

Shakti Community Council Inc.





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MESSAGE FROM THE CHAIRPERSON





Welcome to Shakti Community Council's 27th Annual General Meeting.

Over the last three years, due to the COVID -19 pandemic, globally we went through significant personal and health challenges. We would like to believe this is behind us now and can move forward with optimism. There are, however, many other challenges we are and will be facing as a post -COVID society, even as the Coronavirus continues to manifest in waves within our population.

The challenges for Shakti have been no different. We continued to deal with women and young people going through Domestic Violence over and above the other challenges they faced, besides COVID.

Shakti as an organisation has been going through exceptional challenges of its own. We, as a not for profit community organisation, grew organically over the past two decades, but in the last few years we felt the need to consolidate, review and reform.

Shakti went through external reviews in the reporting period, which has provided us with some good guidance and recommendations, while we strive to introduce some initiatives. Since 2019, our Governance had been mulling over the potential need for organisational reforms. Over the last two years we were able to go through an extensive constitutional review, service delivery review, organisational structure review, financial structure review, stakeholder relationship review, etc. The current year and the next will see some big changes in our endeavour to further our cause to intervene and prevent family and sexual violence in Aotearoa, New Zealand.



I would like to thank our funders, donors, women service users, our staff, volunteers and supporters who stood by us during our difficult times. Without all of us standing as a team, what we achieved would have been nearly impossible.

"What doesn't kill you, makes you stronger."

German philosopher Friedrich Nietzsche, 1888.

I am also very excited to announce the release of the "Ethnic Best Practice Guidelines for Responding to Family Violence in Aotearoa." As an organisation, we serviced migrant and refugee women and young people in New Zealand for 27 years, including one decade in Australia. These guidelines primarily reflect the voices of victims and how they would like to be serviced. I believe these guidelines will benefit the academia, government departments, other national and international NGO's in the domestic violence, health and justice sector.

I look forward to implementing all the exciting new changes that Shakti will be going through in the upcoming years. Our commitment to our women and young people to provide them crisis intervention, safe accommodation and training to feel empowered to be their best, will not change. We are making one more commitment: To make sure we look after our environment and ecosystem, through our sustainable development initiatives so that our next generation can enjoy the world that we leave behind.

Yours Sincerely,

Dr Shanthi Selvakumar Chairperson

SHAKTI NATIONAL OFFICE OVERVIEW



Forward-looking' is how Shakti would describe this year — its 27th year as one of the leading Family Violence specialist organisations in Aotearoa New Zealand. As a specialist organisation supporting women and families from ethnic migrant and refugee communities, it is essential to have a team from diverse backgrounds not only in terms of culture and language but also of suitable skills, qualifications, worldviews and lived experiences. Our team of hopeful, committed and passionate women and young people have continued to drive Shakti's cause and mission on a day to day basis — through yet another challenging year of COVID-19 related lockdowns and traffic systems and organisational reforms informed through expert and independent review committees. The process of change and renewed growth that started in the last reporting period continues this year with the support of Shakti's stakeholders.

The organisational changes spearheaded by the Operations Manager have increased in efficiency especially with the online payroll system coming into effect alongside our financial shifting to Xero. During the report period we also engaged with an external Human Resource agency which has been advising and guiding us in our recruitment.

With the support of Regional Administrative Coordinators, gaps were identified and addressed using internal and external resources available to the organisation. Central North Island Region and Wellington Region have new Administrators who were supported by more experienced Administrators from Auckland and Christchurch Regions. This team have been working hard in the background to review, update, and implement Quality Assurance, Health and Safety, and organisational standards. They also work regularly with local service delivery teams to ensure that standards are met and maintained at all times.

Part of the changes and upgrade is a review of IT resources and systems. All staff from administrators, finance team, social workers, client support workers, case workers, youth advocates, and youth case workers are ensured to have access to IT resources. This is to facilitate further efficiency and better use of everyone's time and energy. Although this is an ongoing development area in the organisation, it is a process that will continue to be supported and managed, funds permitting.

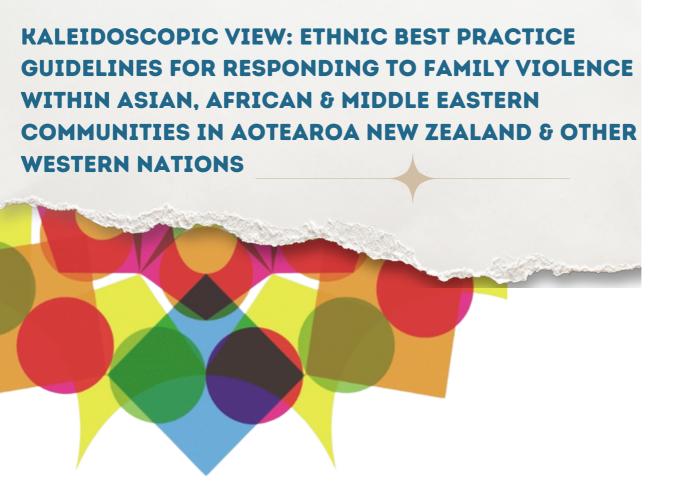
This year, Shakti was audited by Te Kāhui Kāhu - Social Services Accreditation of the Ministry of Social Development. Audits were done for National Office and 11 other sites across the country. These sites include all drop-in centres, women's refuges, wellbeing centre, and shared offices. The preparations and coordination were led by National Service Delivery Manager and Operations Manager. This is the first time that all Shakti sites were audited at the same time. Though stressful, it was a different experience that provided valuable learning opportunities and insights that will guide future areas of improvement.

Shakti staff and members believe in continual learning, moving forward, and growing further to meet the needs and aspirations of the communities we serve. Despite the challenging environment and emotionally demanding atmosphere on account of various external factors, Shakti is proud to share with stakeholders that we are able to maintain our Level 2 accreditation and to be able to continue with our core and allied services towards enabling the safety, health, and wellbeing of ethnic women in Aotearoa New Zealand.



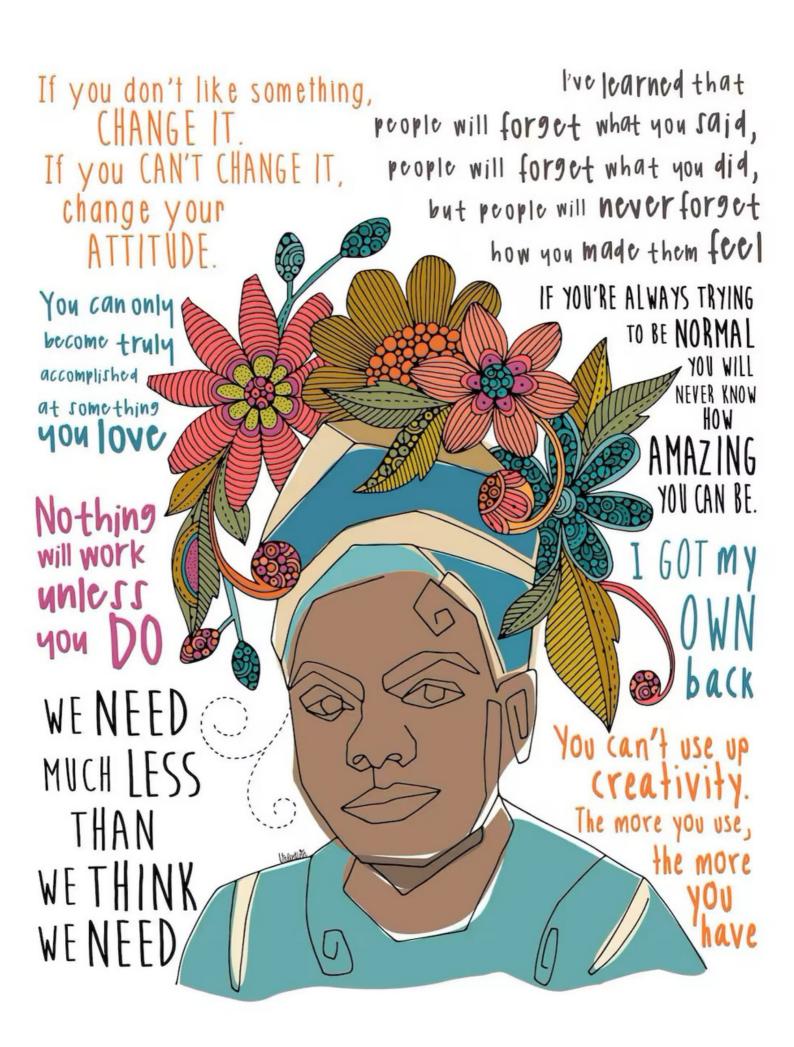


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Work on the Ethnic Best Practice Guidelines which began in 2018 and which got delayed due to the onset of COVID and the limiting environment that came with it, was finally completed in December 2021. Our team of writers (including specialists in various fields) and advisors worked together through COVID restrictions to bring to light the need for such guidelines while responding to communities that come from collectivist backgrounds and who carry with them, culturally sanctioned forms of gender-based oppression and violence.

We are grateful to the former Parliamentary Undersecretary for Family & Sexual Violence Jan Logie and the various experts we engaged from various sectors, network agencies, Police, the New Zealand Family Violence Clearing House, Women's Refuge, the Ministry of Social Development, Human Rights Commission as well as our most valued stakeholders --- our women and young people who have used our services ---for informing this huge piece of work. We sincerely hope that the Guidelines will be adopted by various Ministries, Universities and network agencies engaged in the area of intervention and prevention of family violence and sexual violence in Aotearoa New Zealand. We would like to thank the Lotteries Commission and Ministry of Social Development for their valuable funding contribution towards this work.



NATIONAL SERVICE DELIVERY



With half of this reporting period under some form of COVID-19 related restrictions and/or protocols, Shakti regional service delivery teams focused on strategic ways of providing services to maintain safety and health of everyone involved including staff and volunteers. Since there had been health implications around holding community events or group activities (as platforms for advocacy work, education, and awareness raising campaigns), Shakti's mandate to make bold changes towards safety and wellbeing of the most vulnerable women and children in our communities was focused on individualised work. Ethnic women standing up against violence will always be agents of change as they confront normalised, systemic abuse in ethnic families and communities.

In the last reporting period, a spike in help seeking behaviour from ethnic communities were observed. The concerns raised were around family support not only because of Domestic Violence-DV/Family Violence-FV/Sexual Violence -SV but due to the many related issues and challenges affecting immigrant families in the first year of pandemic – employment, immigration, social support, lockdown impacts on local businesses, isolation, grief and loss, and many others. Unfortunately, these high numbers did not necessarily equate to client engagement in family violence specialist services.

In this reporting period, the trend of reporting and referral numbers is closer to pre-pandemic numbers. As per data, victims whose initial contact was through Crisisline and local drop-in centres were the ones who utilised most services provided by Shakti.



Ethnic women and young people referred through the police system were mostly hesitant to engage or were reluctant to follow through with specific plans.

Shakti is slowly but consistently improving in terms of sourcing client feedback and evaluations. From the feedback gathered this year, it was learnt that clients have around 90% satisfaction with regards to their interactions with staff and services received during their engagement period.

A client wrote in her evaluation, "I am thankful that this kind of service is available in NZ".

Most services being sought by ethnic victim-survivors of DV/FV/SV this year were consistent with previous years. These were in relation to legal and safety needs, counselling, immigration, and other social work-related advocacies. But, the need for practical support was also highlighted in the data collected across the country in terms of food and transportation requirements reflecting day to day struggles of ethnic victim-survivors being cut off from their support networks when they stand up against abuse and violence.

This year, all Shakti sites underwent an audit by Te Kāhui Kāhu - Social Services Accreditation. This audit included service delivery outreach sites in Auckland (3), Christchurch (1), Wellington (1), and Tauranga (1) as well as the refuges spread across the country (4). The National Service Delivery Manager was able to provide support to all regional centres from preparations through to the actual audit. All service delivery staff were encouraged by Shakti maintaining its Level 2 Accreditation.



This means Shakti is still accredited to deliver the following services:

- Adult Safety Programme (Women) Level 2
- Child Safety Programme Level 2
- Counselling and/or Programmes for adolescent child victims of family violence – Level 2
- General Counselling including adolescent children and relationship family therapy – Level 2
- Family Support Services Level 2
- Refuge Services Level 2
- Social Work Support Level 2
- Basic Life-Skills development programmes for adults Level 3
- MYD Youth Development Specialist Programmes and Services (Level 3)

CRISISLINE - 0800SHAKTI

Shakti's 24/7 Crisisline is a major entry point for any member of the public seeking information, support, or direction or for ethnic women and youth victims under crisis. The need for a dedicated Crisisline managed by a team of staff and volunteers from diverse ethnic and linguistic backgrounds is confirmed by almost 60% of all referrals (including those self-referred) to Shakti's services coming through Shakti's Crisisline. Throughout the year, Crisisline calls usually fall and rise depending on many environmental factors but overall average numbers remained consistent. Last year the number of calls dropped from previous years but this year, volume of calls shows a trend of increasing traffic. The presence of volunteers and afterhours staff support made it possible for Shakti Crisisline team to manage periods of heavier traffic of calls.

Across the country, the calls were mainly for information, guidance, legal, counselling, and social work support, besides safe accommodation. The Crisisline advocates not only completed the initial assessment through their phone engagements but they also took on the role of educators as they take every opportunity to provide as much information and guidance as possible from the first contact.

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SHAKTI AUCKLAND





It is notable that there was a higher ethnic diversity of clients supported this year in Auckland. This could indicate an increasing awareness in many ethnic communities about availability of community services and Shakti's about culturally specialist services, in particular. The main services clients sought remains to be those related to counselling and emotional support, legal support and advocacy, transportation, food and other household needs. Τo acknowledge increasing diversity in Shakti's refuges, cultural and religious celebrations were and supported staff organised bν especially for the children. There were celebrations like Eid, Diwali, and Christmas which were also taken as opportunities to foster respect and acceptance of differences.

Almost 500 ethnic women victims and young people accessed support services from Shakti in Auckland alone; with more than 500 children being part of these engagements. If these figures were to be analysed in terms of the various type of support services they accessed within Shakti, the number would go into several thousands. Of all referrals that come through to Shakti, significant numbers were self-referrals, i.e. victims calling Crisisline themselves or asking friends, neighbours, or colleagues to call on their behalf.

The number of youth cases increased more than 3 times as compared to last reporting period. Eight of these youth cases were related to forced marriage issues, threats of honour-based violence, underage marriage, and a dowry abuse case. The Youth Case Worker has an existing relationship with various schools in the Auckland region (especially South and Central Auckland) and regularly liaise with them. This working relationship facilitated increased awareness about ethnic migrant youth issues amongst school-based professionals. Her work is complemented by the education advocacy activities and initiatives by Shakti's Auckland Youth Advocate.

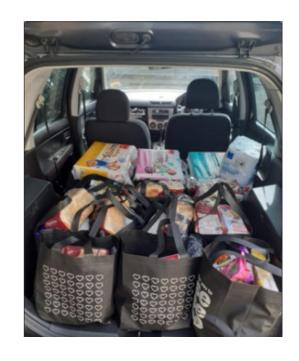
One of Auckland's registered social workers received a special acknowledgement as a Field Educator for placement students from Massey University.

One of the feedbacks received from a previous client was very rewarding to hear.

She said, "I want to work in Shakti in future".

SHAKTI CHRISTCHURCH

This year has been a time of deeper reflection for Shakti Christchurch. The local team started exploring strategies and potential of reaching out and linking with as many ethnic communities, groups, and individual ethnic women who might need support. This direction was mainly due to the huge drop of police referrals from middle of 2021. A door-to-door approach was employed for face to face interactions as part of information drive and awareness raising about Shakti's services.





Contacts were made through libraries, schools, GPs/ clinics, hospitals, and many other centres and offices. Although efforts were limited by the lockdown and various protocols related to COVID-19, the direction of sustaining relationships and building connections is an ongoing process



The networking and building relationships will now cover nearby towns around Christchurch City to address access issues of those not from the central urban areas. As well as geographic location, there is also a huge opportunity to rebuild the youth work and youth advocacy in Christchurch especially through colleges and universities. There had been vibrant youth advocacy work in the region that stalled this year but the initial connections and enthusiasm of schools and universities to engage will serve as the setting of future developments.

Satellite branch **SHARTI DUNEDIN** continues to work towards ensuring community-based clients are well supported throughout the social changes and shifts due to pandemic. Staff were consistent in keeping in touch with clients and providing grocery vouchers and other practical support as required. Although there were plans to grow community services and activities, the team was only able to focus on core support around safety and security.

The Dunedin Coordinator has actively run a radio show as part of her advocacy and awareness campaign. She has interviewed different people from different organizations which Shakti had previously coordinated services with. Due to Dunedin being a community orientated town, once a relationship is built it is easy to remain Page 12

SHAKTI TAURANGA

The migration trends and changes in ethnic migrant population are usually reflected in the service delivery volumes in Shakti Tauranga. As the number of migrants coming in has slowed down, overall reporting as well as referrals also follow. A predominant number of women who access the services are from the farming industry. The lockdowns and limited inflow of migrants into the country, reflected in service statistics as well. Aside from the numbers, the quality of engagement of clients has also been noted this year as mostly short-term commitments or early disengagement.

The impact of COVID-19 related events and issues can also be seen in clients' decisions. Border closures have affected migration and people movement which in turn impact mental health and family dynamics. Changes and uncertainty of employment and businesses have complicated already volatile and at-risk families. The busier months started around August and continued for a few months during last year's lockdown with information, transportation and food support highlighted as the main supports required. When asked about her overall thoughts and experiences, one client said:

"It is really a good place for women who are going through tough times in their lives."

With a high number of youth clients – almost 17% of total client number – Tauranga's development area must consider youth work. Building on current mahi and experiences, Tauranga is going to strengthen opportunities for youth advocacy and youth work in the region. While the team sustains current relationships and partnerships, it also needs to cultivate new pathways of working together especially for ethnic youth.

This year, Shakti Tauranga has made significant improvement in gathering client feedback as compared to previous years. This has been an area of great improvement which involved strategic planning to inspire clients to share their thoughts and experiences towards service improvements.

SHAKTI WELLINGTON

Shakti Wellington received a significantly high number of referrals with police as the main referral pathway. Self-referrals or those calling Crisisline are also one of the major ways of getting information or support from Shakti. Other conduits are through the work that Shakti youth advocate did in schools, universities and with youth groups. The community engagement of staff, and networking are also other ways on how members of the public get to know about Shakti's services.

Despite the high number of referrals, Shakti Wellington has a low rate of client engagement. This is similar to last year's trend which was mainly due to factors like referrals sent to Shakti were of not only DV/FV/SV related cases, but significant number of repeat referrals for same family. One example was four referrals received in a week for the same family/individual but no one in the family would engage with any community organisation at all. Aside from attending networking and other similar community hui, Shakti has formally partnered with Hutt Valley Police through the FVIARS space and is currently finalising an agreement with CCDHB - FV Unit. It must be noted that there is an increasing trend of referrals from Wellington Hospital where crisis pick up is usually arranged. Shakti Youth has also been actively involved in many community events in partnership with community clubs and groups. These is an indirect approach to ensuring Shakti reaches those who need its services amongst the ethnic youth.



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The potential and opportunities for growth in Wellington is a continuing process of consideration and the local team is excited to see how these opportunities develop through the coming year.





ONGOING ABUSE AFTER SEPARATION

The client was a 42-year-old woman from Southeast Asia. She and her son came to NZ in 2007 through a sponsorship from her husband who arrived in NZ a year earlier. They were married for 22 years. They have 3 children together. Her oldest son was born overseas while the younger two were born in NZ. The client disclosed that she has been going though physical, emotional, verbal, psychological, and financial abuse throughout her marriage but she described these experiences as due to 'anger issues' of her then husband. She had endured regular physical abuse especially when they were still in their home country. However, she never thought of leaving him due to social expectations and traditions as well as pressures from both of their families to "patch things up for the sake of the children". This is a common narrative when families are going through difficulties even if it involves family violence.

HISTORY OF ABUSE

According to the client, her husband's behavior drastically changed after the birth of their first child. She remembered vividly the first instance when her husband became physically abusive towards her. They were having a casual conversation about a few things when she mentioned about a past admirer who had sent her a greeting. Her husband suddenly got angry, came towards her, grabbed her arm, and started shouting at her. He threatened her that he would give her a 'good lesson' if she ever cheated on him.

The first physical incident in NZ happened on their first year (2007) when the husband hit the client with a thick telephone book that got her injured --- all because she did not prepare him his breakfast. She called the police who then gave her Shakti's number. She called Shakti and was subsequently brought to Shakti safehouse, but after a week, she reconciled. He apologized to her and appeared to be nice and caring towards her. After a few months, he started hitting and shouting at her again. Then he would apologize and be nice to her afterwards. That same year, client gave birth to their second child. Going through pregnancy and having a baby did not deter the husband from continuing to abuse her. On one occasion, she had to use her own body to protect her baby while her husband was hitting her on the head. His behavior was triggered by the client asking him to pass something to her as she was feeding their baby who was at the time, only 3 months old.

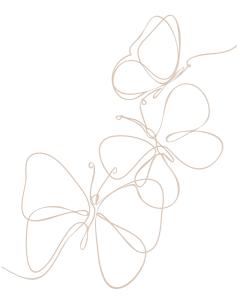
Because of the continuing abuse assaults, she decided to separate in 2016. But even though they were separated, the ex-husband would go to her house almost every day and stay with the children. The way she saw it, his relationship with the children was 'very good'. Client even said that her daughter was very close to her father and that she always took his side. It was because of the children that the client never took a strict action in regards to the perpetrator's behavior. She said that she not want to ruin her children's happiness, so she coped and tried to hide her bitter relationship with their father. There were numerous abusive incidents that she did not report or hid the signs of abuse, from others in consideration of her



The client endured long term abuse – physically, sexually, emotionally and psychologically. Even after separation, she still had to deal with him sexually harassing her by touching her body parts and getting too close without permission. He had also put a GPS tracker in her car to track her movements and used her money to buy a car in his name. She wanted to protect her children from what's happening to her but their father would not care whether the children were in the same room or not, he would argue and shout in front of the children.

The last incident happened this year when the client was preparing food for her children and when their father suddenly arrived and started asking her for money. Client refused to give him so he tried to grab her, but she ran outside. The perpetrator shouted after her saying that he knew where her secret place was. Client got frightened and called Shakti for her and her youngest child.

INTERVENTION & OUTCOMES



She was anxious and disturbed when she came for the assessment. She could not focus. She was confused did she do the right thing or was she being selfish again? Her children were very upset due to the situation in their house and she blamed herself for this. She was unable to decide what action she should take as she did not want her children to suffer. Her daughter's expectations added to her stress, as her daughter always maintained that she (mum) should not separate from her father. She was in a dilemma brought about by cultural and social conditioning where it is believed that children must have both parents living together; therefore, a parent who decides to leave is seen as selfish and does not know how to prioritise her children. She was feeling guilty for making that decision to separate so she had compensated by tolerating perpetrator's behaviour for years. To help her unpack these thoughts, emotions and worries as well as progress the case plan, she was referred for counselling in the first instance.

Through the practical and day to day support provided to her and her child in the safehouse, i.e. food, transport, medical attention, client was able to relax and focus on what she needed to do for her safety.

She was referred and completed her counselling sessions which helped her find clarity in what her goals were and to not feel overwhelmed all the time. She also started to reflect on what it really meant by 'prioritizing the children' in a situation like hers. She applied and was granted a Protection Order and day to day care of her children. Shakti also got the involvement of Oranga Tamariki to ensure that the daughter who was left with the father was safe and doing well.

After getting her Protection Order, the client was able to go back to her house which was assessed and installed with extra security measures through the Whanau Protect Programme. Aside from the legal safety measure, the physical security through the Whanau Protect Programme gave client sense of peace that was lacking for a long time. Eventually the client was able to get back work while her children have gone back to their school-home routines. They have settled well with the quieter family atmosphere in which they feel safe and secure. Client's enrolment and completion of a Positive Parenting Course also helped her support her parenting skills while ensuring that her children are fully supported and their wellbeing prioritised.



VICTIM ACCUSED AS PERPETRATOR

The client was a 33-year old lady from the Indian subcontinent. She met her husband through an arranged marriage ceremony in 2018. After that, they moved to New Zealand and settled in the central North Island. They have a 2-year old son together. This was the second marriage of the husband. He has an 9-year old daughter from his previous marriage who was living with his parents in India.

After 2 years of being together, her husband started physically abusing her which was just another level of abuse she endured. In one of the incidents, police were called who issued a Police Safety Order against him. She moved to Shakti refuge when PSO expired.

HISTORY OF ABUSE

Throughout their marriage, client experienced intimidation, physical, verbal, and financial abuse. She stated that her husband assaulted her repeatedly and called her degrading names.

In one occasion, he grabbed her neck when they were having an argument and then pushed her against the wall. Her visa, which he had sponsored, was also used to manipulate and control her. She was slapped and punched (which caused serious bruising) numerous times in the last 2 years. She mentioned to him that he was a neglectful father and in turn, he accused her of being neglectful towards their son. He also claimed being abused physically and verbally by her.

An incident happened last year when they argued about their son. Her husband accused her of physically abusing their son. He got very angry, intimidated her, and asked her to pack her things and leave the house. Whenever he was stressed and angry for whatever reason, he would usually take it out on her. He would scream at her and hit her face. He also told their families and friends that she was diagnosed with mental health problems and was hurting herself. He was trying to control and manipulate the situation to his favour and was also pre-empting possible challenges to his story.

INTERVENTION & OUTCOMES

The client appeared stressed and confused. She also exhibited behaviours of being withdrawn and dispirited when she first arrived in the refuge. She appeared to worry all the time especially around the safety of her son who was left with the father. She was worried that she might lose custody of him as well. She applied for full custody of their son through Parenting Order believing his anger outbursts and aggressive behaviour would put their son's safety at risk.

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Unfortunately, because she was also accused by her husband of being abusive to not only to their son but also towards him, it was very challenging to advocate for her through the legal system. He was able to use the legal system against her. Her limited English and limited ability to fully describe and explain her situation was a significant challenge that needed to be addressed. With these limitations and her presentation, it would be easy for anyone to believe the story of the husband that she was a difficult woman to live with and that she was intentionally harming their child. Aside from Parenting Order, she was hoping for a Final Protection Order and to resolve property issues which was unfortunately only registered in her husband's name.



In addition to limitations of language and legal challenges, she also faced continuing safety risks, accommodation concerns, employment issues, and financial difficulties. The accusations of her husband of her being abusive especially towards her son was creating complications to exercising her rights and accessing services. Her application for Benefit was declined as an indirect consequence of her husband's accusations of abuse.

Due to client's limited English, she was assigned someone who spoke her language, to support her in all her appointments and meetings. Because of the initial challenges pertaining to her case plan and the complications of her legal concerns, the case worker and interpreter worked together to ensure that the voice of the client was fully heard in all the ongoing process and procedures. Everything that she was saying about her husband was being turned against her and she was being labelled as the real perpetrator of abuse.

This just made Shakti's staff more determined to ensure the client's voice is heard. They found another lawyer who took over the case and worked closely with her so that client's perspective and experiences were fully detailed and was as descriptive as possible in her Court Order applications, especially in the matter of custody issue of their son. They felt that the first lawyer was not fully convinced about her statements of abuse. Being in the refuge made the discussions and meetings easier for client to focus and understand the legal, social welfare, and police procedures relating to her case.

Eventually, client was granted her Final Protection Order and Parenting Order which she was very happy to receive. Staff advocated for her at Work & Income and assisted her in getting a solo parent benefit which was initially declined. Because she got her Protection Order, she was also referred to Ministry of Justice Protected Persons Safety Programme delivered through our counselling services. It was great for staff to work with her as they could see her commitment to see this journey through. Although she had been losing hope during her initial engagements due to the misunderstandings with her first lawyer, once she got custody of her child her commitment was strengthened. She also attended counselling services to support her mental wellbeing as well as to ensure that the husband could not manipulate her anymore.

The client has learnt through her experience and Shakti's support about how and why domestic violence occurs and how it manifests. She is now resilient and independent to look after herself and her son. Being able to move forward by securing a private rental that was just right for her and her son has further given her an opportunity to lead her life free of abuse and violence.

SINGLE MOTHER

A Middle Eastern client and her daughter were referred by police early this year for appropriate services and support. The client met her partner while studying in Australia several years ago. After a while, she got pregnant which was not what her partner wanted. He didn't want the baby so he physically assaulted her a few times while pregnant. These episodes were disclosed and reported in Australia but she did not engage with services due to fear and confusion. Client became so concerned for her safety, but mainly about her unborn child's safety that she decided to go back to her parents overseas. She told her partner that she would just go on a holiday and will be back but she never did. She was supported by her family financially while living with them and waiting to give birth. Around this same time, her partner left Australia and came back to New Zealand.

After giving birth, client moved out from her parents' house and tried to live independently despite the discrimination she faced every day (being a single, unmarried mother). After a year, her partner started communicating with her again and due to what was happening to her in her home country, she accommodated and even invited him to visit them overseas. He visited once which paved the way for him to start telling her to move to NZ with him. He promised that he would look after them in New Zealand. In 2021, client and her daughter arrived in New Zealand on Visitor's Visa. Unfortunately, her partner proved to not have changed at all. He was still aggressive and verbally abusive on a regular basis. He was also a neglectful father and been pressuring client to work illegally.



Adversity is not a stumbling block. It is a stepping stone to GREATNESS.

- Shawn Anchor

INTERVENTION & OUTCOMES

After three months of enduring abuse and a dreadful living situation in New Zealand, she called police for help but only after she saw pornographic materials her husband had which showed very young women. She was concerned about possible impact or risk to her daughter in such an environment. She wasn't sure if she would be able to always protect her daughter's safety and wellbeing if she continued to stay in the same house. She could take the abuse but when she got scared for her daughter, she acted to leave. Shakti staff picked up client and her child from police station and took them to the refuge. The caseworker explained the refuge rules by showing her around the house and introducing her to other clients. The client was delighted to be able to have safe accommodation for herself and her daughter.

Considering that client and her daughter were still new to the country, learning and awareness were always part of meetings with client especially Violence, Domestic child's safety, her responsibilities, and services available. She was also referred to counselling to support her through this second separation and not having her family to support her this time. To have a sense of protection and security, client was referred to a lawyer for Protection Order and Parenting Order applications. Because she has a toddler, the appointment was not easy, nor was it short. It took almost the whole day to finalise the affidavit. One staff supported the client while another one looked after the child throughout the appointment. They were all relieved when the meeting ended with a final version of the affidavit that was ready for filing. The next day, she was granted both the legal orders. That same week, her child was able to go back to day care with extra support (petrol vouchers) from the day care management.

After receiving her court orders, client started planning to move out by looking for job opportunities and rental houses. Her Shakti case worker helped her apply for her IRD number and open her own bank account to help her towards independence. The case worker also helped her to put together a resume that she used in her job applications. She sent in a few applications and eventually landed a job as a kitchen hand in a restaurant. She drops off her daughter every morning and then goes to work at 8am. She was able to secure a two-bedroom rental apartment that worked perfectly for her and her daughter as it was near her daughter's kindy.

After a long journey, client was able to live freely without restrictions as a single mother. This doesn't have to be a source of shame and feelings of guilt which were what it was when she was back in her country. She doesn't have to tolerate and accept abuse because of feeling trapped and isolated. Life is still challenging for her but she is always thankful that she is able to live freely, safely, and able to make her own decisions without someone controlling her life.

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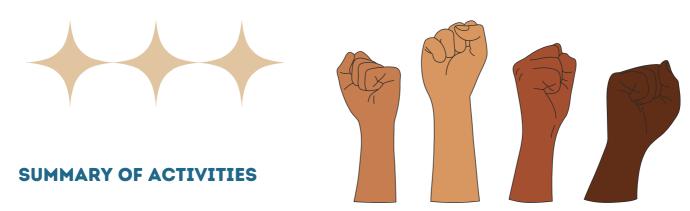
They may damage your pride or even break your heart, but never give them the power to crush your spirit.







Shakti Youth is a group of young people from Asian, African and Middle Eastern backgrounds passionate about social justice and building towards a violence-free future. When Shakti started in 1995 with the help of many passionate women in New Zealand, advocacy was the centre of championing change however, over the years as Shakti has grown, the Youth Unit has emerged since 2010 outreach programmes in high schools to build more awareness about family violence and to empower youth as agents of social change.



SYNC

Shakti Youth Network for Change (SYNC) has been a significant event for Shakti Youth since 2017. It is an opportunity for young people from Middle Eastern, African, and Asian backgrounds to learn and grow in their advocacy journey. SYNC training returned in 2022 after taking a break in 2020-2021. Due to COVID linked prohibitions, the last year was mainly spent on reviewing our services. Shakti Youth values the passion and advocacy of our young people hence we relaunched the SYNC training this year to empower the young and create a space for them to network with other emerging leaders.



For the very first time, we introduced this training to Auckland, Wellington, Dunedin, and Christchurch youth as we aimed to deliver these workshops online. We also opened this opportunity to every nationality and ethnicity as we recognize a big part of achieving change is through having alliances. The purpose of this training was to provide knowledge regarding Domestic Violence and Discrimination as well as other topics relating to Feminism, Advocacy and leadership

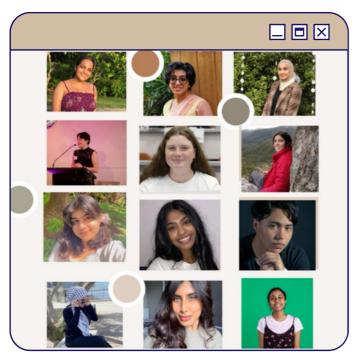
The vision for the training is for students to be advocates and leaders in their communities to mobilise for social change and to end violence and discrimination. The training also provides a safe space for youth to start conversations around issues that are prevalent to them and begin collaborating to raise awareness



Let's Deal With It 2021 - 22

Our students felt highly demotivated during the lockdown period due to being exposed to long hours of screen time. We designed workshops over Zoom, but these were attended in lower numbers. As a result, in late 2021, we used our social media platforms to create and share content that has motivated and uplifted their spirits. Our regional youth advocates have spent the majority of September, October, and November designing the "Let's Deal with It Campaign."

We invited 12 young ambassadors from across New Zealand to champion an issue that they are passionate about on our social media platforms. The issues ranged from sexual violence, domestic violence, forced marriage, intergenerational cultural gap, racism, stereotyping hijabi women, facing identity crisis and stigma of being BIPOC and autistic.





We premiered а summary documentary highlighting all issues that each of our ambassadors has championed. The documentary was previewed on our Shakti Youth Instagram, Facebook, YouTube, and potentially on our website. Along with the documentary summary presentation, we hosted a small zoom hui with all 12 of our ambassadors to encourage networking among our young people and also build capacity to do this year. We have also used the resource created during LDWI campaign in our current workshops. Link for the Summary video of our ambassadors.

https://www.youtube.com/watch? v=gqWvDHuPW8A&t=3s

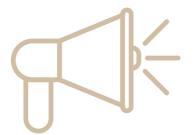


ADVOCACY

To begin the year, we focused on establishing strong connections with high schools. We set up 4 steering groups at new high schools. These schools included Wellington East Girl's College, Wellington Girl's College, Wellington High School and Naenae College. The process of setting up steering groups involved us first contacting teachers and then meeting with 2-4 interested senior student. These were the students we would then have contact with throughout the rest of the year.

In March, in Wellington we also hosted a panel called "Let Me Speak" to honor pride, at the Thistle Hall Community Hall. The panel had 5 young ethnic queer panelists that spoke about their experiences in the rainbow community in Aotearoa. The questions for the panelists focused on the "coming out" process as ethnic youth and how this differs from the general challenges associated with coming out. Around 20 people attended this event.







Shakti UoA (University of Auckland) was started in 2022 by then Auckland youth advocate Gaayathri Edwards. And, it was one of the major projects taken up in Auckland. The intention of the club was to establish a Shakti steering group on campus, but also increase the small number of events that had culturally sensitive safe spaces open to all students. Establishing a club at the university was a challenge, as it involved a long process of paperwork and training. There were also some unexpected push backs during the establishment, which is not uncommon in the advocacy space. But the team worked very hard to meet all the requirements and finally was able to hold its first ever AGM and elect an executive team.

At the AGM, all students expressed the need for events by and for students of colour and wanting to create spaces in which they do not feel the need to over explain their identities or change in order to fit into a Eurocentric environment. At the first team meeting, all executives emphasized they would like to deliver events that are not only obvious to the club's purpose, but that also bring members and executives together to learn.

The executive team is made up of 6 members:

- President: Gaayathri Edwards (she/her) of Sri Lankan Tamil descent.
- Vice-President: Shameera Mohamed (she/her) of Malaysian Tamil, Singaporean and Sri Lankan Muslim descent.
- Secretary: Lily Chen (she/her) of Chinese descent.
- Treasurer: Hala Al-Durra (she/her) of Iraqi descent.
- Digital/Communications: Samia Ali (she/her) of Fijian Indian descent.
- Digital/Communications: Mythily Chand (she/her) of Fijian Indian descent.



SHAKTI COUNSELLING AND **WELLBEING SERVICES**



Overview

of Coronavirus The impact the impact continued to our service delivery during this reporting period. COVID Alert Levels continued from the previous year until December 2021 when the country moved to Traffic Light Settings. However, on December 16, the first Omicron case was detected which resulted in the Coronavirus variant becoming wide-spread in the following months. Auckland continued to be the most affected even though in the month of March 2022, Auckland Red Traffic Light settings were relaxed.

Our Counsellors and Safety Programme Facilitators were seriously challenged in terms of engagement with clients. Our staff were also impacted during this period having caught Omicron and with at least one of them continuing to exhibit symptoms associated with long COVID for months. Several clients were also impacted by Omicron having either contracted it directly or through their children or through social circles. Our concern continued to be the women in their homes, by themselves or with their abusive partners. Welfare checks continued with those who available and food parcels, masks, RAT test kits and hand sanitizers were delivered to the homes of clients affected by the infection.





Online platforms like Zoom and other apps available on phones continued to be popular in terms of delivering counselling and certain programme components Safety of the Programme referred through the New Zealand courts. Such media only worked with adult women and therefore engagement with children during the period continued to be limited.

With the help of the social work team at Shakti, we were able to avert situations of high risk through timely reporting to police and moving families compromised through violence into our refuges or motels. We consider it fortunate that none of the clients referred to Shakti during the period came to grievous harm or a stage of fatality, which we believe was also on account of our frequent welfare checks as well as developing and implementing appropriate safety plans to keep women and their children safe.

Our Counselling Services National Coordinator who is employed full-time oversaw the Programme Delivery while the Counselling Service Administrator monitored the therapy side of service delivery. We are happy to report that after our intervention none of the clients we serviced during the period reported further risk or bodily harm.

Our services continued to use the COVID Risk Assessment Policy of Shakti whenever face to face sessions had to be engaged in, once the Traffic Light Settings were lifted. We are grateful to MSD for sending us face masks and hand sanitizers, some portion of which we passed on to our clients and their families, considering that both items had grown expensive in the COVID environment.

Regular supervision and case monitoring were provided to the MOJ Facilitation and Counselling team to ensure clinical work was safe and within best practice guidelines. Student Counsellors were provided additional support through the Counselling unit Administrator who is a registered counsellor.

Training was also delivered to new Facilitators as they joined in and capacity building support was provided to the administration staff.

MINISTRY OF JUSTICE (MOJ) CONTRACTED PROTECTED PERSONS SAFETY PROGRAMME

For the Annual Reporting period April 2021 – March 2022, we received 194 referrals of women and children, in Auckland, Wellington, Tauranga and Christchurch. We believe with varying Covid Alert restrictions being imposed, processing in the courts also took longer than usual. We also noted that during the reporting period, women did their best to stay at home despite the abuse and violence, since they were worried about them and their children being confronted with COVID and potential homelessness, if they were to leave their homes.



However, the predominant choice of programmes by our women survivors have been individual, while children with siblings were supported in groups.

During the reporting period, Shakti had 13 Facilitators to deliver this programme in the four regions Shakti was contracted in. Two of the Facilitators who were also counsellors left to take on counselling orientated jobs outside of Shakti since Shakti could not provide them full-time jobs. Another Facilitator left Shakti services. One of the Facilitators decided to do her Master's in Psychology and took placement outside of Shakti in the field of education and hence was available only for a few hours a week.

The MOJ fee-based contract underwent a variation, albeit temporary in the last few months to accommodate bulk billing which ensured that we could provide our staff, continuity.



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MINISTRY OF JUSTICE REVIEW

During this period, Shakti Wellington and Shakti Tauranga underwent respective periodic reviews. This was part of MOJ ensuring that best practice was maintained and that there was ongoing monitoring and review of the referrals made to agencies in various regions. MOJ was satisfied with the outcomes of the review and appreciated the measures we took to keep referred clients safe during such difficult times. We sincerely appreciate the MOJ team for their guidance and ongoing support.

MOJ reviews are centred around compliance of the programme delivery standards which includes checking of turnaround time of clients, when the first contact is made, how safety concerns were addressed, etc. Our challenges included staff retention and turnover both in terms of administration and facilitation as they sought better paying, full-time jobs outside of Shakti. Our National Administrator left in April 2021 to join the Ministry of Justice in a court-related position.

Matching client and facilitator schedules were also challenging particularly in the context of clients who do not drive, or because of work times, or have a few minor children and therefore unable to attend sessions. Also, the choice for mothers to engage their children in the safety programme continued to be during the school holiday period.

This had to be balanced in terms of time as the children had access on weekends and holiday periods as well as additional extracurricular activities, after school times.

SHAKTI COUNSELLING SERVICES

During the reporting April 2021 to March 2022 we received around 208 counselling referrals from within the Shakti predominantly of adult women victims. The sessions were delivered in face as well as through online medium. The ethnicities included Chinese, Indian, Fiji Indian, Middle Eastern, Korean, African (including 1 who identified as Sudanese), Filipino, Vietnamese, Afghani, Malaysian, Sri Lankan, Taiwanese, Bangladeshi, Cambodian, Indonesian, Pakistani, Myanmar, Laos, Singaporean. Overall over, 607 hours were provided to vulnerable women. Of the total of 208, only 48 were eligible for Work & Income fee subsidy for counselling.

During the reporting period, we had 2 fully registered counsellors on board and 2 Provisionally registered Counsellors. We had a total of 4 students on placement studying counselling and or psychology. Both our fully registered counsellors are registered with ACC for Sensitive Claims which enables sexual abuse survivors from within Shakti to be referred to them.





Grace (name changed) was married to the respondent for 10 years. He became extremely abusive in the last 5 years before she left. He was physically, emotionally, financially, verbally, psychologically abusive in addition to isolating her. He abused the children as well, and the children witnessed the respondent being abusive towards the participant. Additionally, he would use kitchen utensils to hit the client with, and the children would witness that.

The respondent had severe aggression and anger issues. He was on bail. And unemployed for a few years. He breached the conditions of the Protection Order 4 times, after which he was arrested.

When the respondent was bailed with an electronic bracelet, the client felt extremely unsafe as she thought he may take revenge on her. She knew his uncontrollable anger issues and that he did not care about the law or the consequences of his actions. During the assessment, she expressed her desire to be referred for counselling support and considering her home safety requirements, the Facilitator referred her to the National Home Safety Project (Whanau Protect) for the installation of an alarm and to make her house safer. The referrals were made after the assessment was completed and followed through to ensure that the work was implemented.

The sessions began with a risk review and consolidation of her safety plan. The sessions with the client covered understanding domestic violence; how and why it occurs. A lot of focus of the sessions were also on understanding gender bias, role of patriarchy, the Power and Control Wheel and the wheel of equality. The client was extremely tearful after going through the power and control wheel and while drawing her wheel of equality. The client expressed that she never realised how abusive her relationship was, and how poorly she was treated. She felt that she certainly deserved more and was more confident of her decision live a life free of violence.

The sessions also focused on understanding how abusive behaviour a choice is, and identifying signs of abuse, and effects of abuse on self and children. When the client went through the Children's Domestic Abuse Wheel, she had a sense of realization that violence and abuse can truly affect children negatively. The client expressed how it was such an important session for her, and she felt grateful that she had done the right thing for her children. She was happy that her children were not a part of the abusive household anymore.

Providing an understanding of family violence legislation, Protection Order and Parenting Orders is always a part of our sessions, and the client found it was helpful for her to have knowledge on these topics.

Towards the end of the Safety Programme, the client has expressed to the Facilitator that she felt a lot more confident and empowered, having had the awareness and knowledge around abuse and how to keep safe at all times.



Bryce (name changed), a 9-year-old boy of Southeast Asian origin was referred to Shakti along with his mother for the Children's Safety Programme. At the very beginning of the programme, the child was very quiet and hesitant to leave the mother. With time, he started getting more comfortable with the Facilitator and started opening up and engaging in longer conversations and activities.

As the sessions progressed the Facilitator became aware that the child had been growing up in a very unsafe environment and was in constant fear of his father. The child had pent up anger against his father which resulted in strong negative emotions which was reflected in his behaviours. For instance, when the facilitator asked him to write down names of his family members on sheets of paper and place it anywhere he liked around the room, he put the card with his father's name near the trash bin. Similarly, when asked about things that made him sad, he almost instantly said "dad".

As the programme continued, the concept of safety was introduced. The child was made aware of safe practices and participated in several interactive discussions around how to keep oneself safe when faced with a dangerous situation at home, school, in public etc. Towards the end of the programme the child developed a relatively good understanding of what safety meant and what he needed to do in case of an emergency.

One of the concerns of the Facilitator with respect to Bryce was that he had been witnessing a lot of violence at home and haring the use of bad language and name calling by his father, which he brought up a couple of times in the course of the programme. So, the Facilitator involved him in activities to help him understand the difference between good anger and bad anger, and how to manage anger so that no one is hurt in the process.

The second half of the programme focused on exploring the child's emotions and feelings. By the end of the programme, the child had a better understanding of his feelings, the people he can/cannot trust and how to respond in an emergency. He also listed out his future goals and aspirations --- One that he truly aspired for was to never be a 'bad guy'.

At the end of the programme, the Facilitator asked him to draw a Hope tree and write down all the good things that made him happy on the branches of the tree and bury all the bad things in the roots.

He wanted to throw it out. The Facilitator asked him if it might help if he tore the bottom part of the tree which had all the bad things in his life, he agreed and tore the sheet and threw out the bad things into the trash bin. He felt better after, and smiled.

IN CONCLUSION

This reporting period, besides focusing on service delivery also focused on what future prospects Shakti's counselling and well-being services could have. We believe we have been further strengthened by the challenging year that Shakti has experienced. We look forward to exciting days ahead.

We would like to express our heartfelt gratitude and appreciation to our committed team of administrators, facilitators and counsellors. We once again thank our funders. Together, we can hope for a better and brighter tomorrow.



SETAC LTD & SUSTINNOWORX

There have been exciting developments taking place in the training and sustainable development arm of Shakti. Highlights follow:

NEW TRUST REGISTRATION: SUSTAINABLE DEVELOPMENT EDUCATION TRAINING AND ADVISORY TRUST (SDETAT)

A new trust titled the SDETAT Trust was initiated six months ago, to enable wider participation of various stakeholders including funders as well as wider communities. The Trust has six trustees and four senior advisory members on board. SDETAT is inclusive of ALL communities in New Zealand and has a Tangata Whenua Advisor and a Pacifica Advisor.

The Trustees would like to thank Shakti Community Council for their support in establishing SDETAT as a specialised education and training agency that will work with all communities. SDETAT will remain as an affiliated member organisation to Shakti. Setac Ltd will continue to operate as an entity but will be focused on broader issues.

All of the SETAC Ltd and Sustinnoworx activities were handed over by Shakti Community Council to SDETAT trust in April 2022. Setac Ltd will continue to deliver the obligations of SDETAT.







SUSTINNOWORX - SUSTAINABLE INNOVATIVE WORKS

Two trading shops have been operational for over five years in west Auckland. Due to the Covid-19 Pandemic restrictions and lockdowns, shop business also suffered as did the majority of the retail industry in New Zealand. To survive, it was necessary to re-strategize the shop operations. The Ranui Container shop therefore had to change to an Organic Pantry offering a variety of new organic products, besides some upcycled products. Inadequate number of outlets selling organic grocery in the West Auckland area offered us opportunities to set up one which also makes some good business sense.

Sustinnoworx's current shop at Central Park Drive in Henderson will move to a new location due to the sale of the building by the landlord. We are on a mission to find a retail space that will accommodate us and our budget.

NETWORKING & AWARDS

Sustinnoworx is a member of the Zero Waste Network and Central Park Business Association. We have relationships with many organisations, historical and new, including Rotary Club of West Auckland, Ranui Action Project, Crushes Store and AUT. Sustinnoworx held two weekend markets in collaboration with Edmonton Primary School and Ranui Action Project respectively, jointly diverting over 600 garments from landfill. We are grateful to Rotary for their support in helping us host these markets.



Sustinnoworx received a Love Your Place award from EcoMatters, for a Waitakere social enterprise working to regenerate our local environment. This was a wonderful acknowledgement for our work diverting textiles from landfill, holding free workshops for the communities, and providing free online educational content. Thank you EcoMatters!



WOMEN EMPOWERMENT PROGRAMME

SDETAT's Women Empowerment Life Skills launched Programme was nationally in April 2022, which is the current financial year. After a decade of servicing Auckland region through supportive, specialised educational and work-based training under SETAC, the transition was made to progress further under the SDETAT, so as to be able to expand to women of all communities. SDETAT has networked with specialised education and training providers such as Financial Budgeting and Mentoring services, English Language Partners and Dress for Success to empower and train women into self-reliance. SDETAT will continue to offer semester based educational training using hybrid learning methods. Supporting educational programmes to educate and empower women leading to employment is our main priority.









NEW PARTNERSHIPS

SDETAT and the - 20/20 Trust Family Connect Digital Literacy Course has entered into a partnership. The 20/20 computer programme has begun as a pilot project in the Auckland region. Clients and volunteers are able to join basic computer courses; improve their digital confidence and acquire subsidised device ownership which we believe will assist them in their future employment endeavours as well as build social and family connections. Clients' well-being will improve as it will give them the freedom of digital learning that is now available at their convenience and in an environment that is safe.



FUNDING

Sustinnoworx is thankful to Foundation North for their ongoing support in the area of textile waste minimisation and supporting women into employment. One of the ongoing challenges is to get national funding for textile waste minimisation projects, which does not appear to be in government priority.

Sustinnoworx is thankful to the Royal Stewart Charitable Trust and individual donors for their ongoing support.

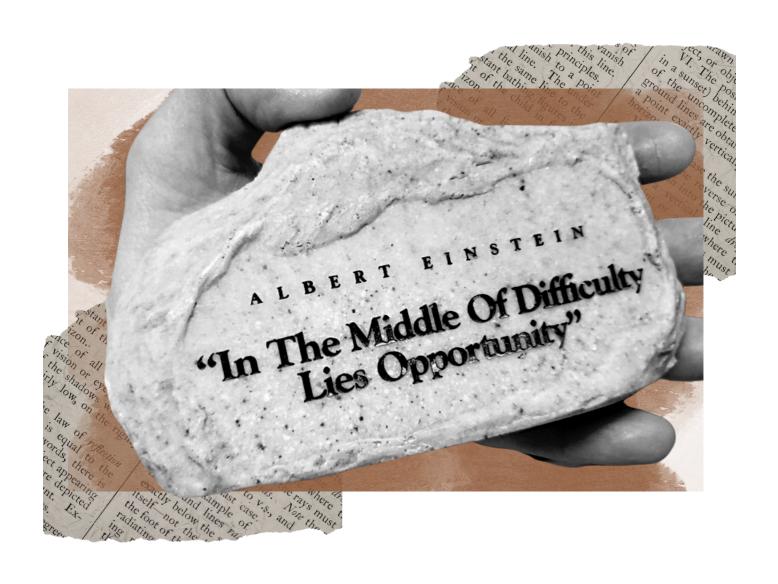
STAFF TRAINING

The Pandemic impacted on our training programmes. SETAC practically had to stop face to face training and deliver the training through ZOOM. As we know with every problem comes opportunities and this enable us to develop hybrid training methods with some of the domestic violence intervention training and capacity building workshops being divided into online and face to face sessions.

As Shakti is going through reforms/review, SETAC is also endeavouring to make the training compatible with the reviewed service delivery and new ways of client engagement. SETAC reviewed client-related training programmes and in the process of staff training review, taking into context changing client needs and aspirations.

SETAC is now engaging external training providers/facilitators to add value to existing staff training. SETAC's online specialised training for the social workers and counsellors will be open to the communities, nationally.





FROM THE FUNDING DESK



The last reporting year has been challenging with the ongoing Covid-related restrictions and Shakti going through reforms. Despite these challenges, we are delighted to report the ongoing commitment from Ministry of Social Development (MSD) to support the work of Shakti's Refuge and Crisis services nationally. The continued funding has enabled us to provide critical support during trying times to vulnerable ethnic immigrant women experiencing domestic violence, which exhibited an upward curve during the reporting period.

MSD also extended support to our clients along with other food donation agencies that enabled the Shakti team to supply grocery and other health-safety items to our clients based in the communities and safehouses.

Support through government funding and private funders, trusts, and philanthropic groups has been paramount to Shakti in providing continued culturally specialist support for our women clients and their children. While government funding through MSD, MBIE and MOJ contributes contributed significantly towards operational costs across Shakti's five refuges and ten drop-in service centres, our additional sources of funding from other groups and private trusts enabled us to continue providing services that were unfunded, for vulnerable victims of family violence.

We extend a big THANK YOU to all of our funders, well-wishers and donors who have stood by us and supported the work that we do.

Our funders for the period April 2021 to March 2022 include the Ministry of Social Development; Oranga Tamariki; Ministry of Business Innovation and Employment (Immigration); Ministry of Justice; Department of Internal Affairs; Work and Income; Ministry of Women; Ministry of Youth Development: COGS; Lottery Grants Board; The Todd Foundation; Foundation North; Christchurch City Council; JR McKenzie Trust; and several private donors.





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