

# Welcome to Wellington Rape Crisis

Wellington Rape Crisis is an organisation, in their 43rd year, run by a small group of women who identified, and responded to, a community need by creating a support network for women survivors of rape and sexual abuse. Today they are an Incorporated Society, this means they are registered under the Incorporated Societies Act 1908, and are a registered charity who provide support to women and gender diverse survivors of sexual violence. As well as support in schools and crisis intervention

## OUR SERVICES



### How will we help you?

It's ok if you do not identify as a 'survivor' or do not label what happened as rape of sexual abuse. It's ok if you're worried about something that happened last night or years ago or if you are worried about something that happened to a friend and just want to talk things over.

We believe you. Your needs drive how we work with you. We will work with you as a whole person. We will base our services on what you want and need.

You are safe. Everything you tell us in confidential, and we will never do anything you're not comfortable with.

We work with your strengths so you can heal; we will walk alongside you until you can walk confidently without us.

INFORMATION



### We're here to support you

We support you to make your own decisions. You have the right to determine what's best for yourself and your own body.

Whatever you feel is ok. We recognise that the impact of rape and sexual abuse is different for each person and can affect every part of your life, or affect you in ways you don't expect.

We value and nurture your relationships. You are welcome to bring your children or a support person with you when you visit us. We understand the importance of parenting and keeping your children safe.

We understand that reaching out for support can be scary. Please call or drop in on us if you have any questions or concerns about rape or sexual abuse.

SERVICES



## Our Values

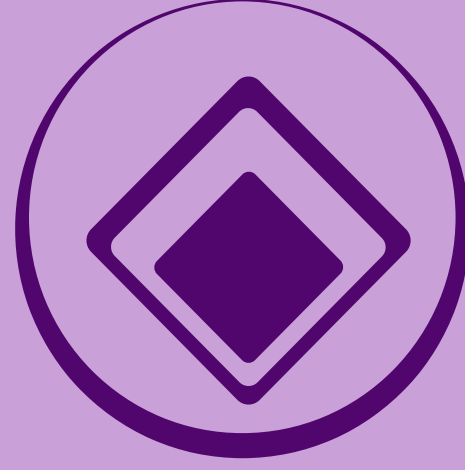
Feminism

Holistic

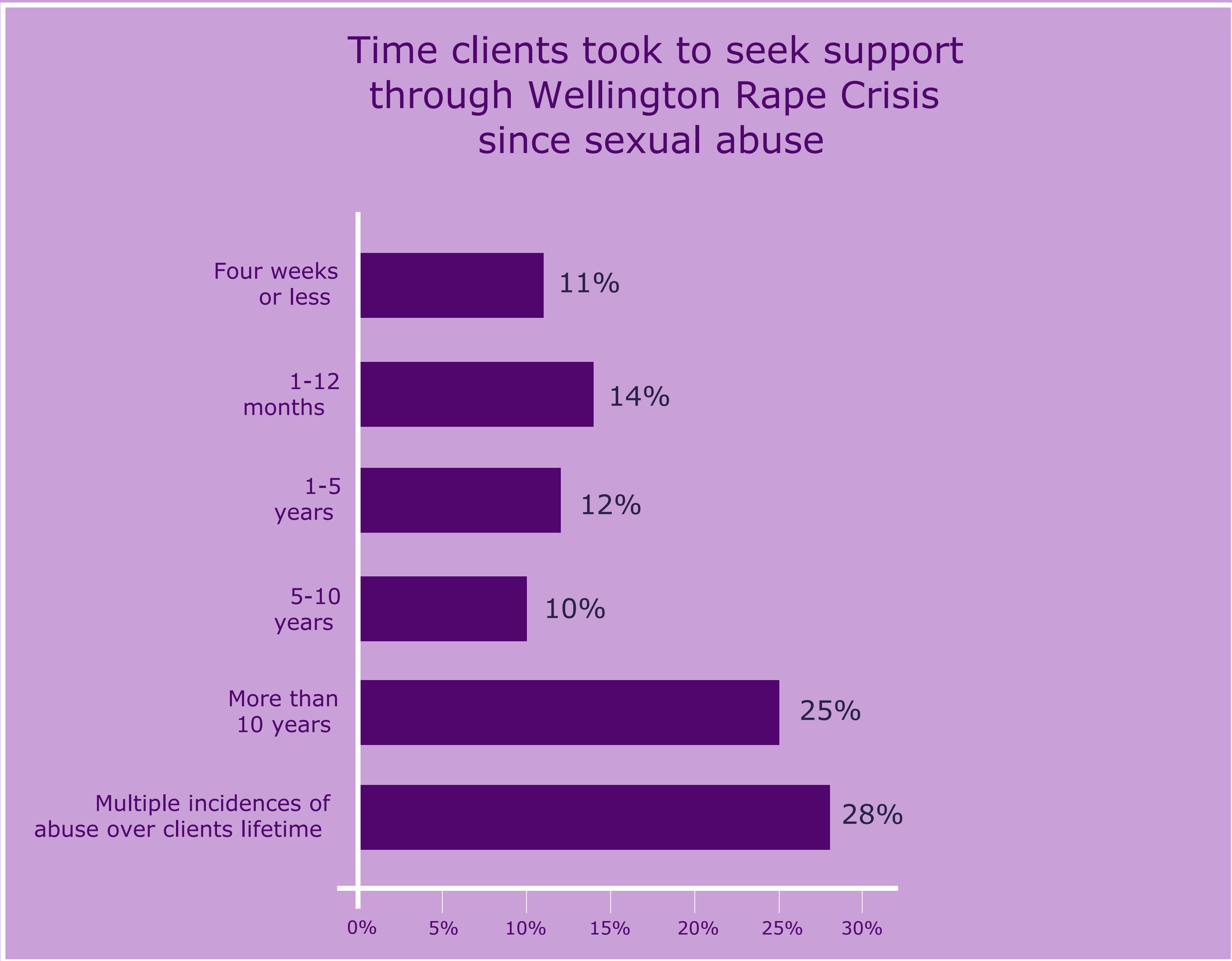
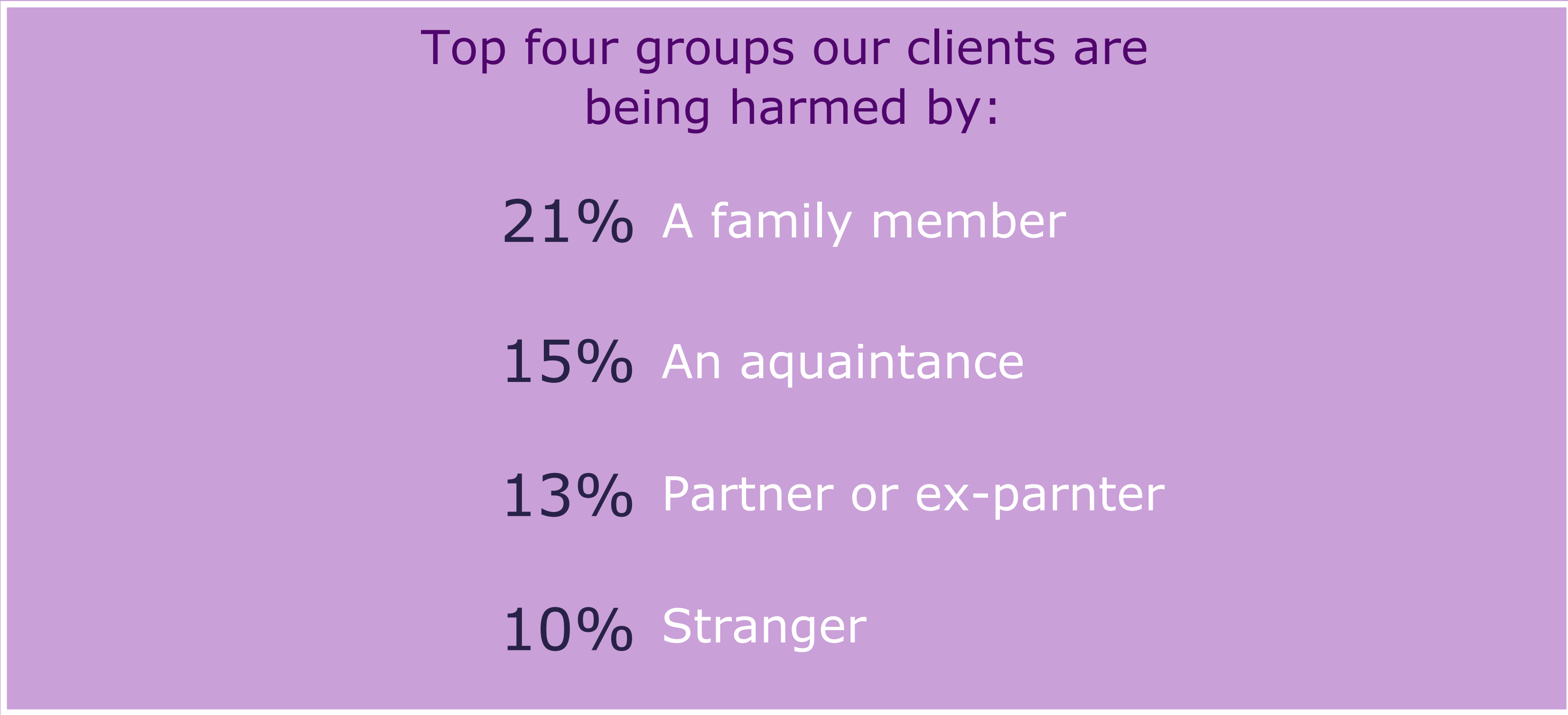
Sustainability

Informed

## ABOUT



## Impact



\*Statistics taken from Wellington Rape Crisis 2018 Annual Report



## Make a Donation

We rely on public donations to provide our free support services. Please donate today to enable us to be there for people in crisis.

DONATE

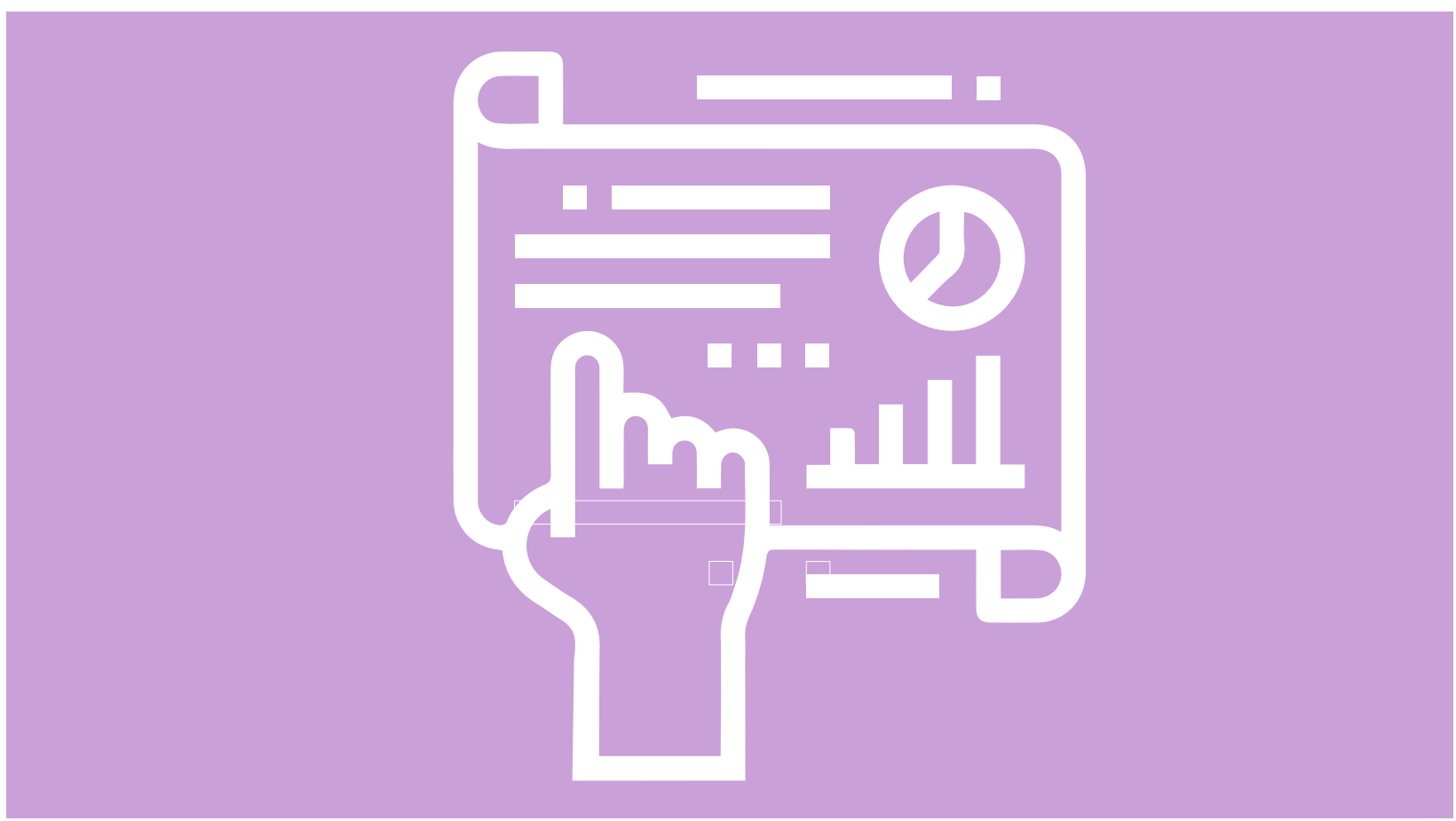




OUR PEOPLE



Support and Social workers - Our Support and Social Workers provide practical assistance and support for those accessing our services



Counsellors - Our trained counsellors provide counselling support to survivors of sexual violence.

ACC Counsellors, Psychotherapists and Psychologists - We are an ACC Sensitive Claims provider, meaning we have a range of people providing services for those who wish to access support via the ACC



The Agency Manager - Our Agency Manager oversees the day-to-day running of the organisation and works to ensure we are a great place to work and a great place to receive service from.



Funding and Finance Coordinator - Our Funding and Finance Coordinator works tirelessly to complete funding applications and ensure we are meeting all our financial



Our Values

Wellington Rape Crisis recognises Te Tiriti o Waitangi as the founding document of Aotearoa New Zealand and will work in partnership with Māori groups and agencies. We commit to working in a culturally appropriate way with Māori clients. We are committed to ongoing learning in this area. Our organisation values guide us to work in ways that are feminist, informed, holistic and sustainable. By working like this we hope to achieve our mission and vision which are:

Wellington Rape Crisis Vision: A world free of rape and sexual abuse and the damage it causes.

Wellington Rape Crisis Mission: To educate others to prevent rape and sexual abuse and provide specialist support services to survivors of rape and sexual abuse and those who support them, in a way that is feminist, informed, sustainable and holistic.

Feminism



- We are committed to challenging gendered power and inequalities which impact negatively on women and gender minorities
- Women, and gender minorities, are at the centre of our practice; our clients are the centre of our services
  - A feminist analysis of rape and sexual abuse underpins all our work
  - We believe women and gender minorities have the right to autonomy and self-determination over their own bodies
  - We believe rape and sexual abuse is a social crisis
  - We recognise that structured oppression of women and gender minorities operates through a variety of institutions
  - We use a collaborative decision-making model
  - We recognise and value diverse contributions
  - We are here to support people in their own tino rangatiratanga, recognising a person’s uniqueness and their context, and valuing that.

Informed



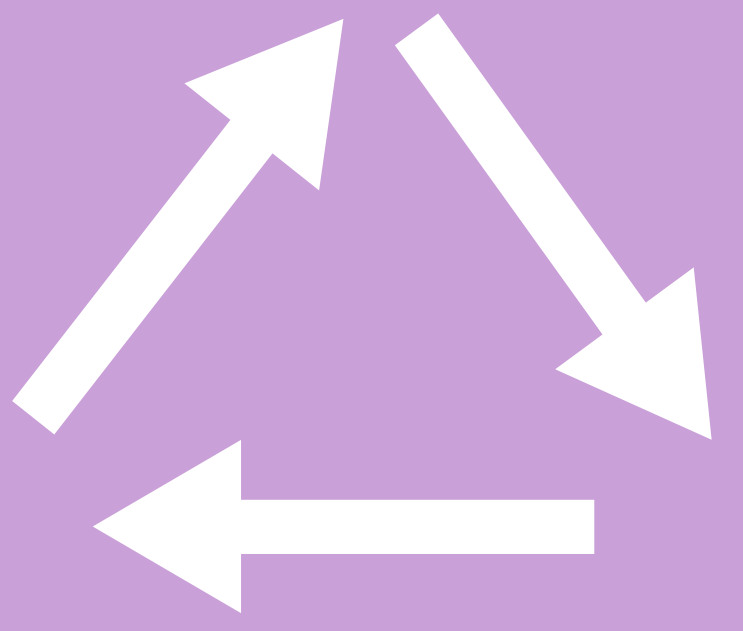
- Our knowledge and practice are most effective when they inform one another
- Our clients' experiences provide a foundation for our political analysis and actions
  - Our service delivery is informed by the clients who use it, a client's needs drive how we work with them
  - We actively incorporate wider community needs in all our work
  - We actively incorporate external examples of good practice and research in all our work
  - All our staff are qualified, trained and act ethically (operating within our Codes of Ethics)
  - We respect and protect information given to us by clients

Holistic



- We respect and honour all as they are, as whole people
- We recognise the impacts of rape and sexual abuse are different for all people and that it can impact on every part of a person's life
  - We will work with our clients as a whole people
  - We value all agency and staff relationships
  - We value and nurture clients’ support networks
  - We provide wrap-around services based on clients’ individual needs
  - We recognise the importance of parenting to our clients and staff; the safety and wellbeing of our clients and their children is paramount

Sustainability



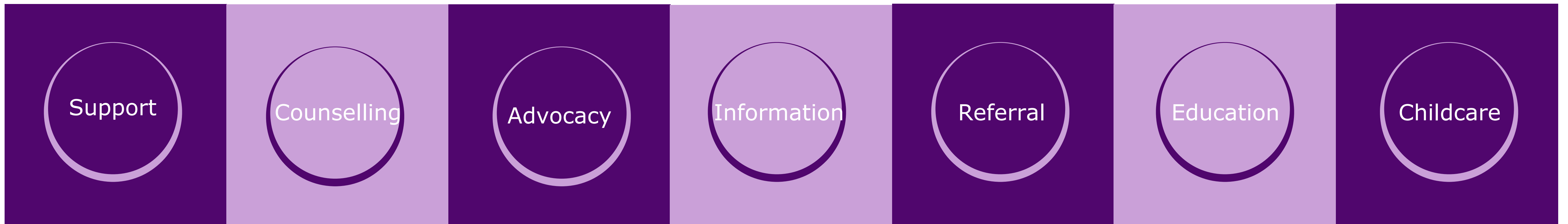
- We consider the future in present decisions and actions
- We look after our organisation and people so our clients can continue to rely on us
  - We work with our clients’ strengths so they can heal; we will walk alongside them until they can walk confidently without us
  - Financial stability of the agency is a priority
  - We support the overall wellbeing of our workers and their ability to continue to thrive in the context of their families and communities.
  - We will actively incorporate new ideas and improved ways of doing our work
  - We consider the environmental impact of decisions and where possible, minimise this





## Support

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Counselling	<a href="#">+</a>
Advocacy	<a href="#">+</a>
Information	<a href="#">+</a>
Referral	<a href="#">+</a>
Education	<a href="#">+</a>
Childcare	<a href="#">+</a>
Other support	<a href="#">+</a>

## Who do we work with?

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We do not specialise in working with cis men, but there is both Sexual Abuse HELP Foundation and MOSAIC in Wellington who do have this expertise and we are happy to provide a referral to them.

For more information on support for cis men survivors see our resources page.

We do not work with people under the age of thirteen, but are happy to provide referral to the local agency that does.

Anyone is welcome to contact us with questions about our services.

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Our Gender diversity policy is currently under review but you are welcome to provide feedback on this here.







## Make a Donation

We rely on public donations to provide our free support services. Please donate today to enable us to be there for people in crisis.

### Credit/Debit card

If you wish to donate via a credit or debit card, you can do so through our donation page [here](#)

### Bank Transfer

If you wish to make a donation directly to our bank account, our number is:  
38 – 9014 – 0683 – 41300  
Please send us an email if you're using this option, we would love to hear from you and send you a receipt.

### Cash or Cheque

Any cash or cheque donations can be sent to our postal address:  
PO Box 11 731  
Manners St  
Wellington 6142  
We will mail you back a receipt

### Become a member

Become a community partner and help sustain Wellington Rape Crisis in the long term.

We are looking for individuals, organisations and businesses to make regular donations and provide us some consistency and stability of funding, in order to allow us to continue delivering our free services.

Your regular donation would help us to provide the following:

\$200

Our Drop-in  
Counselling  
Centre opens  
for a day

\$95

One  
Counselling  
sessions

\$25

Our Social  
Work or Social  
session

For more information contact [office@wellingtonrapecrisis.org.nz](mailto:office@wellingtonrapecrisis.org.nz)



## Contact Us

We're here to help. Get in touch with us by contacting our Support team or Office for inquiries by phone or email.

### Get Support

Phone: (04) 801 8973  
Email: [support@wellingtonrapecrisis.org.nz](mailto:support@wellingtonrapecrisis.org.nz)

### Office Contact

Phone: (04) 801 8970  
Email: [office@wellingtonrapecrisis.org.nz](mailto:office@wellingtonrapecrisis.org.nz)

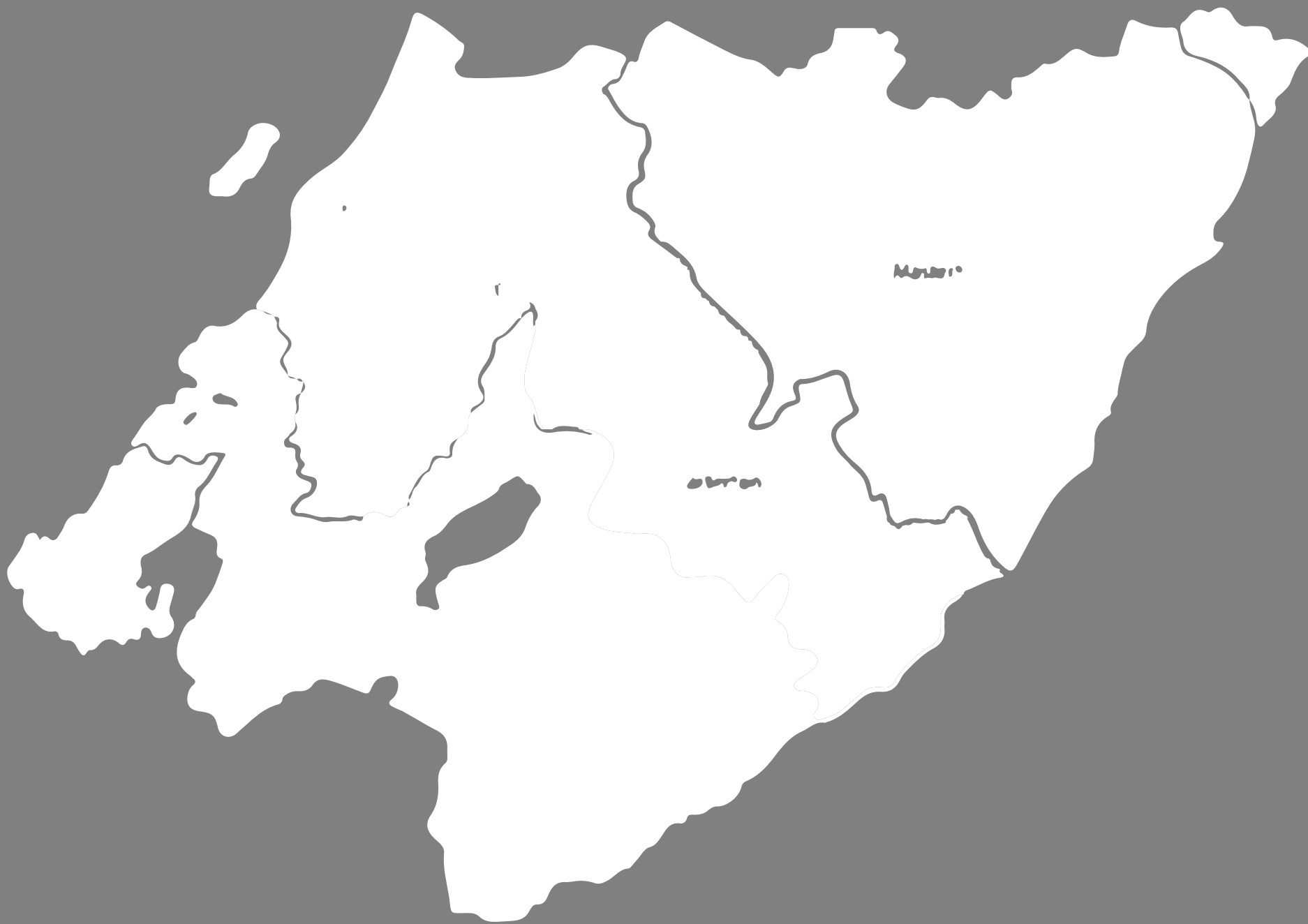
## Get in touch



## Visit Us

Level 4  
220 Willis St  
Te Aro  
Wellington 6011

Opening hours:  
Monday - Friday  
9:30am – 4:00pm



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SERVICES





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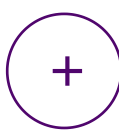
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WRC Pamphlet



## Impact

Top four groups our clients are being harmed by:

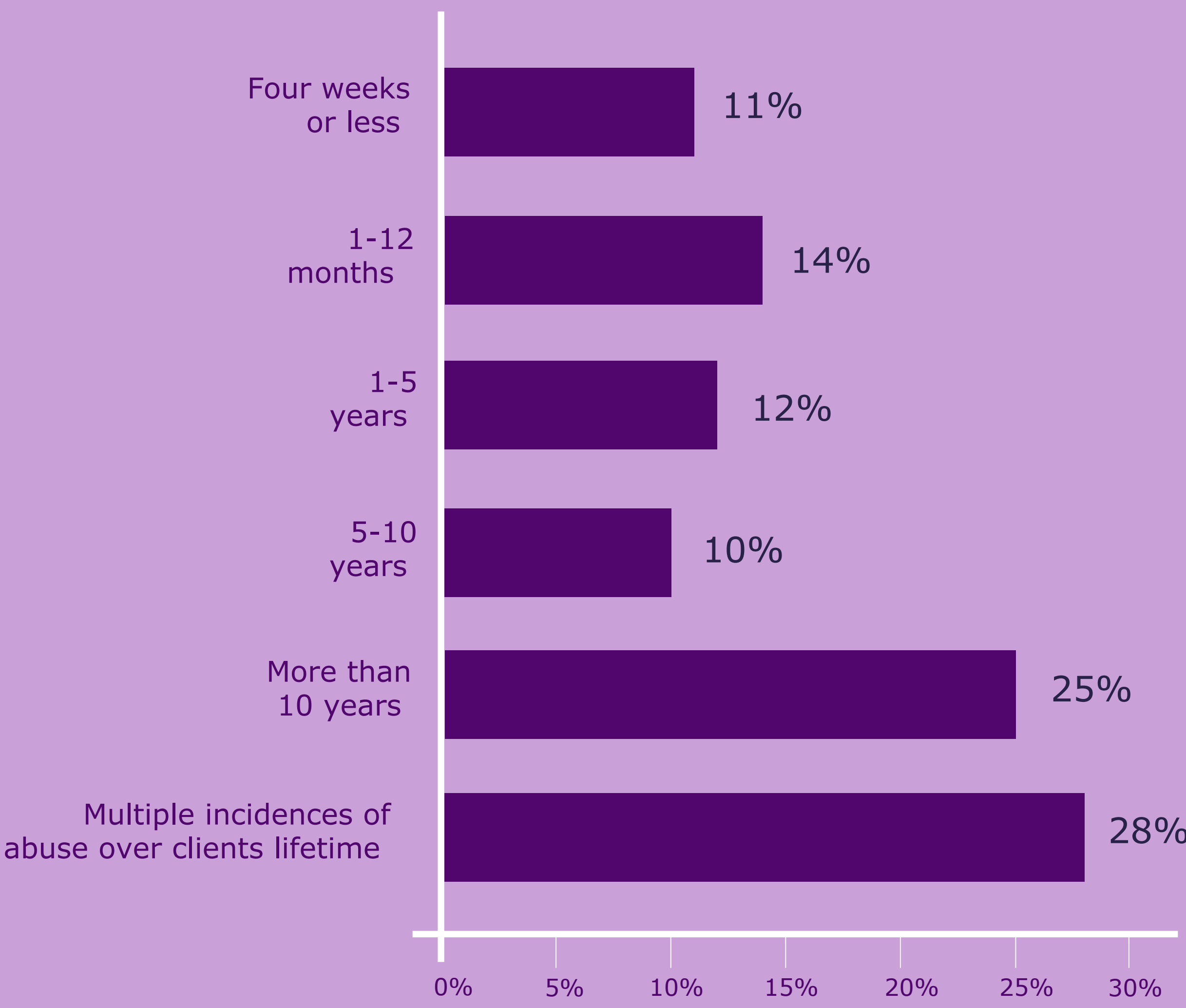
21% A family member

15% An acquaintance

13% Partner or ex-parnter

10% Stranger

Time clients took to seek support through Wellington Rape Crisis since sexual abuse



\*Statistics taken from Wellington Rape Crisis 2018 Annual Report.



## News Release

#Article 1

#Article 2

Kia ora! Just an update to let you know our offices are open again, and we are seeing clients in person or remotely via Zoom.

We have made the difficult decision to close our office, in order to keep our clients and staff







## Support

We provide support and information over the phone, by email, and in person to survivors of rape and sexual abuse and to their friends and whanau. This includes people who are supporting a survivor or who are affected by the rape or sexual abuse of someone they know.



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Counselling	⊖
We provide counselling at no charge to survivors of rape and sexual abuse. We can offer ACC counselling and treatment, or general counselling for those who cannot or do not wish to go through ACC.	
Advocacy	⊕
Information	⊕
Referral	⊕
Education	⊕
Childcare	⊕
Other support	⊕

## Who do we work with?

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For more information on support for cis men survivors see our resources page.

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Counselling	+
Advocacy	–
We are available to work alongside you in your liaison with organisations such as the police, ACC, WINZ, the courts, and	
Information	+
Referral	+
Education	+
Childcare	+
Other support	+

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DONATE

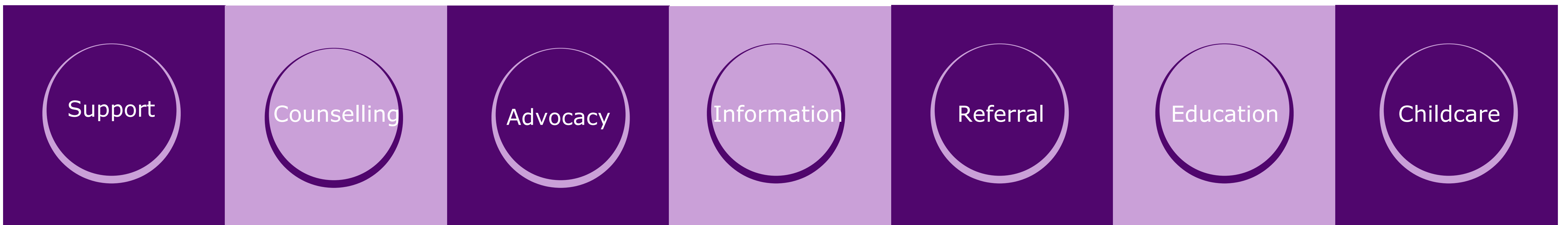






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Counselling	+
Advocacy	+
Information	–
We have resources and information packs available to send out or pick up and a comprehensive library service free for you to access	
Referral	+
Education	+
Childcare	+
Other support	+

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Counselling	+
Advocacy	+
Information	+
Referral	–
We have strong links with other service providers in Wellington, and a broad knowledge base about Wellington’s social services. If we are not the most appropriate service provider for you, we are	
Education	+
Childcare	+
Other support	+

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Counselling	+
Advocacy	+
Information	+
Referral	+
Education	–

Wellington Rape Crisis believes that education is a vital tool in the prevention of rape and sexual abuse.

We have been providing community education in the Wellington region for nearly 30 years. We are available to do workshops and/ or seminars on rape and sexual abuse.

Childcare	+
Other support	+

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## Support

We provide support and information over the phone, by email, and in person to survivors of rape and sexual abuse and to their friends and whanau. This includes people who are supporting a survivor or who are affected by the rape or sexual abuse of someone they know.

Support

Counselling

Advocacy

Information

Referral

Education

Childcare



## How will we help you?

- It’s ok if you do not identify as a ‘survivor’ or do not label what happened as rape or sexual abuse. It’s ok if you’re worried about something that happened last night or years ago or if you are worried about something that happened to a friend and just want to talk things over.
- We believe you. Your needs drive how we work with you. We will work with you as a whole person. We will base our services on what you want and need.
- You are safe. Everything you tell us is confidential, and we will never do anything you’re not comfortable with.
- We support you to make your own decisions. You have the right to determine what’s best for yourself and your own body
- Whatever you feel is ok. We recognise that the impact of rape and sexual abuse is different for each person and can affect every part of your life, or affect you in ways you don’t expect.
- We work with your strengths so you can heal; we will walk alongside you until you can walk confidently without us.
- We value and nurture your relationships. You are welcome to bring your children or a support person with you when you visit us. We understand the importance of parenting and keeping your children safe.
- We understand that reaching out for support can be scary. Please call or drop in on us if you have any questions or concerns about rape or sexual abuse.

Counselling	+
Advocacy	+
Information	+
Referral	+
Education	+
Childcare	-
We can offer free childcare onsite to clients when they are using	
Other support	+

### Who do we work with?

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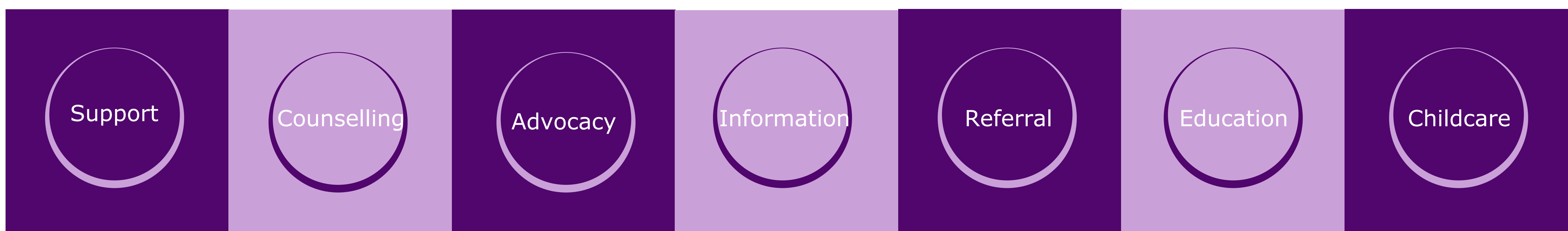






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Counselling	+
Advocacy	+
Information	+
Referral	+
Education	+
Childcare	+
Other support	–

**ACC Sensitive Claims** - One of the funding options for counselling is through ACC, you can find out more about this by clicking above, or by talking to our team who can support you through the process.

**Sexual Abuse Help Foundation** - also provides survivor support in Wellington, as a larger agency they work with people of all ages and genders. They also have a 24hr crisis support line.

**Sexual Abuse Prevention Network** - provides education and advice with the aim of ending sexual violence.

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## Welcome to Wellington Rape Crisis

Wellington Rape Crisis is an organisation, in their 43rd year, run by a small group of women who identified, and responded to, a community need by creating a support network for women survivors of rape and sexual abuse. Today they are an Incorporated Society, this means they are registered under the Incorporated Societies Act 1908, and are a registered charity who provide support to women and gender diverse survivors of sexual violence. As well as support in schools and crisis intervention

OUR SERVICES



## How will we help you?

It's ok if you do not identify as a 'survivor' or do not label what happened as rape or sexual abuse. It's ok if you're worried about something that happened last night or years ago or if you are worried about something that happened to a friend and just want to talk things over.

We believe you. Your needs drive how we work with you. We will work with you as a whole person. We will base our services on what you want and need.

You are safe. Everything you tell us is confidential, and we will never do anything you're not comfortable with.

We work with your strengths so you can heal; we will walk alongside you until you can walk confidently without us.

INFORMATION



## We're here to support you

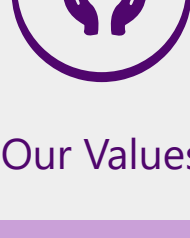
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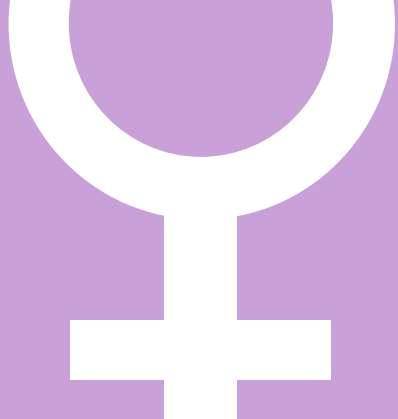
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SERVICES



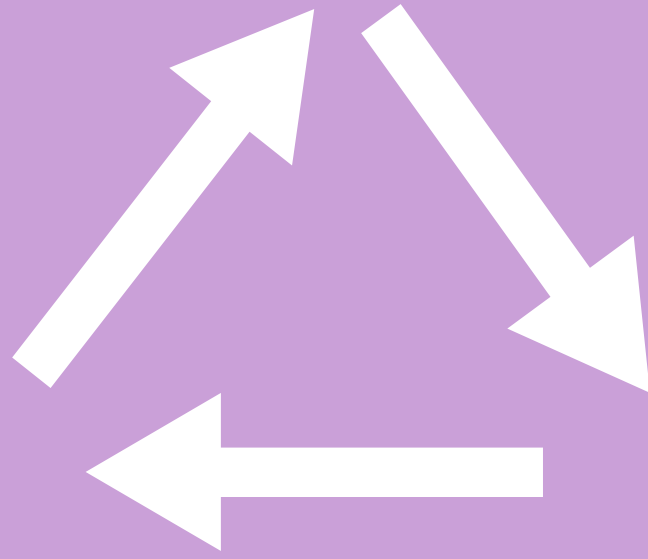
### Our Values



Feminism



Holistic



Sustainability



Informed

ABOUT

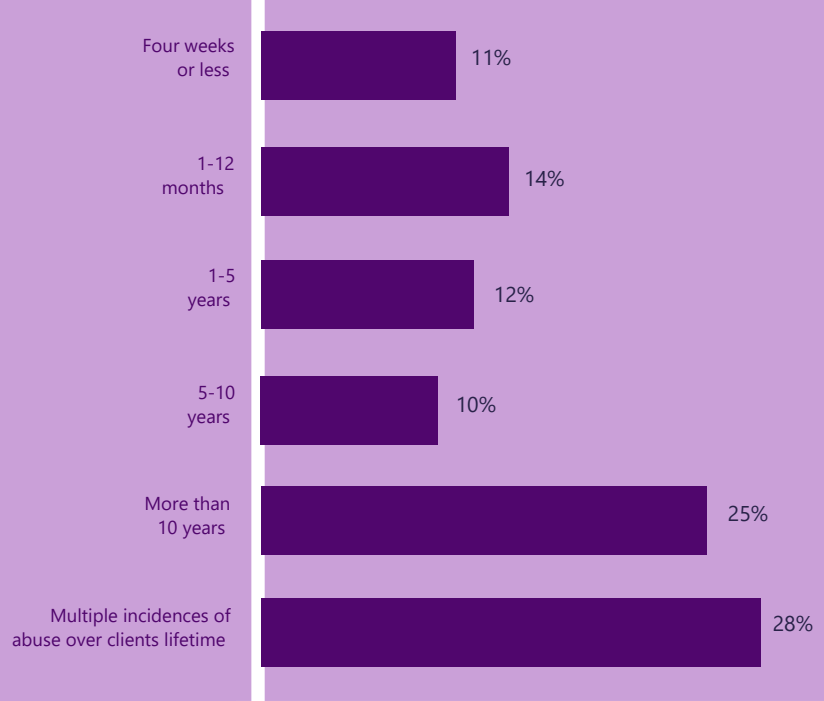


### Impact

Top four groups our clients are being harmed by:

- 21% A family member
- 15% An acquaintance
- 13% Partner or ex-parnter
- 10% Stranger

Time clients took to seek support through Wellington Rape Crisis since sexual abuse



### Make a Donation

We rely on public donations to provide our free support services. Please donate today to enable us to be there for people in crisis.

DONATE





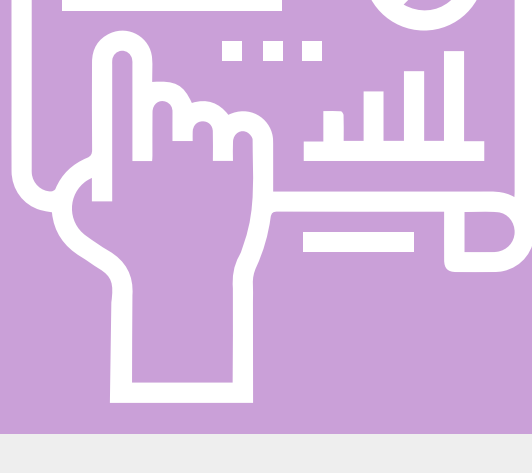
## OUR PEOPLE



**Support and Social workers** - Our Support and Social Workers provide practical assistance and support for those accessing our services



**Counsellors** - Our trained counsellors provide counselling support to survivors of sexual violence.



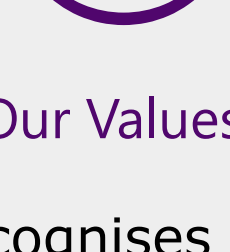
**ACC Counsellors, Psychotherapists and Psychologists** - We are an ACC Sensitive Claims provider, meaning we have a range of people providing services for those who wish to access support via the ACC Sensitive Claims pathway



**The Agency Manager** - Our Agency Manager oversees the day-to-day running of the organisation and works to ensure we are a great place to work and a great place to receive service from.



**Funding and Finance Coordinator** - Our Funding and Finance Coordinator works tirelessly to complete funding applications and ensure we are meeting all our financial responsibilities.



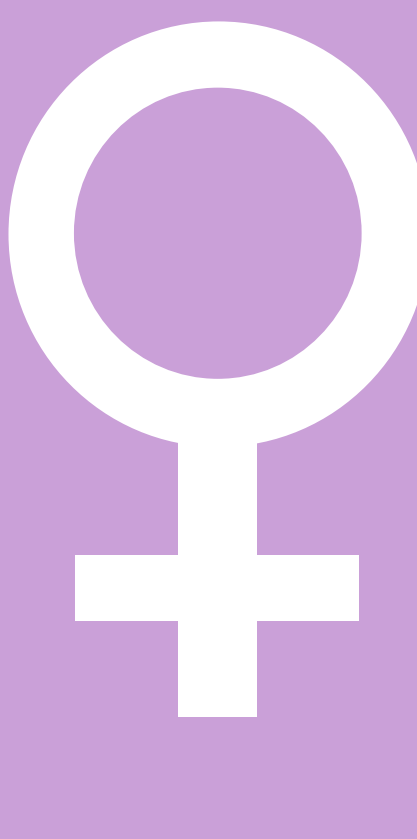
## Our Values

Wellington Rape Crisis recognises Te Tiriti o Waitangi as the founding document of Aotearoa New Zealand and will work in partnership with Māori groups and agencies. We commit to working in a culturally appropriate way with Māori clients. We are committed to ongoing learning in this area. Our organisation values guide us to work in ways that are feminist, informed, holistic and sustainable. By working like this we hope to achieve our mission and vision which are:

**Wellington Rape Crisis Vision:** A world free of rape and sexual abuse and the damage it causes.

**Wellington Rape Crisis Mission:** To educate others to prevent rape and sexual abuse and provide specialist support services to survivors of rape and sexual abuse and those who support them, in a way that is feminist, informed, sustainable and holistic.

## Feminism



We are committed to challenging gendered power and inequalities which impact negatively on women and gender minorities

- Women, and gender minorities, are at the centre of our practice; our clients are the centre of our services
- A feminist analysis of rape and sexual abuse underpins all our work
- We believe women and gender minorities have the right to autonomy and self-determination over their own bodies
- We believe rape and sexual abuse is a social crisis
- We recognise that structured oppression of women and gender minorities operates through a variety of institutions
- We use a collaborative decision-making model
- We recognise and value diverse contributions
- We are here to support people in their own tino rangatiratanga, recognising a person's uniqueness and their context, and valuing that.

## Informed



Our knowledge and practice are most effective when they inform one another

- Our clients' experiences provide a foundation for our political analysis and actions
- Our service delivery is informed by the clients who use it, a client's needs drive how we work with them
- We actively incorporate wider community needs in all our work
- We actively incorporate external examples of good practice and research in all our work
- All our staff are qualified, trained and act ethically (operating within our Codes of Ethics)
- We respect and protect information given to us by clients

## Holistic



We consider the future in present decisions and actions

- We look after our organisation and people so our clients can continue to rely on us
- We work with our clients' strengths so they can heal; we will walk alongside them until they can walk confidently without us
- Financial stability of the agency is a priority
- We support the overall wellbeing of our workers and their ability to continue to thrive in the context of their families and communities.
- We will actively incorporate new ideas and improved ways of doing our work
- We consider the environmental impact of decisions and where possible, minimise this





Support

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We are currently operating via appointment only. To make an appointment, please get in contact by calling 04 801 8973, or emailing support@wellingtonrapecrisis.org.nz.

We are open between 9:30 am and 4:00 pm, Monday to Friday.

- Support
- Counselling
- Advocacy
- Information
- Referral
- Education
- Childcare



How will we help you?

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Other support	+



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## Make a Donation

We rely on public donations to provide our free support services. Please donate today to enable us to be there for people in crisis.

### Credit/Debit card

If you wish to donate via a credit or debit card, you can do so through our donation page [here](#)

### Bank Transfer

If you wish to make a donation directly to our bank account, our number is: 38 - 9014 - 0683 - 41300 Please send us an email if you're using this option, we would love to hear from you and send you a receipt.

### Cash or Cheque

Any cash or cheque donations can be sent to our postal address:

PO Box 11 731

Manners St

Wellington 6142

We will mail you back a receipt

### Become a member

Become a community partner and help sustain Wellington Rape Crisis in the long term.

We are looking for individuals, organisations and businesses to make regular donations and provide us some consistency and stability of funding, in order to allow us to continue delivering our free services.

Your regular donation would help us to provide the following"

\$200

Our Drop-in  
Counselling  
Centre opens  
for a day

\$95

One  
Counselling  
sessions

\$25

Our Social  
Work or Social  
session

For more information contact [office@wellingtonrapecrisis.org.nz](mailto:office@wellingtonrapecrisis.org.nz)





## Contact Us

We're here to help. Get in touch with us by contacting our Support team or Office for inquiries by phone or email.

## Get in touch

Name\*:

Email\*:

Inquiry/Message:

Submit

## Get Support

Phone: (04) 801 8973

Email: [support@wellingtonrapecrisis.org.nz](mailto:support@wellingtonrapecrisis.org.nz)

## Office Contact

Phone: (04) 801 8970

Email: [office@wellingtonrapecrisis.org.nz](mailto:office@wellingtonrapecrisis.org.nz)



## Visit Us

Level 4  
220 Willis St  
Te Aro  
Wellington 6011

Opening hours:  
Monday - Friday  
9:30am – 4:00pm



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SERVICES



DONATE







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### WRC Pamphlet

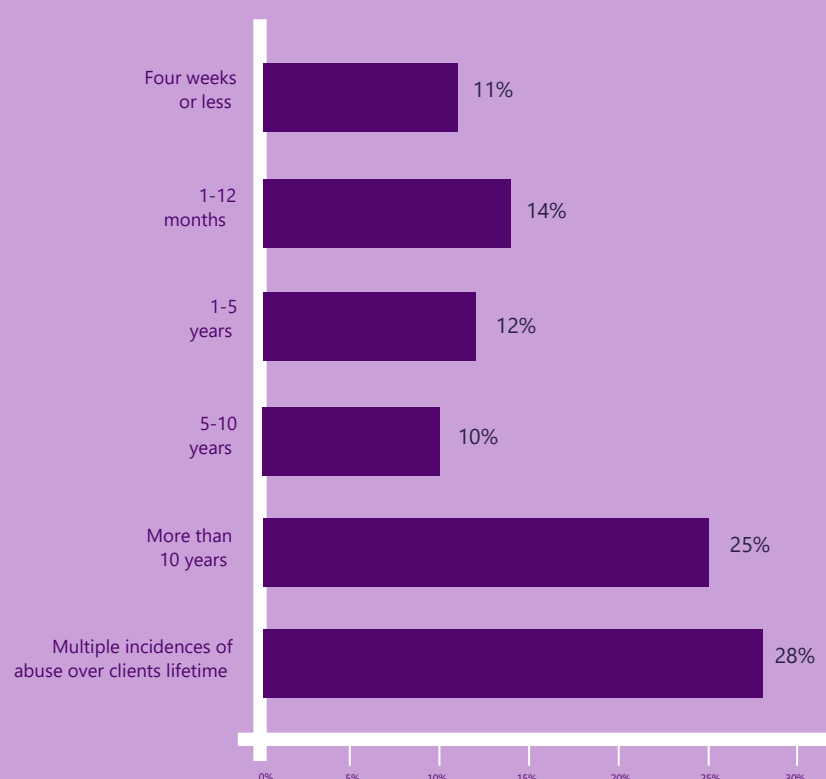


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10%	Stranger

Time clients took to seek support through Wellington Rape Crisis since sexual abuse



## News Release

#Article 1

#Article 2

Kia ora! Just an update to let you know our offices are open again, and we are seeing clients in person or remotely via Zoom.

We have made the difficult decision to close our office, in order to keep our clients and staff healthy.

