nine years old, with the age of the abuser most frequently estimated as 30 years. Most women reported that they had been sexually abused by only one perpetrator (83%), but 14% had been abused by two people, and 3% abused by three or more people.

Where the gender of the perpetrator was identified, 97% of offenders were male. Eight-six percent of male perpetrators were family members. Uncles were the most commonly identified perpetrator (24%), followed by brothers (14%), fathers (13%) and step-fathers/mother's boyfriend (9%).

Of the offenders that were identified as female (13 of 622 offenders), most were family members. Maori women experienced CSA at higher rates than Pakeha

women, but the rates were unacceptably high for all New Zealand women of all ethnicities.

The findings from this study were comparable to New Zealand studies of child sexual abuse reported in the 1980's and 1990's. This indicates pretty clearly that rates of child sexual abuse are unlikely to change without concerted action on our part. A range of strategies are likely to be needed, including educating parents and caregivers about strategies for keeping their children safe, teaching children about good touching and bad touching, and how to get help if they need it. Another component that has been missing is teaching caregivers and communities to be aware of sexual offending behaviour and opportunities to offend.

We also need to look at the messages we are sending men and boys about sex and power, and the wider societal context we are creating, where images of young girls are increasingly sexualised.

To get help with concerns about child sexual abuse, contact Auckland Sexual Abuse Help ph 623 1700. To learn about prevention strategies, contact Rape Prevention Education ph 360 4001.

The Government has set up a Taskforce for Action on Sexual Violence and is working closely with the National Network Ending Sexual Violence Together (NNEST). Let's ensure they are both supported and challenged to keep this issue on the table for New Zealand.

Full details of the study on child sexual abuse are reported in: Fanslow JL, Robinson E, Crengle S, Perese L: Prevalence of Child Sexual Abuse reported by a cross sectional sample of New Zealand women. *Child Abuse and Neglect* 31 (2007) 935-945.

**"We also need to look at the messages we are sending men and boys about sex and power..."**

## Taking a stand against sexual abuse

The Auckland Women's Centre acknowledges and celebrates the extraordinary bravery and tenacity of Louise Nicholas in her search for justice. We encourage all New Zealanders to read her memoirs, **Louise Nicholas: My Story**.

Below is part of a review of Louise's memoirs from the Auckland Sexual Abuse HELP Foundation December 2007 Newsletter. "Louise tells the full story of all the abuse that she suffered at the hands of New Zealand policemen. It's a touching and disturbing story of a rural New Zealand upbringing torn apart by callous and inconceivable treatment at the hands of the 'town heroes'. Parts of the story will be familiar to those who

have followed the cases, but the impact of reading it from end to end is profound. Add to that Phil Kitchin's descriptions of his exhausting efforts to break the veil of silence and there is no doubt that this is a historically significant New Zealand book. On behalf of all survivors of rape and sexual abuse, it destroys the myth that New Zealand is an inherently safe place to live and bring up children. At the same time though it reaffirms the value of believing in oneself and fighting for justice even against the odds."



Memorial service  
to remember  
**Eileen Foley**  
and all women who have been killed or  
harmed by domestic violence in  
New Zealand



**awareness through remembrance**

live music and finger food provided

Speakers: - Christina Puszta, Eileen Foley's daughter and the  
Director of Supportline Women's Refuge  
- Sue Bradford, MP

Honouring International Women's Day  
Friday 7 March, 6.30-8pm

Tahaki Reserve, entrance on Mt Eden Road, opposite View Rd  
The Auckland Coalition for the Safety of Women and Children

## More employment rights for caregivers

On 1 July this year the Employment Relations (Flexible Working Arrangements) Amendment Act will come into effect. This will provide an employee who is looking after a family or whanau member, a statutory right to request flexible working arrangements, and create a statutory duty for employers to consider such requests seriously and seek to accommodate them. The Act is based on UK legislation which is working very well.

Feminists have lobbied for years for employees to have the right to balance their personal life with their paid work commitments. Of particular concern to feminists is the toll on women caused by juggling the competing demands of paid employment and caring responsibilities.

### Coalition's hard work rewarded

Sue Kedgley, Green Party MP, championed the legislation and established the Coalition for Quality Flexible Work. The Coalition, of more than 50 professional, business and community groups and trade unions, created a website full of resources, produced numerous fact sheets and media releases and lobbied MPs. The work of the Coalition was decisive in the Bill becoming law.

### National Party opposes legislation

National and Act opposed the Bill, arguing that it was unnecessary and that working conditions were best sorted out in negotiations between employers and employees. However, research has shown that fear, real or perceived, is a difficulty that some workers face when asking for flexible work, making it hard for them to approach their manager. Although some employers already offer flexible working hours, many do not, and the right should be available to all employees not just for those who happen to work for progressive employers.

### National Party not moderate, despite its claims

The Act is very temperate providing employers with several grounds on which they can refuse requests. Even the British Conservative Party is a staunch supporter of the UK flexible working hours legislation. The fact that the National Party voted against the legislation puts the lie to their election year claims to be a moderate party.

### Law should be extended to all employees

The Act provides for a review in two years, which includes a recommendation on whether the right to request should be extended to all employees. It is important to work now to encourage women to understand their rights and to lobby for the extension of the provisions in the future.

## 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**