

No-one need live in fear

Southern Domestic Violence Action Group

c/- Noarlunga Family Relationship Centre
Uniting Communities
38 Beach Road, SA 5165

Issue 38

Summer 2015

www.southerndvag.com/



Southern Domestic Violence Action Group (SDVAG)

Meets 2nd Wednesday of every month

Next Meeting at Family & Relationships Centre

38 Beach Rd, Christies Beach

From 10am – 12:30pm

Ring 8382 0066

If you would like to join.

Welcome to the Summer Issue of the Southern Domestic Violence Action Group's Newsletter!

STOP VIOLENCE AGAINST WOMEN

Inside this issue.

- What's happening in the Southern area
- Emergency Numbers
- Community Free Events
- Christmas Support
- CHO

Wishing you all a safe holiday season!



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 : 1300 364 100

Domestic Violence and Aboriginal Family Violence Gateway: 1300 782 200

Thank you to all who contributed to the issue

No-One Need Live In Fear – Summer 2015



What's happening in the Community?



CHRISTMAS COLLECTIONS

My office is a drop off point for those in need this Christmas

We are collecting for Food for Freedom for Community Health Onkaparinga. Food donations will contribute to healthy meals being prepared for women and children fleeing domestic violence.



We are collecting toys and other gifts for the Salvation Army to distribute to children in need in time for Christmas.



Thank you for your kindness at Christmas and throughout the year.

Drop off at 198-200 Main South Road, Morphett Vale

If you have any queries or would like any assistance please call 8382 0409 or email reynell@parliament.sa.gov.au

Katrine Hildyard MP - Working for our community

What are you doing this Christmas?
Come celebrate with us...

Community Christmas Lunch

Friday 25th December, 2015

@Aldinga Institute Hall 11am-2pm

Aussie lunch, cost is free, visit from Santa, bookings essential.
For more information please call 8557 9050 (bus. hrs)

Community Christmas Carols
in Ramsay Place

THURSDAY 17 DECEMBER 6 - 9PM

FEATURING NOARLUNGA UNITING CHURCH CHOIR,
HACKHAM BAPTIST CHURCH YOUTH SINGERS AND THE JAZZ BANDITS

- SAUSAGE SIZZLE • CHILDREN'S ACTIVITIES • FREE FACE PAINTING •
- ART AND CRAFTS • COMMUNITY INFORMATION TABLES • VISIT FROM SANTA! •



SUPPORTED BY CITY OF
ONKAPARINGA



Colonnades

Presented by Noarlunga Uniting Church and Supported by Country Arts SA, City of Onkaparinga and allBiz



Thank you to all who contributed to the issue



Pamper Yourself

This is an Invitation for Seaford Women to enjoy a morning of pampering.

Pamper, Relax, Indulge, Treat yourself & Rejuvenate!
Come and enjoy a morning of massage, yoga, hair & beauty treatments, art, good food, conversation and laughter!

Don't you think you deserve it?

Please contact Cathy White on 0439 548 509 or cwhite@junctionaustralia.org.au to secure yourself a well deserved place in the pampering event.

When: Monday 25th January 2016

10.00am—12.30pm stay afterwards for lunch

Where: Seaford Community Centre, Beechwood Grove, Seaford

SUPPORTED BY



www.seafordcc.com.au ♦ Ph: 8386 3319 ♦ info@seafordcc.com.au ♦ Find us on Facebook!

Seaford Meadows Twilight Expo!



A **FREE** evening community event. Enjoy activities, live demonstrations, music, giant interactive games and puzzles, food and many stalls.



WHEN: Thursday 21 January 2016, 5pm–8pm

WHERE: Reserve opposite Seaford Meadows shopping centre
Grand Blvd, Seaford Meadows

COST: FREE

An initiative of the Seaford Network. For more information contact Cathy White on 0439 548 509

cwhite@junctionaustralia.org.au



Facebook Search: Seaford and Moana – Whats On



Please come and support the launch of

'Experiences & Interpretations'

Photovoice 2015



When: Thursday December 17th

Time: 10:00am-12:00pm

Where: Port Noarlunga Arts Centre

Please join us for the third Photovoice launch, browse the poignant photographs taken by remarkable women while you enjoy some morning tea.

This project was created by women connecting with community who have been impacted by domestic violence. Prints will be available to order and pre-purchase at the event. Proceeds will go towards future Photo Voice programs.



Photovoice Exhibition

Photography can be thought of as a metaphor for life. What do we focus on? What do we leave out? How do we see the world? Where is the beauty? It teaches us that we can be behind the lens of the pictures of our life.

Over 7 weeks a diverse group of women who had experienced domestic violence met to learn photographic skills, connect with other women and services and explore themes of resilience and finding a way through. Professional Photographer Sabine Verhack from Timescape Photography joined the group over three sessions. She gave lessons that challenged participants to use the features on their cameras, get outdoors, play with lighting, and start to see the world from different angles and perspectives. The process gave participants an alternative way to express their journey and share with the community what it means to come through domestic violence.

Photo Voice has shown how the community development approach can be used successfully in tackling issues such as domestic violence. It has increased community participation of women in the domestic violence services, increased confidence, strengthened sense of identity and given participants the opportunity to see themselves as more than domestic violence victims. It has also built on community strength and capacity through greater understanding and awareness of domestic violence and its effects on those who've experienced its impacts.

For more information, or interested in purchasing a print please contact Jesse on 8382 0066

All proceeds raised go towards future Photovoice projects.

Thank you to all who contributed to the issue



Working together to create community



CHO (Community Health Onkaparinga Inc) has been working in partnership with SDVS over the past 12 months to develop and implement activities that promote nonviolence and challenge community attitudes towards relationship violence. This has been exciting work and has culminated in term four with participation in a number of key events and programs. CHO contributed significantly to the organization and delivery of the inaugural White Ribbon Breakfast on the Fleurieu held at the Victory Hotel, Sellicks. This event was well attended and lauded by those participating for its beautiful setting, excellent food, challenging speakers and overall smooth running. A further bonus from the event was the funds raised going a significant way towards establishing the next Photovoice project that will be run in the Aldinga area for women who are moving on from Domestic Violence in 2016. The support of so many individuals and groups who were new to being exposed to the prevalence, impact and ultimately preventative actions against domestic and family violence was particularly encouraging.

CHO also contributed to the Ramsay Place White Ribbon event called Rising Up, which included a moving symbolic representation of the death and injury to women in Australia due to domestic violence. Richard Schirmer read a message from the brother of a woman killed earlier this year by a former partner, and women from the crowd lay on the grass to represent the lives no longer being lived. It was confronting, but also hopeful, as after Richard read, Forte, another White Ribbon ambassador in the region, started to sing a specially composed song, and the women who were previously lying on the ground "rose up" and together got out little containers we had been given earlier and started blowing bubbles. As one of the women participating in the activity, I felt very touched by it all. It was a lovely way to remember the fragility and beauty of life and that we can be powerful and active in making these changes in our communities.



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A third activity that SDVS and CHO have partnered on has been a new project called Food For Freedom. CHO received funding through Community Benefit SA to cook and deliver fresh meals to women and children living in Motel accommodation when they first leave a domestic violence situation. We have spent some time planning this activity, and it is exciting to now be in the delivery phase, making and taking food to folk twice a week. The meals are lovely, and the recipients have been happy to receive them. This is a practical way to say to women that we support their move away from violence, and will do what we can to make the transition they are making as easy as we can.

Thank you to all who contributed to the issue



In the Community...



Women's DV Court Assistance Service

Victim Support Services provide a *Women's DV Court Assistance Service* for women who are applying for, or already have an intervention order.

The aim is to support women within the courts to increase their access to the justice system.

The service provides:

- Work with women who wish to directly apply to the court for an intervention order,
- Legal advice on all aspects of applying for a new intervention order or intervention order variations and revocations,
- Assisting women to complete forms and obtain evidence,
- Advocating for fee waiver, when appropriate,
 - Support women to report breaches,
- Support women when a defendant breaches.

Enquiries
Debra Spizzo
Senior Legal Practitioner
Victim Support Service
Tel: 1800 842 846

Women are strong...

Women do survive.



A Group for Women in the Southern Suburbs:

Do you sometimes feel like you are walking on egg shells?

Are you confused by your partner or ex-partner's behaviour towards you, and think it might be abusive?

Do you feel alone, or uncertain what to do?

Join us in an 8 week support group for women starting on:

**Friday 12 February 2016 at 10.00 to 12.30
in the Hackham area** (address provided on registration)

This group is offered throughout each school-term of the year and will provide a confidential and safe space where we will explore:

- Being a person for yourself rather than a person for someone else
- How to reconnect with our personal strengths
- The effects of abusive or hurtful relationships
- How to manage overwhelming emotions
- Women's role in the family and society
- Developing strategies for personal safety



ANGLICARE SA



SOUTHERN ADELAIDE
domestic violence
SERVICE



A number of agencies involved in this collaborative partnership are funded by the Government Department of Social Services
These services are all members of the OCA (Onkaparinga Collaborative Approach)

To register or for more information please contact us on 8557 9050

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



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....

Entertaining the kids.....

Utilize 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

Thank you to all who contributed to the issue



In the Community...



FREE LEGAL SERVICES

Provided by Southern Community Justice Centre in many areas of law including:

Family Law
Child Support
Criminal Law
Civil Law

Free ongoing assistance is provided to eligible people who are unable to afford a private solicitor.

Head Office
Christies Beach

Outreach Offices
Warradale
Mount Barker
Victor Harbor

Kangaroo Island (to commence in June 2015)

To make an appointment to consult with a solicitor please telephone:
(08) 8384 5222

Southern Community Justice Centre is funded by the State and Commonwealth Attorney-General's Department.

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?

Womn's Legal Service

Every second Friday.

Phone Women's Legal Service on 8231 8929

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 & Carers' Support Group.

A free meeting place for parents and careers to talk, find support, information and ideas...

Thursdays 1-2.30 during school term
at Family Connections.

72 Collins Parade, Hackham Ph: 8186 6944

Qlife provides phone counseling 1800 184 527

www.dvrcv.org.au/help-advice/abuse-in-lesbian-relationships

A forum is available by QueerAdelaide www.queeradelaide.com
SAPOL Gay and Lesbian Liaison Officers (GLLO's) that can be accessed through the police

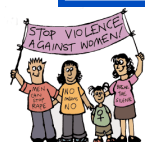


No-One Need Live In Fear

The Purple Booklet, Edition 7, 2014.

Domestic Violence Information & Resources.

Available now contact SDVAG 8382 0066



Thank you to all who contributed to the issue



2016 National ICE Conference

*Creating the knowledge
through innovation & education*

The Stamford Plaza- 150 North Tce Adelaide
February Thursday 18th – Friday 19th 2016



Leanne Close
Deputy Commissioner
AFP



Chris Dawson AFP
Chief Executive Officer
Australian Crime Commission



John Rogerson
Chief Executive Officer
Australian Drug Foundation



Dr. Andrew Groves.
Lecturer in Criminology
Deakin University



Dr. John Coyne
Senior Analyst
Border Security Program



Senator Jacqui Lambie
Burnie, Tasmania



Greg Fleet
Comedian

Early bird tickets \$650 p/p includes conference dinner,
available until January 18th 2016.

<http://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=167144>

For details contact Catherine at kwvevents@kwv.org.au

or call 0437959504

For abstract nomination forms visit

www.kornarwinmilyunti.org.au

Abstracts submissions close 13th January



Emergency Numbers

Emergency: 000

Police: 131 444

Domestic Violence & Aboriginal Family Violence

Gateway:

1300 782 200 /1800 800 098

DV Crisis Service : 1300 782 200

Crisis Care: 131 611

Kids Hpline: 1800 551 800

Child & Youth Health:

Parent Helpline: 1300 364 100

Youth Helpline: 1300 131 719

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.

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