



Wellington Sexual Abuse
HELP Foundation

Annual Report 2018

About Us

In a world where one in three girls experience some form of unwanted sexual experience before they are 16 years old, one in four women experience a serious sexual assault, one in six men and half of transgender and disabled people experience sexual abuse, it's imperative that there are places survivors can go to get the help they need to recover and heal.

Wellington Sexual Abuse HELP Foundation is one such place. We support people of any age, gender or sexuality who have experienced sexual abuse or rape. We provide a 24 hour, seven-day a week support line, specialist social work, counselling and other therapy services. Our wrap-around services are provided at no or very little cost to clients, their families and whānau.

HELP also works closely with our partners in the sexual abuse and prevention community to raise awareness of sexual violence and reduce its impact on families and communities.



Our Vision is A World Free From Sexual Violence

It is such a simple statement but behind it lies the pain of those people who have been harmed. The effects of sexual abuse can be long ranging and life threatening. Survivors often report feelings such as shame, terror, and guilt, and that their bodies are not their own. Many blame themselves for the assault. Due to trauma and negative emotions linked to sexual abuse many experience mental health conditions such as depression, anxiety, post traumatic distress and personality changes. Survivors may find it challenging to form healthy attachments with others. They are more likely to become addicted to drugs.

Sexual abuse does not only leave psychological scars. It can also have long-lasting health consequences. A person who is assaulted may sustain severe physical injuries. Others may experience chronic pain. Some survivors experience sexual dysfunction and fertility issues. Others may develop sexually transmitted infections.

The journey to healing can be a long one. Many survivors report their recovery is never quite complete. Immediate crisis assistance after sexual assault has proven invaluable and can save lives. But the thing that seems to be most helpful to their recovery is access to counselling and other services. It is vital that those who experience sexual abuse get the help they need so they can recover from the assault and return to living full and productive lives.



Specialist Help

HELP has been working with survivors of sexual abuse in the Wellington region since 1985. Our dedicated team is backed by a community of people who support us. Although there are a number of social services that offer counselling for those who have experienced sexual abuse, there are very few organisations in the greater Wellington area that specialise in these services, and no others that provide 24/7 support. Wellington HELP provides an essential service to people at a time in their lives when they are most vulnerable.



Our Services

In the last year, HELP provided the following services :

24/7 support

- 228 people received support for recent rape, historic rape or sexual abuse, including support during Police and medical processes and emergency counselling services

Social work support, information and advice

- 658 new clients sought support or information to deal with the impact of sexual violence for themselves or for their families/whanau

Counselling services

- 307 people received ongoing counselling services for dealing with the impact of sexual violence on their lives

Education and prevention

- 28 workshops/presentations were delivered in the community, reaching 599 people.



Message From Our Chair and Chief Executive

It has been an inspiring but challenging year for HELP.

Inspiring because we were able to help so many people throughout the year. The impact of the #metoo movement has brought the issue of sexual abuse to the fore. We are optimistic that as a result, this movement will bring long term change to attitudes and behaviours in a society where the incidence of sexual and domestic abuse is too high – and simply unacceptable.

We have seen another spike in the number of people who are seeking help from us this year. This has put pressure on our services, especially our incredibly hard working staff and contractors, who are managing high demand under huge pressure. We want to thank them for hanging in there through these tough times.

However we are heartened that #metoo has empowered survivors of sexual abuse to come forward, tell their stories and seek help. We will never turn anyone away.

One of the greatest things about HELP is the strength of the community that supports us. Our Board has developed a strategic plan that will ensure that our organisation is able to continue to help survivors of sexual abuse. The new plan articulates clearly our purpose and sets out our priorities so that we have clear goals to work towards. Our community and friends of HELP have stepped up and helped us in so many ways this year - to them we are truly grateful.

HELP got in behind the move for Wellington City to become a family violence and sexual violence free city. It was heartening to see the Council prioritise this work by creating a new portfolio, allocated to Councillor Fleur Fitzsimons, to address this need. Our submission on the Council's long term plan included the idea of developing a programme of work towards achieving safe city accreditation. We believe Wellington can take a lead role in this and be a model for other parts of New Zealand.

Our year has also been challenging as we sought to fill the shortfall in funding so we could meet the demand for our services. HELP relies on government and philanthropic grants for its operation. This past year we had to raise \$240,000 to meet the gap in funding so we could continue to deliver our vital services. To address this, we embarked on a comprehensive fundraising campaign, turning to our community and local businesses for support. This was hugely gratifying. So many Wellingtonians believe in the work we do. With your ongoing support we are looking forward to a future where HELP, and all the people we serve, are able to thrive, not just survive.

Sarah Tocker
Chair

Conor Twyford
Chief Executive

Our Year in Highlights

November 2017: No Apologies Art Exhibition at Thistle Hall and on Trade me. 32 artists exhibited including Sian Torrington, Danielle Burns, Jack Trolove, Fiona Partington and many more

December 2017: Became part of the Good Registry

February 2018: Run for HELP. Over 70 runners joined the HELP team to raise funds

February 2018: HELP stall at the 32nd Out in the Park Wellington Pride Week fair

March 2018: Ride for HELP. Paul Ash and friends Trina and Tessa set off to ride the 3,000 kilometre Tour Aotearoa, starting at Cape Reinga and finishing at Bluff, raising funds for us as they went

March 2018: Garage Sale for HELP in Paekakariki

April 2018: #metoo #wetoo tee-shirts designed by the NOPE sisters prove popular with funds going to HELP

April 2018: Paul Ash and friends told the story of their ride at an event in Wellington

May 2018: HELP filed their submission to the Wellington City Council on a sexual violence free Wellington

May 2018: Art exhibition at the Southern Cross by artists Irena Stenner and Janie Nott

May 2018: Yoga fundraiser by Zuri Brudenell, and Theresa and Brodie Joyce. Movie fundraiser – Han Solo





May-June 2018: HELP's Annual Appeal

What an Appeal it was! Our whole community mobilised for what was a fantastic month supporting HELP. We had morning teas, (staff from the Ministry of Justice alone held eight of them and raised nearly \$2,000), movie fundraisers, raffles, Trade Me auctions, baked potato sales, cake sales and so much more. All culminating in our street appeal on June 22 – 23. 140 volunteers collected over \$14,000 from street donations. The response was fantastic as Wellingtonians supported HELP – overall we raised nearly \$30,000.



July: Movie fundraiser – Mamma Mia

August 2018 - Wellington Women's Lawyers Association movie fundraiser on the life of Ruth Bader Ginsburg

September 2018: Walking the streets of Wellington to mark the 125th anniversary of Suffrage Day

Thank you

A huge thank you to our HELP community for all the time and resources you have donated to HELP this year to enable us to continue to stay afloat and provide services to survivors of sexual abuse and rape. We truly appreciate what you have done for us.

Thank You to All Sponsors



Thank You to Appeal Sponsors

Thunderpants	Higher Self Yoga Studio	Central City Labels	Supreme Coffee
Laser Force	Duppa Bar	Sweet Mother's Kitchen	Flight Coffee
New World	LUSH	Eva Beva	Wishbone
Absolute Therapy	Shazia Gazi	People's Coffee	Whittaker's
Rotorua Canopy Tours	All Good Organics	Felix Cafe	Wellington Vasectomy Clinic
QT Museum Hotel	Ceinwen Curtis	BATS Theatre	Melanesian Women's Group



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