

No-one need live in fear

Southern Domestic Violence Action Group

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Taking and reporting on action against violence is at the heart of the Southern DVAG as the following pages attest....

Issue 32:
Summer 2012

SDVAG Website: <http://www.communitywebs.org/SouthernDVAG/>



Southern Domestic Violence Action Group (SDVAG)

Meets 2nd Wednesday of every month

Next Meeting at Family & Relationships Centre

38 Beach Rd

Christies Beach

Meet at front reception

From 10am – 12:30pm

Welcome to the Summer Issue of the Southern Domestic Violence Action Group's News-

**STOP
VIOLENCE
AGAINST
WOMEN**

Inside this issue...

- Coping with the Festive Season
- Spiritual Abuse
- In the Community
- Christmas Activities and Services
- Children's Colouring-in page
- Services over Christmas

Welcome to the summer issue of the Southern Domestic Violence Action Group's "No –One Need Live In Fear" newsletter!

Christmas is just around the corner and traditionally the holiday season is a time when we focus on family and friends and all the festivities that Christmas brings.

For many though Christmas can be a time of stress as families gear up for the financial strain, the pressure of expectations that Christmas brings or increased isolation for those who don't have close family or strong support networks. The festive season can also be a time when the incidence of domestic violence increases!



For women and children living in domestic violence, Christmas can have a very different meaning...

For those where the threat of violence and abuse is imminent, the fear of the next "explosion", or the worry of budgeting for food and Christmas presents for the kids, when you have little financial control can add even greater strain.

Christmas can also be a time when there is increased anxiety in handing children over to an abusive partner for access visits, managing family relationships that can often be strained and also when many support services close, reducing for women and children...

If you or someone you know requires extra support this Christmas please use the emergency contacts listed below.

EMERGENCY NUMBERS

Emergency: 000

Kids Helpline : 1800 551 800

Police: 131 444

Child & Youth Health Parent Helpline : 8303 1555

Domestic and Aboriginal Family Violence: 1300 782 200



No-One Need Live In Fear – Summer 2012

Thank you to all who contributed to the issue and Amanda Rishworth, MP (Member for Kingston) for the printing.

COPING WITH THE FESTIVE SEASON



COMMUNITY CHRISTMAS LUNCH

Join us for some Christmas fun and a delicious meal and a visit from Santa.

Date: Tuesday 25th December

Time: 11.00 to 2.00pm

Where: South Adelaide Panther's Football Club,

Gallaway Road, O'Sullivan's Beach

Cost: **FREE**

For more information, contact Kylie on 8202 5010



Reducing the stress of the Festive season!

The much awaited Christmas holiday break can be a lot of fun but can also create a lot of stress for families. Here are some tips to help you cope with the festive season....

Food and Gifts...

- Plan ahead-layby Christmas gifts or buy gifts through the year. Shop at garage sales, op shops or make your own gifts.
- Organise a Secret Santa with family to reduce the cost of buying for everyone
- Set up a budget and stick to a set amount for each person
- Buy one extra food item per week leading up to Christmas to reduce the food costs closer to Christmas

Reducing the stress of the festive season ! Cont.....

Entertaining the kids.....

- Utilise local beaches and parks for free entertainment for the kids.
- Share the care- arrange play dates by taking turns looking after each others children
- Do craft with the kids using recyclable materials
- Bake a cake or get the kids to help out with dinner
- Check out your local paper for free activities for the kids over the school holidays

Looking after yourself.....

- Make some time for yourself - if you can, ask someone to watch the kids so you can take time out to go for a walk, read a book or have a nap
- Spend time with friends that make you feel good
- Breathe! - try meditation to help you relax

Christmas Support

If you have a health care card register for a Christmas hamper or food voucher with any of the charities listed below.

Christmas Hampers.....

Anglicare: 1 William Street, Morphett Vale (existing clients) 8392 3190

St. Vincent De Paul, 1300 729 202 between 9-1 Mon to Fri.

Salvation Army (TOYS), 186-189 Elixabeth Rd, Morphett Vale, Tues, Wed, Thurs.

Christmas Day Meal...

South Adel Football Club ,O'Sullivan's Beach (see ad top left) FREE

Aldinga (see ad on page 4) FREE

St. Lukes, Whitmore Square, at rear of Church. Hall, midday, no booking, just turn up, face painting, presents & photo for children. FREE

Marion LIFE Christmas Services, Meal at 887



In the Community...

Looking for Support?

Domestic Violence Support Group

Are you in a relationship where you fear for your safety, can't cope, have no freedom and feel as if you're walking on eggshells? Or have you left a relationship like this and you are still feeling shaky?

During school term: Thursdays 10am – 12.30pm

Where: Southern Women's, Alexander Kelly Drive, Noarlunga Centre. Childcare available if you book early.

Group runs every term so phone 8384 9555 for bookings & details.

Women's Legal Service

Every second Friday by appointment at Southern Women's. **Phone Women's Legal Service on 8231 8929 for appts.**

Southern Domestic Violence Service

Supporting women and children who are living with or escaping DV, with short or medium term supported accommodation. **Ph: 8382 0066**

Child & Adolescent Family Violence & Abuse – Parent & Carer's Support Group.

A free meeting place for parents and carers to talk, find support, information and ideas...**Thursdays 1-2.30 during school term at Family Connections. 72 Collins Parade, Hackham Ph: 8186 6944**



No-One Need Live In Fear—The Purple Booklet, Edition 5 2007. Domestic Violence Information & Resources. **Available from Southern Women's on 8384 9555.**

Nurturing Corner...

Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open and rules are flexible."

Virginia Satir



Spiritual Abuse....

Spiritual Abuse is described as using spiritual or cultural beliefs as a means of disempowering women living in Domestic Violence situations. Spiritual Abuse can occur where scripture, ideas about God, pastoral "care" and the Church are used to justify violence and further control or abuse. These include denying/limiting opportunities to claim God's blessing on violence or male dominance and warning of damnation if the victim leaves the abusive relationship.

Many religious groups expect women to take responsibility for maintaining family harmony..."Problems can be solved if only she were a better wife or knew her place, or had greater faith". If these beliefs are taken to extremes in situations of violence, the woman is placed in an extremely precarious situation. Not only is she trying to please her partner, she is also trying to satisfy the rules of her faith. Feelings of inadequacy arising from this double bind will lower her self esteem to the point where she no longer has the will to protest about the abuse.

A woman may turn to the leaders of her faith for reassurance. When prayer and entreaties to God fail to miraculously stop the violence, she is led to question her own worthiness. Everyone has different beliefs and different ways of translating their religious texts. No matter what these are...

A loving god would not encourage acts of violence on women and children.

By Deirdre Albrighton 1999

Christmas Activities and Services.....



FREE CHRISTMAS ACTIVITIES.....

1 Dec, 11.00am to 3.00pm
Wilfred Taylor Reserve
Wheatsheaf Road, Morphett Vale
Miniature train rides, Live Music, Bouncy
Castle, Fly Wall, Face Painting, Sausage Siz-
zle, Craft activities, Icecream, Santa (must rsvp
to get gift)
Info & RSVP 8202 5010

Dec 9...7.30pm McLaren Region Community
Carols, Tatachilla Lutheran College, Sisters of
Abundance Choir.

Dec 12....Community Carols with Seaford Sil-
ver Band at St. Lukes Church, Walmer road,
Seaford. 7.00pm

Dec 16.. 7.30pm Southern Community Christ-
mas Carols, Sth Adelaide Football Club, Kids
Entertainment 7.00, Sisters of Abundance
Choir

Carols in the Park
Sunday 16 Dec, Mount Hurtle reserve, 5.00pm
onwards.

All I want for Christmas is.....

...to feel safe
...for you to love me as I am
...for you to respect me
...to have freedom to choose my friends
...to be able to visit my family & friends
...no physical abuse
...no verbal abuse
...to live without fear
...to make my own decisions



ST VINCENT DE PAUL



Join us for some Christmas fun with a delicious meal,
music, children's games, and a visit from Santa.

DATE: Tuesday 25th Dec.

TIME: 11.00am to 2.00pm

WHERE: **ALDINGA** Institute Hall, Old Coach Road,
Aldinga.

COST: FREE

RSVP: By 19th Dec. Bookings Essential, Call Anne on
8557 9050 during office hours. Monday to Friday.

Centrelink

Telephone services and service centres will be closed on
Tuesday 25 December 2012
Wednesday 26 December 2012
Thursday 27 December 2012
Saturday 29 December 2012
Tuesday 1 January 2013
Monday 28 January 2013

Information about payment arrangements over Christmas 2012,
New Year and Australia Day 2013 is available
here: [www.humanservices.gov.au/customer/news/public-holiday-
payment-arrangements](http://www.humanservices.gov.au/customer/news/public-holiday-payment-arrangements)

Children's Colouring in....





FRED's VAN CHRISTIES BEACH

Southern Youth Exchange, 13 McKinna Road, Christies Downs.

Sunday and Wednesday 7.00pm

Last service 27 December, 2012, re-opening 2 January, 2013.

Oars Community Transitions

closed from 21 December 2012, re-opening 7 January 2013

Anglicare, SA, -St Hilary's

1 William Street, Morphett Vale, 8305 9382

Closed from 24 December, re-opening 2 January 2013

Clients can access emergency food Parcels will be available from reception during this time.

Magdalene Centre

26 Moore St, Adelaide

Tel. 8305 9382

Only closed on public holidays

Emergency Numbers

Emergency: 000

Police: 131 444

DV Crisis Service : 1300 782 200

Crisis Care weekends, nights:

131 611

Kids Helpline: 1800 551 800

Crisis Care: 131 611

Child & Youth Health Parent Helpline: 8303 1555

WE NEED YOUR SUPPORT!!!

The **Child & Adolescent Family Violence Action Group** and the **Parent & Carer's Support Group** have been experiencing a decline in numbers both of community members and agency representatives. These two very important groups need the support of agency staff and community members to keep going! If you can help out, please contact Rob at Woodcroft Community Centre on 83840072 Or email: : robswa@onkaparinga.sa.gov.au

Child & Adolescent Family Violence Action Group

1st Tuesday of alternate even months Anglicare, from 1pm -3pm at 197 South Rd Morphett Vale, Ph: **8392 3100** for more information.

Action Groups!

The **Lesbian Domestic Violence Action Group** is looking for members! Women who are interested can contact Sharon or Violet at Southern Women's for more information. Ph: 8384 9555

The Lesbian DVAG was established to use positive action to raise awareness about issues facing lesbians, their children & networks, when abuse is part of their relationship.

Membership

ABN: 33 467 685 846

☐

New member

☐

Renewal

Membership is renewable annually

Name: _____

Organisation: _____

Address: _____

Phone: _____

Mobile: _____

Email: _____

Email me my newsletters

☐

Confidentiality

I may be contacted by phone

☐

I may be contacted by mail

☐

No contact whatsoever please

☐

Community membership \$5

☐

Organisational membership \$30

☐

Donation

\$ _____

Cheques or money orders can be made payable to Southern Domestic Violence Action Group Inc. This form becomes a tax invoice when you make your payment. Donations of \$2 or more are tax deductible.

Thank you to the SDVAG for contributions to this newsletter. For more information or to provide feedback please phone 8384 9555

