

No-one need live in fear

Southern Domestic Violence Action Group

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Spring/Summer 2009
Issue 27



Southern Domestic Violence Action Group (SDVAG)

Meets
2nd Wednesday of every month
from
10am – 12:30pm

Next Meeting at
Family & Relationships Centre
38 Beach Rd
Christies Beach
Meet at front reception

(Transport available please book on
8384 9266 – Veronique)

Emergency Numbers

Emergency: 000
Police: 131 444
DV Helpline: 1800 800 098
DV Crisis Service 1300 782 00
Kids Helpline: 1800 551 800
Crisis Care: 131 611

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 the amount of support for women and children...

If you or someone you know requires extra support this Christmas please use the emergency contacts listed on the left of this page.

Inside this issue...

- In the Community
- DVAG News
- Coping with the festive season
- Spiritual Abuse
- Useful websites
- DVAG membership

Thank you to Amanda Rishworth, MP (Member for Kingston) for contribution in printing this issue.



No-One Need Live In Fear – Spring/Summer 2009

In the Community...



Support Groups...

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?

Term 4 Dates: Thursdays from Oct 15 – Dec 10

Time: 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 Pathways Family Centre. 72 Collins Parade, Hackham Ph: 8186 6944

What is Domestic Violence?

Violence and abuse in a relationship can include....

Threats - verbal abuse - **yelling** - hitting - twisting limbs

Silencing you - *killing pets* - loss of control - bruises

Destroying valuables - taking away your control

Put downs - demanding sex - financial control

Not letting you see your friends - spiritual abuse - fear



All I want for Christmas is...



...to feel safe

...for you to love me as I am

...for you to respect me

...to have the freedom to choose my friends

...to be able to visit my family and friends

...no physical abuse

...no verbal abuse

...to live without fear

...to make my own decisions



Free Christmas Activities...

Carols/ Fireworks/Lights...

- **Wed 2nd Dec:** Christmas lights at Old Noarlunga, 6-6.30pm. Join Hackham West Community Centre at Market Square, Old Noarlunga for a free BBQ, picnic, games and walk to view the Christmas lights. Booking essential, tel. 8384 1065
- **Sat 5th & Sun 6th Dec:** Willunga Christmas Tree Festival, 10am – 4pm at Willunga Uniting Church, St Judes St. Enquiries Ph: Annette 8556 4023 or Jenny 8556 2758
- **Fri 11th Dec:** Cottage Grove, 150 Reynell Rd, Woodcroft, tel. 8322 6322 Carols, 7.30 – 10.30 pm
- **Mon 14th Dec:** Hackham West Community Centre, 2 Majorca Rd, Hackham West, **Ph:** 8384 1065, Carols & fireworks, 5-9 pm, youth & children activities, Santa, sausage sizzle
- **Sun 20th Dec:** Salvation Army, 186-188 Elizabeth Rd, Morphett Vale, tel. 8384 6014 Carols, 4-6pm in the carpark, includes sausage sizzle, face painting

DVAG News



Week without Violence!

The 2009 Week without Violence celebrations were held in Ramsay Place on Thursday 29th October,

with a youth event - "Make some Noise – Promote Nonviolence". The event included music, stalls, and activities promoting nonviolence. The SDVAG held a stall in support of the event.

SDVAG has a new Chairperson!

Bernie Millburn from DASSA has taken on the position of Chair of the SDVAG after Dianne Newton stepped down. We welcome Bernie to the position and also say a big THANK YOU to Dianne for her many years of dedicated chairing! Dianne remains an active member of the DVAG. The position of Secretary remains vacant, so volunteers are welcome to apply!



SDVAG Legal Forum – A Great Success!

On 28th July the SDVAG held a forum on Shared Parenting & the Domestic Violence Experience—**Myths & Realities Under the Family Law Act.**

Over 60 service providers and community people from the southern and northern suburbs of Adelaide and the Riverland attended the forum in what was an informative and challenging day. Dianne Newton, then Chair of the SDVAG, opened the forum presenting the experiences of women in DV and their difficult journey through the court system and why gatherings such as this were so important.



Overall the forum demonstrated the concern that many individuals and agencies have of the impact of recent changes to the Family Law Act for women long after they have escaped domestic violence, and their desire to do something about it. As Dianne Newton stated in her opening remarks, this forum will raise more questions than provide answers but it was the beginning of many



conversations and provided women with a voice that is mostly never heard.

For a copy of the presentation on the Changes to the Family Law Act by Andrew Drummond, Manager of Family & Relationships Centre, please contact Mandy on 8384 9555.

The SDVAG would like to thank Andrew Drummond, Manager of the UnitingCare Wesley Family Relationship Centre, Gay Thompson MP, Bernadette Martin Detective Sergeant of the South Coast Family Violence Unit, Lorraine Read, former president of NAPCAN SA, community women Annie and Helen, and Aileen Braun and Sally Polden from Anglicare's Parenting Orders Program for sharing their knowledge and for supporting this event... And thanks to City of Onkaparinga for sponsoring the forum.

Congratulations to Shirley Callaghan!

Shirley Callaghan, well known to us all in 'the south' for her tireless work against domestic violence and advancing the safety and well being of women and children, has finally been officially recognised for this excellent work. On 6th October at Government House His Excellency the Governor of South Australia acknowledged Shirley's work by placing her on the South Australian Women's Honour Role. The Women's Honour Roll acknowledges and celebrates the achievements of women in the community who are role models, leaders and an inspiration to others. Well done Shirley!



The 17th Annual DVAG Conference

The 17th annual conference of Domestic Violence & Indigenous Family Violence Action Groups 2009 was a resounding success. Entitled, Looking through the Eyes of Women and Children "Exploring the Trends", it was held on 10th and 11th September at the Balyana Conference Centre. The Centre was booked out to capacity to hear the informative and entertaining speakers. Southern DVAG members Dianne Newton and Shirley Callaghan compared the event which was opened by the Minister for Status of Women the Hon. Gail Gago.

All of us who went to the Conference thank the organisers from the DVAG Coalition for your hard work, the great venue and good food.

Coping with the Festive Season



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 throughout 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
- If you have a health care card register for a Christmas hamper or food voucher with any of the charities listed in the next column.

Entertaining the kids...

- Utilise your local beaches and parks for free entertainment for the kids
- Share the care – arrange play dates by taking turns in 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...

Christmas Hampers...

- Anglicare – 1 William St, Morphett Vale (for existing clients until list is full) Ph: 8392 3190
- Salvation Army – 186-189 Elizabeth Rd, Morphett Vale, Ph: 8384 6014
- St Vincent de Paul – Ph: 1300 729 202 between 9-1, Monday to Friday

Christmas Day Meal...

- Santa's helpers (at Wakefield House) Ph: 8384 6158



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. There include denying/limiting access to a faith community, selective use of scripture to claim God's blessing on violence or male dominance & 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



From all of us at the Southern Domestic Violence Action Group we wish you a very safe and peaceful Christmas and New Year!

Useful Websites

Australian Domestic Violence Clearinghouse
www.austdvclearinghouse.unsw.edu.au

Domestic Violence Resource Centre
www.dvrc.org.au/links.html

Office for Women
www.pcw.officeforwomen.sa.gov.au

Adolescent Violence
www.eddiegallagher.id.au

Non English Speaking DV Info
www.nesbdvinfo.com.au

Men Stopping Violence
www.whiteribbonday.org.au



Myths and Facts ...

Myth: Alcohol and other drugs cause domestic violence.

Fact: Alcohol is seen as a common factor in domestic violence, whilst they often go together, there is no evidence that intoxication of itself causes domestic violence. Some people use alcohol as an excuse to behave abusively and violently. There is also evidence that violence occurs without the consumption of alcohol.



For more information please phone 8384 9555. Thank you to the SDVAG newsletter group and to the special women who have shared their stories with us for the benefit of other women experiencing domestic violence.



Action Groups!

Lesbian Domestic Violence Action Group! MEMBERS NEEDED! The Lesbian DVAG was established to use positive action to raise awareness about issues facing lesbians, their children and networks when abuse is part of their relationship. The LDVAG remains in remission and if you would like to be part of getting it going again, contact Southern Women's on 8384 9555.

Child & Adolescent Family Violence Action Group NEW MEMBERS NEEDED! 1st Tuesday of every month, 1-3pm, Anglicare, 197 South Rd Morphett Vale, Ph: 8392 3100 for more information.

Southern Domestic Violence Action Group
New members always welcome! **We meet on the 2nd Wednesday of every month from 10am – 12.30pm at Family Relationship Centre, 38 Beach Rd, Christies Beach.**
Come and join us and take action against Domestic and Family Violence! Phone 8384 9555 for further information.

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.