



Kia ora firstname

Hope you've been keeping well and enjoying the scorching summer days over the last two months, despite the rocky Red Light start. Although 2022 promises to put Kiwis further to the test with the arrival of Omicron to our shores, we at HELP remain focused on providing our vital services to support survivors whenever they may need them, and preventing sexual abuse in the community.

This year, we will be commemorating HELP's 40th year anniversary since the organisation's founding in 1982. It's a bittersweet celebration, not only because of the pandemic, but also because sexual abuse and violence continues to affect more people every year.

While the world has changed, our mission to end sexual violence remains the same, and we hope the new national strategy, Te Aorerekura, will work alongside organisations such as ours to make significant strides towards this goal in the years to come.

We also cannot highlight enough the impact of you, our supporters, in keeping HELP's work going.

Read on to see what your contributions have enabled us to do over the last year, and exciting developments at HELP.

Thank you for your continued support; it really means a lot for the survivors we support.

- Kathryn McPhillips, Executive Director



Call 0800 623 1700 if you need help

HELP
Preventing sexual abuse.
Supporting survivors.

**2021
IMPACT**



18,663
crisis calls,
emails and
texts



101
court
support
sessions



6,097 therapy
sessions
373 clients

WE CAN KEEP SAFE



35 early learning
centres

940 children

390 caregivers
and staff



5,057
website visits

29,739
social media
reach



ACHIEVEMENTS AND ADVOCACY

On December 20th, the Sexual Violence Legislation Bill passed its final reading.

This has been an unexpectedly long road since its first reading on 14 November 2019, but lobbying has supported most of the key changes to reduce retraumatisation of victims of sexual violence being passed into law.

These include:

- extension of the rape shield to prior sexual activity with the defendant
- extension of communication assistance
- improved judicial direction
- the requirement that the judge intervene with questions they consider to be improper, unfair, misleading or too complicated

The latter is a highlight particularly for child complainants.

Changes to trial process are also needed to reduce retraumatisation further, but this is a significant step.



SUNNY SKIES AT THE ASB AUCKLAND MARATHON

It was an early start and a blazing hot day for all the runners supporting HELP who were able to make it to the ASB Auckland Marathon on Sunday 23 January.

Well done and thank you to all our supporters who managed to raise just over **\$7,000** to support survivors of sexual abuse! A superb effort.

A few comments from our runners:

"Glad I can help support such an amazing cause."

"I think it's fantastic what HELP are doing."

"A scorcher of a day, heaps of happy people and it looks like we managed to outrun Omicron by less than 24hrs! Most importantly, we've ended up exceeding our fundraising target for HELP... thank you so much everyone!"



RUN ROUND THE BAYS YOUR WAY

Round the Bays 2022 has gone virtual! While many (including us) are disappointed that we can no longer get together in person for this community event, going virtual opens up an opportunity for more people to join in who might not have been able to previously, even people overseas!

Run Round the Bays your way by picking your own 8.4km course in your local neighbourhood or place of choice. Register and download the app. Choose a day; you have a week from Sunday 6th March to Sunday 13th March to complete the distance.

Just over a week to go! We're still looking for walkers and runners to sign up and fundraise for HELP.

Rally your family and friends and give your support so survivors of sexual abuse can continue to get the help they need when they need it.

For more information, head to roundthebays.co.nz or email Ro at fndrseassist@helpauckland.org.nz.

Sign up for Round the Bays Virtual

**INTERSECTIONALITY
AND DIVERSITY AT
HELP**



Last year saw some new faces in HELP's growing team, one of whom is Angelo Libeau, our new liaison for the LGBTQIA+ community within the Crisis Services team.

As sexual violence impacts on people of all gender identities and sexual orientations, HELP is developing a wider understanding of how the rainbow community experiences the world and may be exposed to sexual violence.

Angelo says, *"It is an exciting time to join the team as the Rainbow Community Lead for HELP Auckland... up until now in Aotearoa there have been no effective targeted sexual violence initiatives that exist to reduce violence enacted upon or occurring within rainbow communities. My hope, being part of the team, is to support [HELP] to not only provide rainbow affirming services, but to also deepen our relationships with rainbow organisations who share our kaupapa.*

2022 will be an exciting year for intersectional approaches to violence prevention - and HELP will be sure to be part of these positive developments into the future - a move I am personally incredibly proud of and excited for."

THANK YOU AND FAREWELL TO CAROL- ANNE WEAVER

After an amazing 12 years, our Senior Youth Therapist, Carol-Anne said goodbye to HELP at the end of 2021 to spend more time with her family as she welcomes the arrival of her first grandchild.



We want to thank Carol-Anne for her creativity, her care and her enthusiasm in supporting young people in therapy, and especially in leading Dear Em.

With her iconic pink hair, Carol-Anne will be sorely missed, and we wish her much laughter and many sweet memories as a new grandmother.

"I have thoroughly enjoyed working here and appreciate all the opportunities [HELP] has given me. It has enabled me to work alongside some amazing women and young people who have influenced the person I am today. During my time here, I have seen HELP become more visible within the community, which is something that I feel is important; it helps to bring awareness and opens conversations within the community." - Carol-Anne

Make a gift to support survivors of sexual abuse

Follow us for more updates



HELP provides professional and specialised support services to survivors of sexual abuse and assault.

Supporting the Auckland community since 1982, HELP works to empower women and children recovering from the effects of abuse and educates the community on preventing sexual abuse in the future.

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HELP is a registered charity. Donations \$5 and over are tax deductible.
Charities commission no. CC23863

Our mailing address is:

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