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## Heartbeat Issue 102



*'A house where a woman feels unsafe is not a home'*

At The Christchurch Aunties it's a privilege to silently, and often invisibly, walk alongside a woman and her children, as she moves away from an unhealthy situation.

To facilitate that on your behalf, is what Christchurch Aunties mahi is all about.

We feel particularly fortunate to be able to pass on your gifts of aroha, exactly when a woman needs it most.

Thank you for enabling us to do that again, through 2022.

**Karon x**

**Manager- The Christchurch Aunties**

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## The joy of giving!

It never ceases to amaze us how much generosity we are surrounded by, in fact we are amongst it 365 days a year. The Christchurch Aunties have a model that relies solely on the munificence of all we connect with. Be it donors of goods, cash donations, sponsorship, funding bodies, fundraising initiatives and volunteering, it's our people who continue to shine.

Big or small, one-off or regular, we simply would not be able to impact the number of families we do, without our 'Aunties' community. We thank you also, every time you like and share our posts, inciting your family and friends to join our cause and donate pre-loved items for our whānau.

Though 2022 has seen some changes and challenges for us all, you have remained constant in your commitment to support women and children in Waitaha, who have chosen to make their house a home, in a bid to free themselves from family harm. This festive season saw us gift over 500 gift parcels from your donated presents.

We love that you get us, we love that you support us and we are thrilled you want to join us. Heartfelt thanks from The Christchurch Aunties Management and Board of Trustees.



## It's easy to make an impact

### **We are excited to see our community grow to over 6000 'followers'.**

WE are getting BIG and it's time to really mobilise our 'Aunties' community to ensure we have even more impact in 2023.

Multifaceted, comprehensive action is required to effectively address family harm and intimate partner violence in Aotearoa. Partnerships between government, tangata whenua, advocates, agencies, researchers, media and communities is needed. It's a long-term investment supported by an overall strategic framework of policies, infrastructure and communities, people just like you!

**1 in 3 (35%) of NZ women experienced physical and/or sexual intimate partner violence (IPV) in their lifetime, when psychological or emotional abuse is included, 55% experienced IPV in their**

**lifetime. (Fanslow and Robinson, 2011)**

You may feel there is little you can do to effect the change to halt the cycle of violence in Aotearoa. You are already doing it, we all just need to do more!

The Christchurch Aunties is committed to our vision of a Canterbury where all women and children who have been exposed to abuse are safe, well supported and resourced, through our collaborating agencies.

If you, your company or your friends would like to find out how you can do more to support us, please contact Karon. [karon@chchaunties.org.nz](mailto:karon@chchaunties.org.nz)

[Christchurch Aunties](#)

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**Mitre 10 New Zealand Community of the Year  
Ngā Pou Whirinaki o te Tau**

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New Zealand Community of the Year  
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**MITRE 10**



**2023 Semi-Finalist**  
**Christchurch Aunties**

## 2023 Semi Finalist-Christchurch Aunties

The Christchurch Aunties were overcome with excitement when we were notified of our place among New Zealand's movers and shakers in the 'community good' space of the Kiwibank New Zealander of the Year Awards 2023.

If we think back to our early days when Founder, Heather Milne stepped up to support a single whaiora by reaching out to her networks, it's staggering to look at what she created from a simple desire to lend a hand, or to imagine where we may end up.

Christchurch Aunties grew organically, as Heather shared her vision with like-minded friends, through the infectious impact her community were making when they had a common goal. 7.5 years of devotion to supporting women through the challenges faced in their initial days and months, when stepping away from a cycle of abuse.

We hear what it was like 'before the Aunties', constantly, and our collaborating agencies, now numbering 19, know too well how valuable the Christchurch Aunties mahi is, when they advocate for a family who are building a new life, with little or nothing of their own.

It's with enormous pride and gratitude we acknowledge Heather Milne's tireless efforts to create a

thriving network in Otautahi, that will continue to be her legacy-a gift of aroha, support and hope. Congratulations to Heather and all of you who've journeyed with her since The Christchurch Aunties inception, and who commit to continuing her mahi through your support.

Mitre 10 New Zealand Community of the Year

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## At the Heart of Family Business

As a well-respected family business, Gavin Lowe Energy has over 25 years of experience serving the Christchurch and Canterbury region.

Renowned for providing expert advice, quality equipment and installation, followed by supportive after sales service, the team at Gavin Lowe Energy all have the same ongoing commitment to continuously improve what they do, and to remain a leader in their field.

The Christchurch Aunties were beyond delighted when the management team at Gavin Lowe Energy decided to direct their community impact, in a more meaningful way. No stranger to charitable giving, they wanted to develop a company giving plan that put their funds at the heart of our community needs.

We are very proud to partner with Karen and her team, as an extension of the Lowe Family. Their generous company giving plan will include a donation to Christchurch Aunties for every confirmed heat pump installation and an exciting fundraising initiative throughout the year. They have also gone a step further and have offered to test and tag our donated appliances, whenever we have a need, which is brilliant for those urgent requests for washing machines, microwaves and fridges!

We are truly humbled that Gavin Lowe Energy has chosen Christchurch Aunties as their first 'charity of choice' and we are honoured to have Karen and the team as the Aunties very first annual company sponsorship. We feel this will be a perfect alignment to support our mahi.

If you or your friends and family are considering a heat pump, be sure to contact the Gavin Lowe Energy team and support Christchurch Aunties at the same time!

phone: +64 3 3379584 | email: reception@gavinlowe.co.nz

  
HEAT PUMPS • AIR CONDITIONING • VENTILATION



[Gavin Lowe Energy](#)

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## Becoming an 'Auntie' 101

Nothing is quite as simple as becoming an 'Auntie'. We don't do age, gender, culture or background. We just do time, talent and a desire to make a difference (and you can choose as much of those, as suits you!)

to make it easy to do just that;  
Volunteering your time and skills  
Donating goods for our whānau  
Donating money for our operations  
Hosting a fundraiser for a specific goal  
Speaking engagements to your company club or service group  
Mentoring us in areas we could use your expertise  
Sharing our story with your networks to help us raise awareness of our cause  
If you have great skills, some energy, preloved items, \$\$ or a fun idea we'd love to hear from you. [office@chchaunties.org.nz](mailto:office@chchaunties.org.nz)



## Our whānau's ongoing needs

If you would love to support us but you're not quite sure what our ongoing needs may look like, here's a list of our favourite things to donate to Canterbury families through the agencies we support;  
Just use our donation form link to let us know what you'd like to donate.

<https://forms.gle/5hb61PAE1pzLMXUM7>

Thanks -we wouldn't be us, without you!

- new toiletries big & small (not pads but tampons are great)
- pamper gifts; hair, skincare, makeup
- bedding, sheets, duvet inners, blankets, pillows
- kitchen items; crockery, cups, glasses cutlery
- kitchen items, pots, pans, ovenware, plastics
- kitchen appliances in working order
- beds, mattresses & bases, all sizes
- furniture; couches, tables, drawers
- mobile phones; new & used
- food & fuel vouchers
- activity vouchers
- mobile top ups

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## Huge thanks to the many funders, donors, volunteers and supporters make us who we are;

- Blogg Charitable Trust
- Christchurch Casino Charitable Trust
- Elizabeth Ball Charitable Trust
- Christchurch City Council
- COGS
- Zonta Club
- Gavin Lowe Energy
- ICO Traders
- Craigs Investment Partners
- Acorn Foundation
- Jim's Test & Tag
- Waiwetu Trust
- Greenwood Roche
- ANZCO Foods
- Mediterranean Shipping Company
- Holmes Solutions
- Grant & Fi Archer
- M.M. Linen
- Iglesia Ni Cristo
- BNZ
- Darfield Food and Clothing Bank
- Yellow
- Hallifax
- City Care
- Bunnings
- Digital Wings
- Remark-IT
- Lotteries Grants Board
- Rata Foundation
- Mainland Foundation
- Reform Fitness
- Around Again Cycles
- Alison Poulter NZ
- Rotary Club of Cashmere
- 'Jan the Van' lease donor
- Casino Court Motor Lodge
- Matipo Garage
- Whakaraupo Carving Centre
- Academy Hire
- Ashburton Gallery
- Mitre 10 Hornby
- Harvey Norman
- Darkroom
- Styx and Stone Northwood
- Flourish Foliage/Lyttelton Lights
- Coco Gifts
- Marshland Hall Trust
- Moon Under Water
- Prestons Park Community
- Lincoln Patchwork & Quilting Group

Our hearts are bursting with appreciation and gratitude to all our wonderful community for your aroha, support and hope. we have respectfully done that, in person, throughout 2022. (you know who you are!)

A happy and healthy festive season. Aroha nui

This is by no means a full and complete list of people we need to thank, and we hope Karon and the Christchurch Aunties Board of Trustees



[www.chchaunties.org.nz](http://www.chchaunties.org.nz)





ChCh Aunties

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