

No-one need live in fear

Southern Domestic Violence Action Group

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

Issue 37

Winter 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.

Not One More



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

STOP VIOLENCE AGAINST WOMEN

Inside this issue:

- Daisy App
- Statistics
- What's going on
- Photovoice
- Children resources

On May 7th 2015 a Candle Light Vigil was held for those who have died because of Domestic and Aboriginal Family Violence. Domestic and Aboriginal Family Violence claims the lives of more than 100 people in Australia every year. So far this year 35 Australian women have died because of domestic violence.

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 and Katrine Hildyard MP (Member for Reynell) for the printing.



No-One Need Live In Fear – Summer 2014

Daisy connects women who are experiencing or have experienced sexual assault, domestic and family violence to services in their state and local area. Daisy provides women with an easy way to find a wide range of services.



Responding to vi-
-government ap-
-specialist services
vices, housing and
dren's services.

olence requires a whole-
proach, so in addition to
Daisy also lists legal ser-
finance services and chil-
You can create a list of fa-
vorite services for easy reference. Daisy has been developed with input by all State and Territory governments, and funded by the Australian Government under the Second Action Plan of the *National Plan to Reduce Violence against Women and their Children 2010-2022*. For more information go to: <https://www.1800respect.org.au/daisy/>



#innerselfie—how to guide

Step 1:

Gather a range of objects from around your home that tell a story about you and the things you love. For example:

If you love music, movies and/or books you might like to include your favourites

If you paint, you could include some of your paint brushes

If you play sport, you could include a piece of equipment or a medal you have won

If you love gardening, you could include a gardening tool or your favourite flower

If you love the beach, you could include a seashell

If you can't live without your mobile phone, you could include that too!

Step 2:

Arrange your chosen items creatively on a table top and take a photo.

Step 3

Share your photo on social media using the hastags #BodyImage and #innerselfie and email a copy to the Women's Information Servicewis@sa.gov.au and we will share them too.

Step 4:

Encourage your friends and family to do one!

What are the statistics?

- 1 in 3 women are physically assault
1 in 5 sexually assault
- 'Intimate partner terrorism' - women being held hostage
- Cost benefit analysis: DV costs \$13.6 billion per annum and projected to be \$15.6 billion by 2020/ 21/22. \$1.6 billion would be saved if the stats dropped by 10% per year
- Aboriginal women in remote communities are 5 times more likely to be physically assaulted and 3 times more likely to experience sexual abuse & 30 times more likely to be hospitalized due to DV
- 70% of women initiate separation
- Working with men- 3 points to consider:
Type of father he had, type of father he wants to be and type of father he is being now
- 35 women murdered in Australia since January
- When a woman leaves they are at the highest risk of harm

<http://www.abc.net.au/news/2015-02-24/anti-domestic-violence-campaigner-rosie-batty-reporting-change/6232718>



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In The Community...



Fred's Van provides comfort and a warm, nutritious meal for those experiencing homelessness or at risk of homelessness and marginalization.

Aldinga Friday @7pm- Aldinga Community Centre, Stewart Ave, Aldinga Beach

Christies Beach Sunday & Wednesday @7pm - Junction Australia, 13 McKinna Road,



Club Connect
is proud to present

Arman Abrahamzadeh



Arman is a founding member of the Zahra Foundation Australia. He has been involved in a wide variety of events and forums to discuss a variety of topics including men's behavior, violence & abuse at home & workplace, abusive and unhealthy relationships. Arman is a white ribbon ambassador who experienced the devastating impact of domestic violence firsthand. In March 2010 Arman's mother was brutally murdered by her estranged husband, Arman's father, in front of 300 people at the Adelaide Convention Centre. This led Arman to become a passionate advocate for better legislation, policy & procedures to deal with domestic violence in SA.

This Event is Open to all Community Members

Thursday 28th of May 2015

7.15pm

@ Pt Noarlunga Football Club

For more information contact Tod
toddy23@adam.com.au
Ph:0415405097

SOUTHERN RECONCILIATION EVENT

FREE EVENT: Food & Entertainment & Culture & Family Activities & Variety Stalls

Ramsay Place - NOARLUNGA

It's Time

Wed 27 May 2015 11am to 2:30pm

To Change It Up

Proudly Presented By:
Joining Hands & Minds Task Group

For Further Information Please Contact:
Chris Martin on: 0404819853 or Wendy Casey on: 8433 9555

Contribute to a Reconciliation Painting

POSTER By: Chris Coomer

This event is a collaboration of many agencies representing the Joining Hands and Minds Task Group

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In the Community...



Photo Voice Exhibition- Elements of Change

'Elements of Change' is a Photo Voice exhibition currently travelling around the Onkaparinga region. The title was decided by the participants after discussion about various changes: seasonal; maturational; impacts of events; choices for change; and when change just happens and we have to deal with it...

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, 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.

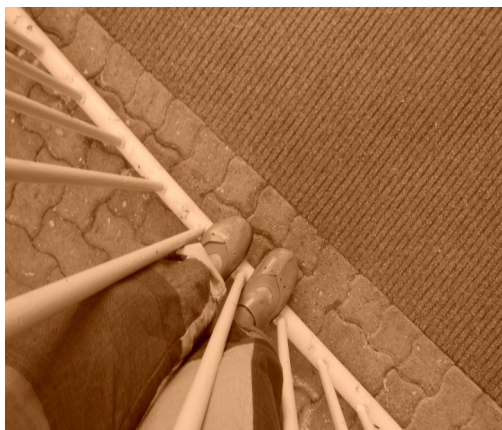
Photo Voice has shown how the community development approach can be used successfully in tackling issues such as domestic violence. It has increased community participation of women in the domestic violence services, increased confidence, strengthened sense of identity and given participants the opportunity 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 if you know of a place that would like to exhibit these photos please contact Jesse Rankin on 8382 0066

SUPPORTED BY



SOUTHERN ADELAIDE
domestic violence
SERVICE



Stepping Through



Cracked Not Broken

Thank you to all who contributed to the issue and Katrine Hildyard MP (Member for Reynell) for the printing.



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.

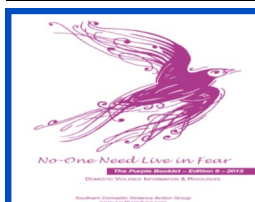
72 Collins Parade, Hackham Ph: 8186 6944

The SDVAG has identified a gap in domestic violence support services if the Southern suburbs of Adelaide for the Lesbian, Gay, Bisexual and Transgender (LGBT) Community.

Domestic Violence can differ for each sexuality and requires qualified counselors. The abuse can be mental, physical, emotional and financial and some sexualities deal with a high range of co-dependency in their relationships, and undermining of the potential for domestic violence because two sexes are viewed as 'equal.'

The services provided below may be of assistance if you are in an LGBT relationship requiring support.

- 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.

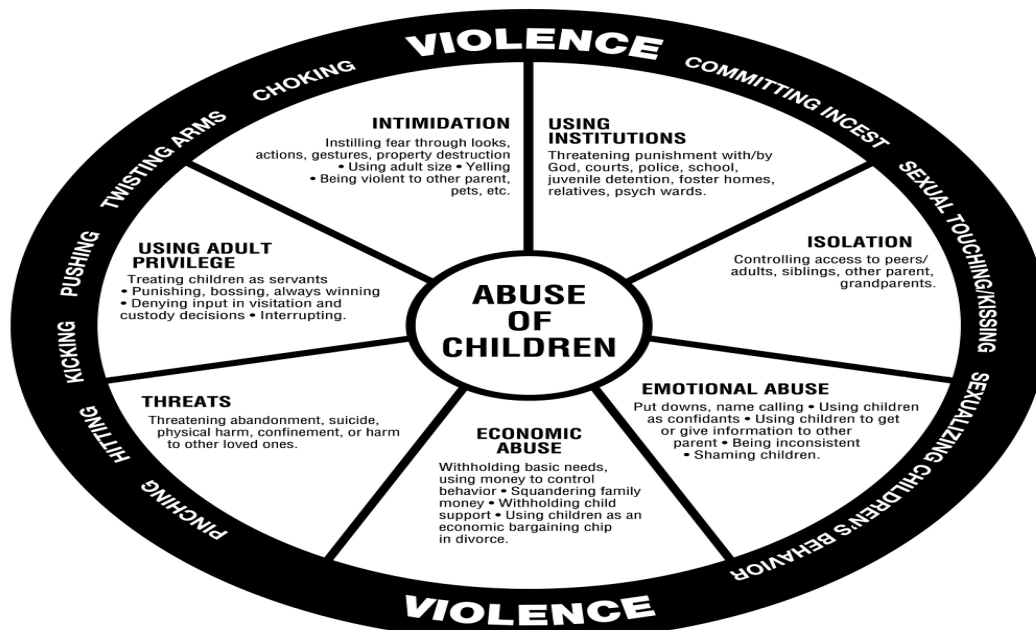
Domestic Violence Information & Resources.

Available now contact SDVAG 8382 0066

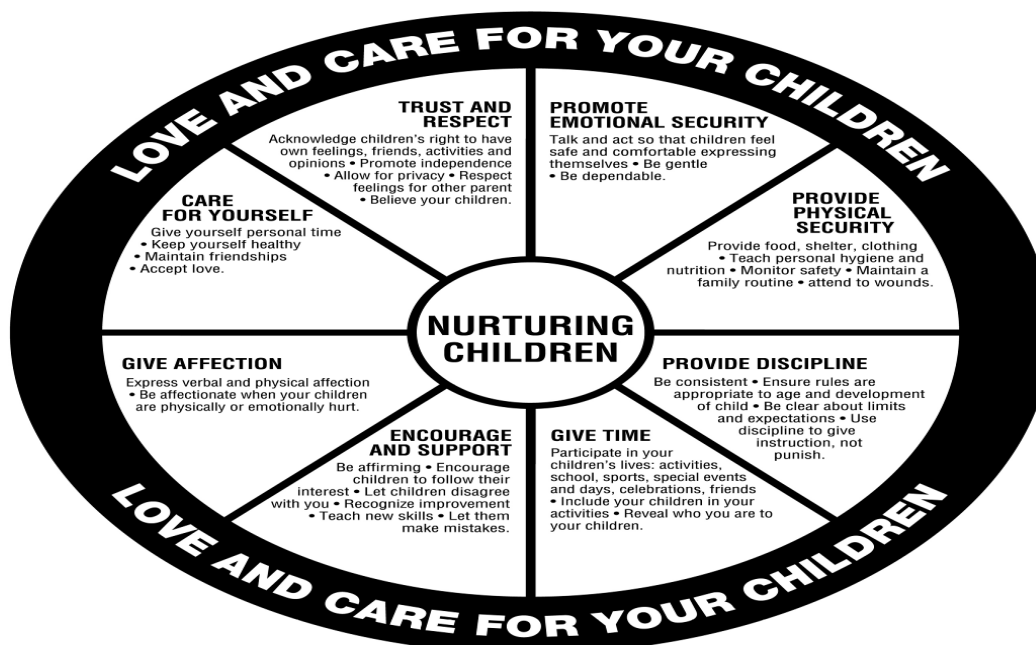
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WHAT ABOUT THE CHILDREN?



DOMESTIC ABUSE INTERVENTION PROJECT
202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org



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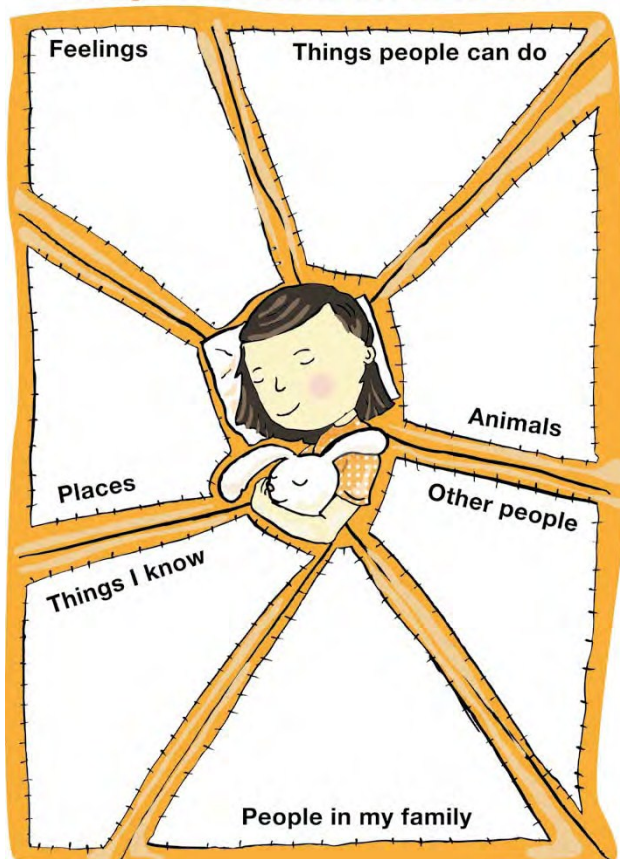
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Tools To Keep me Safe and Get me Talking...



Things That Make Me Feel Safe



Things that Make me Feel Safe

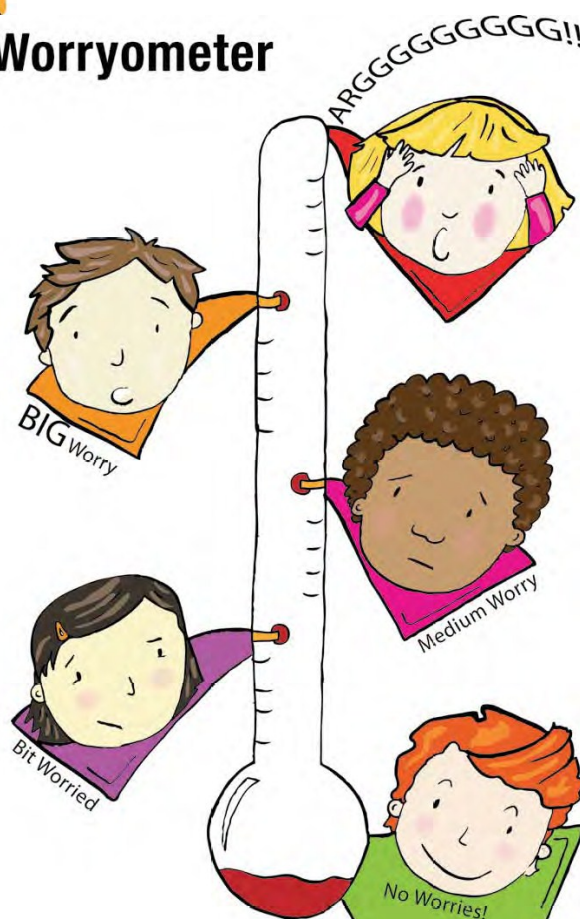
- Ask some questions: what does safe feel like? when do they feel most safe? what are some things that you need to feel safe
- Using the diagram get the child to decide on which areas they feel most safe

Taken from : http://www.acu.edu.au/about_acu/faculties_institutes_and_centres/centres/institute_of_child_protection_studies/kids_central_toolkit/kids_central_tools/keep_me_safe

Worryometer

- Introduce the idea of being safe or unsafe– and how being unsafe can affect the physical body
- Introduce the Worryometer
- Ask children to color in or mark how worried they feel
- Explore what they are worried about
- Finish with asking how the Worryometer could be taken to zero
- Do this by brainstorming, drawing, or play a guessing game

Worryometer



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SDVAG Support...



The fear of poverty, homelessness and limited access to resources is critical in a woman's decision to leave and remain free of an abusive relationship. **Zahra Foundation Australia** aims to address this by supporting women and children who are experiencing domestic and Aboriginal family violence by creating opportunities for economic empowerment. We do this through providing financial support which address the immediate crisis needs of women and children. We also deliver tailored programs which provide skill development and pathways to further education, employment and business opportunities for women.

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

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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