



0800 623 1700 is our 24/7 phone number for support services

Kia ora smartname,

I hope you are keeping well this Winter, and are looking forward to a restful and rejuvenating Matariki spent star-gazing with family and friends. I for one am looking forward to a relaxing long weekend, with time to learn more about the meaning and significance of Matariki!

The last two months have been a busy time here at HELP. We've just wrapped up our Do Something HELPful in May campaign, raising a cool \$33,779 so far. The Flourish Project are still selling some super snug sweaters as part of their fundraising efforts, [you can see them here](#). Thank you so much to everyone who helped us by coming up with some awesome initiatives to raise money, and to everyone who donated. Your support has helped to fund over 100 therapy sessions, provide 24/7 phone assistance, as well as support in court, medical appointments and police interviews.

We've had several new staff members join the team; Sarah McKenzie has joined the fundraising team as our Communications & Events Manager and Sue Larma as HR advisor to assist us in taking care of our ever-growing team.

I feel that it is important this month to acknowledge that there have been some disheartening stories playing out in the media for survivors, both of sexual and domestic abuse, and women in general. The Amber Heard vs Johnny Depp case is one of them. as well as Roe vs Wade in the United States setting back the narrative for survivors' and womens' rights. Here in New Zealand, we are awaiting the Supreme Court ruling on the October 2021 appeal in the Peter Ellis case. This could have a

profound effect on survivors of child sexual abuse. [Here is a recent article published in the NZ Herald](#), which reminds us of the exceptional difficulties and trauma faced by the survivors of this case.

After 40 years we continue to be reminded that our work in the community is far from over. Our anniversary serves as an interesting paradox where we do not celebrate nor commiserate, rather we reflect on the work we have done, where we have come from, and what we are yet to achieve. The mission of HELP continues to be one which aims to provide immediate and ongoing support to all women and children who have experienced any form of sexual abuse. This can be physical, but also in verbal and online cases of 'sextortion', 'revenge porn', and other forms of sexual harassment.

I don't want to paint a dire picture of where we are - there are numerous positive steps being made! We are feeling hopeful and enthusiastic about the Government's Te Aorerekura National Strategy to Eliminate Family Violence and Sexual Violence, spearheaded by Marama Davidson. [Have a read of the framework here](#).

Looking ahead to the next two months, we are very busy with fundraising for this year's HELPathon as part of the Auckland Marathon on the 30th of October, 2022. We are offering some awesome perks (including free entry) to anyone who can commit to raising \$1k for HELP. If you're up for the challenge of becoming a Charity Superstar, you can [see more info on signing up here](#). We are also in the process of launching our HELP & Soul and 40th Anniversary events in September and December respectively. Did I say it's a busy year?

Wishing you and your loved ones a safe and restorative long weekend.

- Kathryn McPhillips, Executive Director



DO SOMETHING HELPFUL 2022 RESULTS



Ro, Sarah and Unite the Community through Dance at their Latin dance event series.



James Dobson, Sofia Acarapi and Brinelle D'Souza with their prizes for best fundraising team.

And that's a wrap for Do Something HELPful in 2022! We are absolutely thrilled with the incredible result of over \$33k raised - one of our best efforts yet. It's particularly heartwarming to see after a difficult couple of years in fundraising, with the impact of Covid hitting many small charities like ours hard. Thank you so much to our incredible fundraisers for thinking of new and innovative ways to raise money for HELP. And to everyone who donated, your support means so much to us - THANK YOU!

Congratulations to the winners and runners-up of the individual and team Do Something HELPful campaigns...

Individual Campaign Winners

- 1st place: Andrew and Angel, who raised \$3,720 by asking their peers for donations and then matching that amount.
- Runner up: Kelly and Unite the Community through Dance, who raised \$1,977 by hosting three Latin dance events.

Team Campaign Winners

- 1st place: Brinelle's team of 20, who raised \$3,350 by all doing their part to support Brinelle, who is a survivor.
- Runner up: the Flourish Project, Laura and Millie, who raised \$806 through a raffle and sale of their sweatshirts.



SIGN THE PETITION

There are only 56 days left to sign a petition to the New Zealand Government to amend the Children's Act 2014 to better protect children from abuse.

"New Zealand ranks 35th out of 41 developed countries for child wellbeing outcomes and a child dies every five weeks in New Zealand from family violence. In our view the child protection clauses in the Children's Act 2014 are too narrow and weak to be effective and urgently need a review to better protect our children."

[**Sign the petition & find out more!**](#)

VOLUNTEER WEEK (19 - 25 June)



It's Volunteer Week this week! To celebrate the work of those who so kindly donate us their time, energy and skills, we thought this would be a great space to give them a shout out and let you meet them. Ina Babic is one of those incredible people - she supports our fundraising team with social media and content creation. Thank you for all that you bring to HELP Ina!

"I have been volunteering for HELP for about 3 months, working on social media strategy and execution. I have found the experience very rewarding. I believe we can make a real positive change in society through the power of social media by raising awareness about sexual abuse and how to prevent it as well as support the healing journey of survivors."

- Ina Babic

RUN FOR HELP IN THE HELPATHON 2022



HELP is calling for runners (of all distances – long or short) to join us in raising awareness and money to continue our crucial work. Whether you choose to run for your mother, sister, daughter, son, or yourself, sexual abuse is an epidemic that

affects everybody in the family and wider community. Your support would mean the world to us and the people we help.

'START FUNDRAISING' for HELP by clicking 'APPLY NOW'. HELP has 12 exclusive Charity Superstar places to give away to extra-special runners who can commit to raising a minimum of \$1,000 for the cause. These superstars will receive FREE ENTRY to the event plus a bunch of other amazing perks. If you have any questions, please don't hesitate to contact Sarah:

s.mckenzie@helpauckland.org.nz.

[Apply Now!](#)

THANK YOU TO OUR RECENT FUNDERS

Thank you to the following fabulous funders for grants to support our therapy services and general operations:

Blue Sky Community Trust

Four Winds Foundation

Trillian Trust

Lion Foundation

Blue Waters Community Trust

Akarana Community Trust

Rano Community Trust

Dragon Community Trust

We greatly appreciate your amazing support!

[Donate to support survivors of sexual abuse to heal](#)

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.

Copyright © 2021 Auckland Sexual Abuse Help Foundation Charitable Trust, All rights reserved.

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

Our mailing address is:

PO Box 10345, Dominion Road, Auckland 1446

Want to change your subscription preferences?

You can [update your subscription here](#).

No longer want to receive emails from HELP?

You can [unsubscribe here](#).