

Home Ground

Community Handbook

From our table to yours

2022





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April 2022

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Karakia

Nau mai ngā hua

Nau mai ngā pai

Nau mai kia nui

Kia hāwere ai

Welcome all things that have grown

Welcome all things that are good

May they be plentiful and abundant

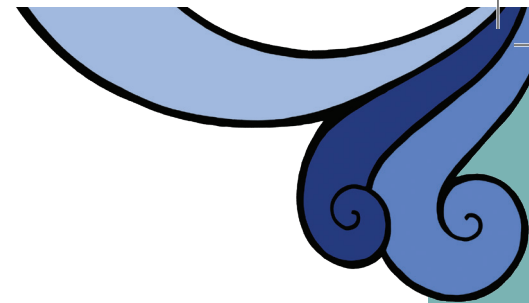






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Note from self

*I am where I am because of the decisions I made
Whether I agree or not with the outcome, it is what it is
So, whilst I sit here today,
I wonder what I could've done then
Before my sentence was passed – and the panic set in*

I didn't know what to expect after sentencing, leaving the courtroom, down the dark stairs, but I felt a sense of relief knowing that there was ample time to pick up my kids after school. The stairs ended at a waiting room and I met no words or recognition on my arrival. Just the shuffling of papers and muffled whispers.

Silently seated, I waited. Surely, I wasn't going to pass the time there, ignored. Or was this the convicted welcome? After some time I was up at the counter. As soon as I started to speak, I was given the sharp, "We'll be with you shortly."

Strange that pre-quickly had already amounted to around 45 minutes.

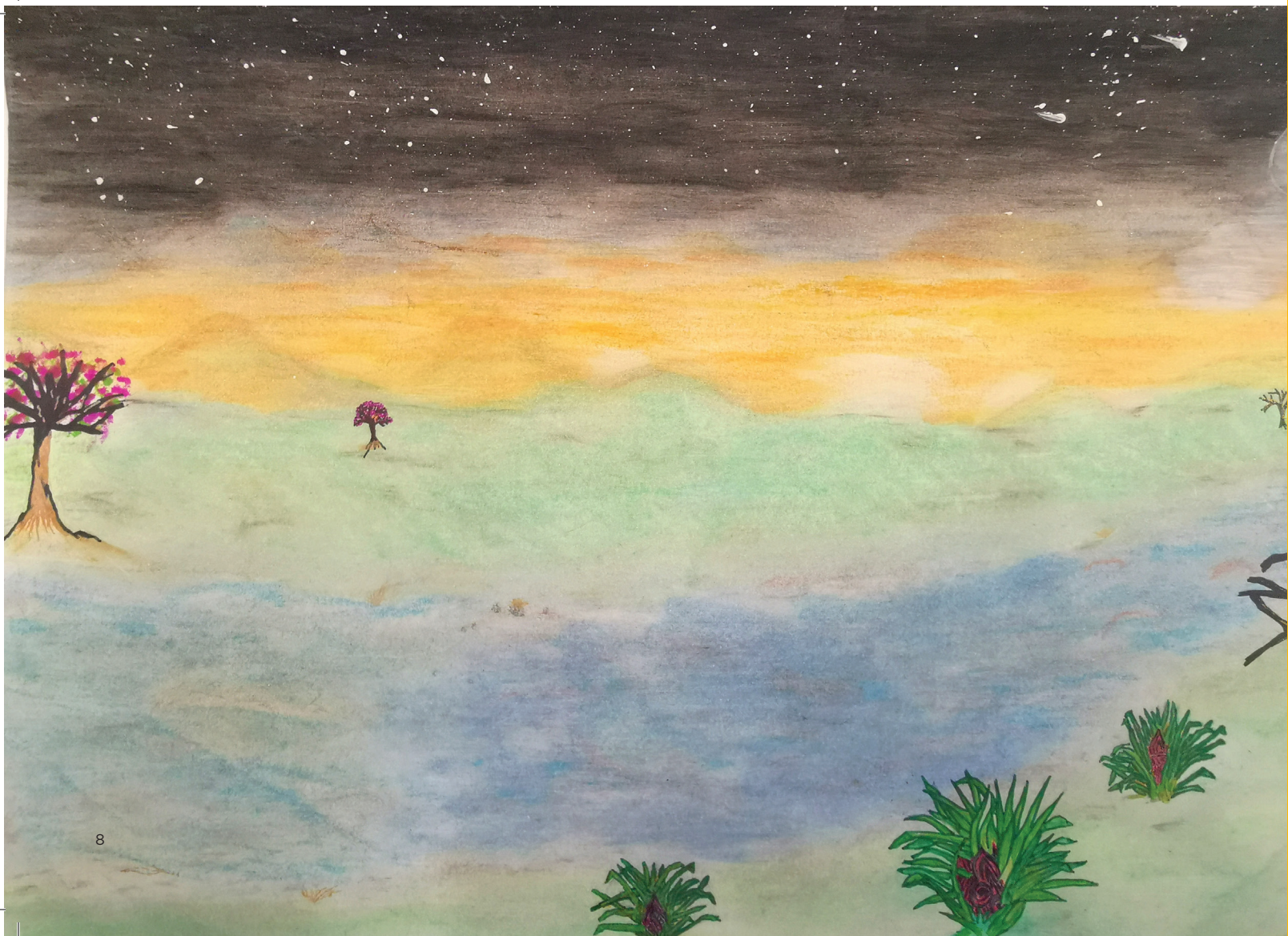
"I'm sorry, but I need to pick my kids up after school." Ignored. And then I started to worry. Would I be allowed to pick up my children?

"Ummm excuse me, could you tell me if I am able to pick up my kids after school?" Ignored. Worry turned to panic. What do I do if I can't pick up the kids? Who is going to pick them up? How can I contact someone to pick them up? Panic turned to helplessness.

"I'm so sorry, but is there someone I can speak to about picking up my kids?"

"I'll be with you soon!"

I hadn't considered not being able to pick up my kids, nobody said any differently. But I started to feel smaller and smaller, as if the waiting area I was sitting in wasn't small enough. And so I continued to wait, afraid to ask any questions, scared that if I kept asking, they'd make me wait longer.



The hā in our breath... Hā ki roto – hā ki waho

Tihei wā mauri ora...

In the beginning to breathe is life...

With this life breathing is natural

It is effortless

No thinking, just breathing

Then life becomes a rhythm, a song of in... out... in... out...

Life's obstacles make breathing

up-down-in-out-crooked-bent-up-down-in-out

Breathing on glass to prove you still have breath

You own this, this is mine

Releasing out a huff and a puff

Making a statement that I'm still alive

Hā ki roto, hā ki waho

To maintain a steady beat – to breathe

- MH



Self-care tip

Don't forget to breathe!

When you breathe slowly and deeply, it sends a message to your brain to calm down and relax.

Try breathing in for 4, hold for 4, then out for 4. Then 3, 2, 1...

Be kind to yourself as you practise.



Outside **advice** from **the inside**

Be prepared

Know the stages of your community sentence and what happens at each point, including after your sentence is served. What support is available? What are your options and limitations?

Be involved

Be part of making the best of your situation. Create a daily plan, study, learn a new skill, pick up an old passion, get tech savvy, exercise, set aside part of the day that is uninterruptedly yours.

Be patient

Seldom do things happen overnight but bit by bit trust that things will unfold.

Remain resilient

Maintain and keep building on you. Open yourself up to different possibilities and opportunities – explore.

Give yourself certainty

Who do you trust? Who can help? Who do you feel safe with sharing your worries and concerns? Can family or friends help?

Find your voice

Who can make sure you are heard? Where do you find someone to speak on your behalf? What guidance, support or help do you need? What questions do you need answered?

Ask questions till the answers give you confidence

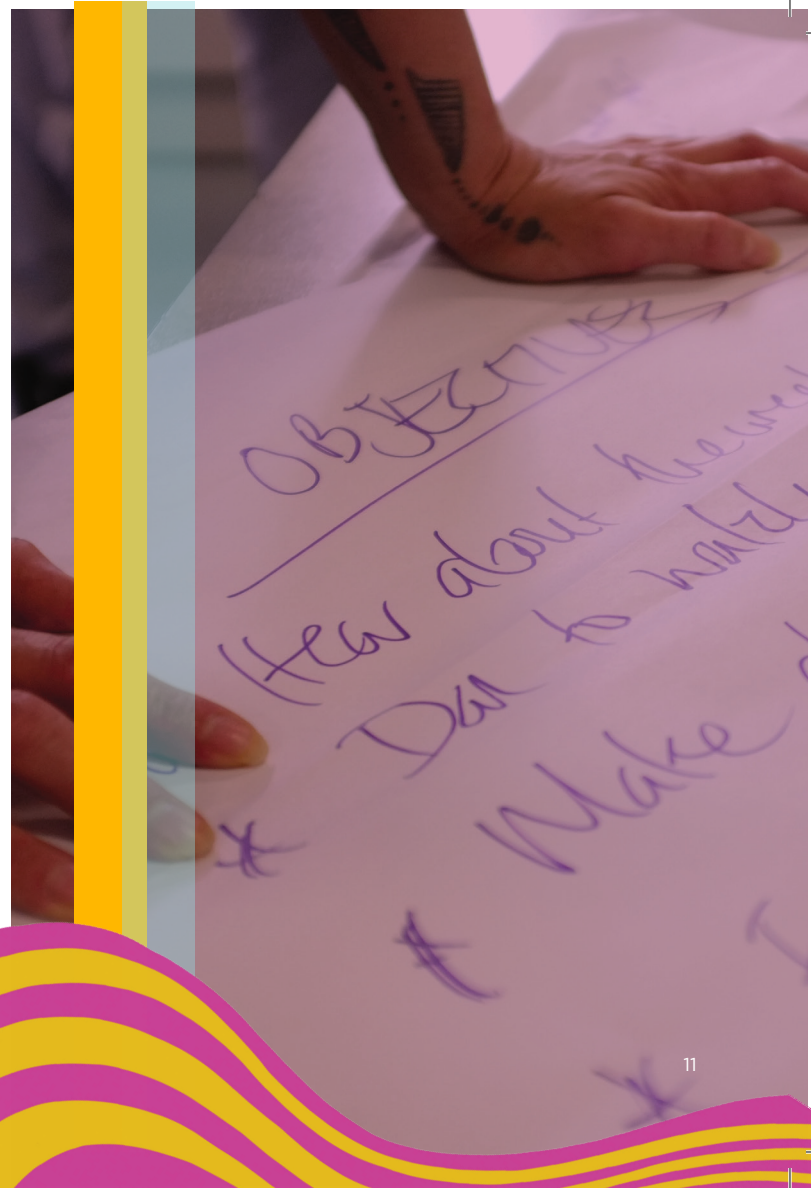
Who will listen to me? What can my lawyer help with? Can probation help me? Who can answer my questions? Where can I go for guidance?

Come up with a plan

Print a copy for yourself, share it with those who will help with your plan.

Trust the process within your plan

Surrender and let it flow.



Online Savvy!

Lots of time at home means lots of time **on the phone.**

Balance screen time with green time (time in nature).

Think about setting tech-free zones

- meal times?
- in the kitchen?

Keep it locked - make sure you set up a PIN or password to protect your phone so only you have access to your accounts.



Keep it private

- don't give personal info to sites you don't trust! Don't share personal information online, keep your profiles on social media private so only people you want can see what you share.

Whānau tip

Netsafe is an organisation all about online safety. They provide free support, advice and education seven days a week. Call 0508 638 723 or email help@netsafe.org.nz for free help.





Who are your advocates?

There are many different services available to help you when times are tough. Not every service works for everyone, but keep reaching out. You never know when the right person will actually listen to you, and they can amplify your voice. Here are some advocates who can help you find support, or at least a way forward that you can control.

How can my probation officer help?

Probation officers are there to supervise and support individuals who are serving a sentence in the community. You can talk to them about housing, employment, and how to stick to the rules during your sentence. If you don't know if you can do something, ask them!

What can my doctor do for me?

Your doctor, or general practitioner (GP), can treat health problems and also refer you to other support services. This can be a gateway to the health services you and your whānau need. Kids under 13 are free if you visit the doctor you are enrolled with. You can also get advice from a registered nurse by calling Healthline on 0800 611 116.

What help can a social worker provide?

There are so many different types of social workers. They can work with just you or your whole whānau, connect you to relevant and appropriate support like budgeting and counselling, or just have a good chat! They are there to work, talk, and walk with you – a cuppa tea is a powerful thing sometimes. Asking for help takes honesty and courage. Sometimes you can share your issues and find solutions for difficult things by getting a different lens on the situation.

Kaiāwhina/community support worker

Need a hand sorting WINZ? Driver licence? Bank account? Kaiāwhina can help you with hands-on support and find solutions for everyday problems. They can connect you to other services you may need.

Whānau Ora kaiārahi

Kaiārahi, or navigators, work closely with whānau to identify their specific needs and aspirations, then help match them up to appropriate services, education providers, or employment and business opportunities. Kaiārahi support whānau to plan, then connect them with the services they need to achieve their goals. They are like a one-stop shop to connect you to all sorts of things YOU decide you might need.





ACC counsellor

An ACC counsellor can provide support to help process the trauma of sexual abuse and historical sexual harm. It is pretty tough mahi for you to do, but sometimes you just have to do it, right? If you are having trouble managing memories, feeling unsafe, or not coping, you can find a list of providers on their website.

W: www.acc.co.nz/im-injured/types-of-ongoing-support/counselling-therapy

What's a lawyer's job?

It is a big one! You deserve access to good legal support, but sometimes it is hard to get. Lawyers can provide legal advice and gather research, information or evidence, and are meant to advocate for you as you go through the justice system.

Community Law is a free legal service: “whether you're struggling to keep or share your kids, finding it hard to handle WINZ, fines or debt, facing criminal charges, or dealing with a different kind of legal problem, often the first and most important step is to ask for help.”

P: 04 499 2928 | **E:** info@wclc.org.nz

W: communitylaw.org.nz

The **Mothers Project** is a team of lawyers who volunteer their time every month to visit mothers in every women's prison in New Zealand. They help mothers to understand where their kids are and who is taking care of them, facilitate visits and keep in contact with their children, and understand what their responsibilities and rights are with their children.

E: mothersproject@whodidyouhelptoday.org

W: www.mothersproject.org



Surviving

I came from the darkness
& made my way to the Light.
I am strength & have purpose.
You are one of God's greatest creations.
Kia kaha
You are a survivor.

- SH

Being broke, it's a juggle

It's a juggle and a mission to stay on top of money troubles and the cost of living.

If you recognise you don't have enough for everything, you can educate yourself on different ways to manage money through a budget service. Budget services are dedicated to providing budgeting skills and advice to individuals and families through a free, confidential service. MoneyTalks is a free financial helpline for advice and support from trained financial advisors.

P: 0800 345 123 | **W:** www.moneytalks.co.nz

Pride can leave you hungry sometimes. There are organisations created to bridge the gap. If there is not enough money to cover the bills this week, check out your local food bank.

W: www.foodbank.co.nz

You can also ask the Citizens Advice Bureau (0800 367 222), your kaiārahi, or WINZ for support or more information.



Top tip

Need clothes? Dress for Success supports women by providing clothing for job interviews, court appearances, house viewings and community reintegration.

W: wellington.dressforsuccess.org

Pinpricks of knowing

I am of your creation
cast of what could be
dreams that never saw reality
the best and worst of those before
lived with tears streaming flow
heavy with pain
light with glee
I travelled that path
feet bare to the ground

lived through
weathered the frowns
smoothed out scratches
deepened the scars
sought the re-do, over-do, can-do
through it all
I was there
lived off
pinpricks of knowing
now re-creating

- Roseanne Leota



Self-love tip

We need to honour
our life story, it makes
us who we are.
Treasure the wild tale
of what we have lived.

Sitting with uncomfortable feelings

Learning to sit with uncomfortable feelings teaches you how to navigate stormy seas, and to know that when the next wave comes in, you will be able to ride it.


A door slams, a person looks at you funny, an old song, a familiar smell... you react in a way that you don't even know where it comes from. You are left with this yuck feeling, you can't shake it, you might feel angry, sad, lost, or just something uncomfortable you can't even name.

Why do I feel this way? It might be obvious, maybe something happened that was unfair, or you had a fight - but sometimes it could be that something reminds you of a way you felt in the past, like an old wound opening up. People sometimes call it "being triggered".

When you have a big life, you have some big things happen. When we experience trauma, it can really change the way we react to certain or all situations. If things kick off emotionally, follow the next few pages and see if it helps.

Protect the sanctuary of your mind.





Hā ki roto, hā ki waho, breathe in, breathe out.

Observe your feelings and thoughts (don't judge! Just feel).

Make sure you have had enough sleep, food, a drink of water.

Embrace yourself and get grounded (self-soothing tools in action!).

Self-soothing

Practice gratitude,
write down three
things you are
grateful for.

Get grounded,
don't abandon
yourself.

Breathe consciously,
slowly, deeply, trick
your body into
calming down.

**Put your
phone away,**
don't add fuel
to the fire.

**Do an act of
service for someone
else,** there is strength in
connection to others.

Have a shower,
have a bath, splash
water on your face
and feel clean.

**Get back into
your body,**
listen to music,
do a dance,
shake it off,
shake it off.

Connect to whenua...
get in the garden,
hug a tree, go for a walk,
take your shoes off,
stand still and feel the wind,
do a haka at the beach.



**Talk to a friend,
talk to a stranger!**
They could be
tomorrow's friend.

Go to the water,
look at the ocean,
feel the wind,
with your toes in
the sand

Sit in the sun,
look at the sky,
focus on the clouds,
daydream. Sounds simple,
but when was the last
time you did it?

Nest -
do something
that makes you
feel at home
wherever you are
- clean the house!





Staying well in the darkness

We can't always fix a situation, but we can use these tools to help us ride the waves. Sometimes the waves are just too big to ride on our own.

If you need to talk it out, and you don't have someone you already trust, there are some places you can call.

0508 TAUTOKO (828 865) is a free, 24/7 helpline for any person who is thinking about or has attempted suicide, is concerned about or supporting someone else with suicidal thoughts, or is recently bereaved by suicide.

If you have been affected by sexual violence and need immediate support you can call **Wellington HELP any time on 04 801 6655, and press 0** at the menu.

Lifeline Aotearoa provides confidential support from qualified counsellors and trained volunteers **24/7, call 0800 543 354.**

Small steps is a digital toolbox that has been developed to help you manage your stress, calm your mind and lift your mood. **Go to www.smallsteps.org.nz.**

If you, or someone you know is in danger, call emergency services on 111.

This is tough right? You can't handle these situations on your own, it is ok to ask for help.



Want to join a Home Ground project?

Home Ground creates space for women in the justice system to pause, nurture hope, activate social change and create better lives for themselves and future generations.

On a Home Ground project, artists (inside and outside of prison) make creative works using dance, performance, photography, writing, painting and music to address the issues women and whānau face in the justice system.

If you'd like to **join the next project or find out more, email homeground.poneke@gmail.com** or talk to your case manager or probation officer.

E: homeground.poneke@gmail.com | **W:** www.homegroundnz.com

Facebook: [@HomeGroundPoneke](https://www.facebook.com/HomeGroundPoneke) | **Instagram:** [@Home_Ground_Poneke](https://www.instagram.com/Home_Ground_Poneke)

Home Ground

"It's not always about being creative. It's about coming together as a group and understanding our differences and similarities."

**"This is a chance to work on you more...
Kia kaha wahine toa."**

"This is your opportunity to choose something for you. You control this selection - it's there for your taking."



Our guiding principles

Whakakahangia te auaha

Creativity matters

Kaua e whakakino

Do no harm

Ko au ko koe, ko koe ko au

Nothing about us without us

**Whakamana i ngā āhuatanga mātauranga
o rātou e ora ai**

Honour the wisdom of lived experience

Whakakotahi ai ki roto i te rīrā

Strength through connectedness

Whakapono ki te kawa

Trust the process

Thanks to our funders

Edward Carter Special Assistance Fund



Creative New Zealand



Department of Corrections



