

No-one need live in fear

Southern Domestic Violence Action Group

PO Box 437, Noarlunga Centre
Ph: (08) 8384 9555 Fax: (08) 8384 9557



Issue 28: Autumn/Winter 2010



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 9555

Emergency Numbers

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



Domestic Violence is everybody's business!

A word from the Chair...

I was asked to introduce myself and say something about the Southern Domestic Violence Action Group. Well, it's been a challenge to take over the chair from such a capable predecessor as Dianne, but a privilege to have the trust of such a dedicated passionate group of members. The SDVAG meetings consist of three main elements it seems to me. The business of running a group of course, but secondly there's time to reflect on what we're experiencing in the community and our work, a sharing of stories amongst like minded people who understand. This is valuable as for one thing it helps to link members and makes it easier to work together in action sub groups, which is the third element and what we are really about, taking action to achieve our aims.

How can we afford not to? Access Economics estimated the cost of DV on the Australian public was \$1.8 billion per year. Intimate partner violence is the leading contributor to death, disability and illness in women aged 15 to 44. Further, an Australian woman is killed by their intimate partner or ex every four to five days. To this end, too many of our children grow up in a world of insecurity and fear.

We are all confronted by domestic violence at some time in our daily lives, however I remember in my youth believing it wasn't my business, and looking back I know I only recognised the physical violence. I don't believe this is out of the ordinary, particularly for us males, but I also believe we don't fully understand a thing until we try and change it. Women's services have for a long time now been working at changing it. Working with the survivors of domestic violence, the women and their children, housing, educating and keeping them safe. But what about the partner, the father?

I have seen men complain and blame others for the situation they're in, then move on to another relationship, with the cycle repeating itself. As soon as I started working with people in the community I was confronted by this phenomenon and realised that until something effective was done about the perpetrator of the violence, little would change. Why have we not got a funded Violence Intervention Program in the southern area of Adelaide?

All the members of SDVAG have experienced the effects of domestic violence in some way. I hear women's stories in my counselling work; witness the traumatic effects of men's violence on them and their children. How can a man not take action? That is what the many DVAG's are all about, taking action to eliminate domestic violence.

Domestic violence is everybody's business! Until men themselves stand up and take an active stance against DV and work in respectful partnership with women, we will not succeed in attaining a peaceful future. I would like to put a challenge out there for all the men who read this. Next time you witness abuse don't ignore it. Also, support the action men are already taking, such as the White Ribbon campaign which is held later in the year.

In Peace, Bernie Millburn.

Inside this issue...

- Housing
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- Economic Abuse
- DVAG News
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- DVAG membership



Housing...



Housing News...

A huge shake up is occurring in the homelessness sector which will reshape and redefine services across South Australia. It has been recognised, as part of the consultation of the reform process, that the Domestic Violence Sector needs to be separated out from the Generic homelessness sector because of the linkages this sector needs to make across Government Portfolio's with a particular focus on the safety of women and children. The tendering for these Services began in late July /August. All homelessness services should be in place by December 1st this year.

Stage 1 of tendering process has been completed and there are new providers in the region. There is a new program called the Supportive Housing Program which will be used to house those that are most at risk of Homelessness. Each of these properties have support dollars attached to them and those needing support can be nominated for these properties through support or housing agencies. Those who meet the criteria will be offered these houses but they need to be prepared to work with a support agency.



For more information contact Southern Domestic Violence Service on 8382 0066 or any housing service provider.

The Women's Housing Association

The Women's Housing Association TWHA is a not-for-profit, community-managed organisation that provides safe, secure, affordable rental housing for women, with or without children, who have experienced domestic violence. TWHA has a wide range of dwellings (from large family homes to 2 bedroom units) in locations from Seaford Rise to Munno Para, as well as country areas such as Port Lincoln, Murray Bridge, the South East and the Riverland. There is a waiting list for housing but women can apply by phoning or contacting the service through their support worker.

For more information or to apply, phone 8231 0388

Economic Abuse

Financial Dependence:

Controlling the money - requiring her to ask him for money all the time - keeping her ignorant of available funds - excluding her from financial decisions - inadequate funds allowed for household expenses - opposing her getting a job or keeping a job - making her account for every penny spent



Premier's Council for Women

Community Consultation

Women in South Australia - Thinking about a Better Future

The Premier's Council for Women wants your views on the issues that affect women - employment and money, family, health, safety, well-being - whatever issues are important to you. Your participation in this consultation process will contribute to the update of South Australia's Strategic Plan. Hearing your views will also help us continue to provide independent advice on issues of importance to women and advocate for improved opportunities, well-being and services for all women in South Australia.

Tell us what you think at one of the public forums:

Adelaide (South)

Saturday, 7 August, 10am-2pm

Hopgood Theatre, Ramsay Place, Noarlunga Centre

Adelaide City

Tuesday, 29 June, 10-2pm

Grainger Studio, Adelaide Symphony Orchestra, 91 Hindley Street, Adelaide

For bookings email:

premierscouncilforwomen@agd.sa.gov.au

For further details + more venues visit:

<http://pcw.officeforwomen.sa.gov.au>

Housing Support Contacts:

Housing SA (Noarlunga)	8384 9100
Aboriginal Housing (Housing SA)	8384 9100
Calvary Family Accommodation Service:	8326 4688
Catherine House (Adelaide) (Strictly women over 21 without children)	8232 2282
Southern Junction Community Services	8382 8032
Coolock House	8382 6699

No-One Need Live In Fear – Autumn/Winter

In the Community...



Myths and Facts ...

MYTH: A woman can easily leave a violent relationship..

FACT: A woman doesn't easily leave a relationship when:

- *She loves him*
- *There are children who love him*
- *She feels she shouldn't deprive the children of their father*
- *There is nowhere safe to go*

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



Tips for surviving the winter months!



1. **Don't crank up the heat:** Set the thermostat no higher than 19 or 20 degrees Celsius, Each degree above this temperature will cost you around 10% extra in running costs!
2. **Plug the gaps to stop draughts:** Heat escapes through gaps under doors, the chimney and through windows that are open or without curtains. Make sure you plug any gaps to prevent heat escaping.
3. **Take shorter showers to save hot water:** Use a shower timer to help you take shorter showers, to save up to 10 Litres per minute.
5. **Install energy saving light globes:** A simple way to save money, and help the environment, is to install energy efficient light globes.
6. **Don't forget the little things:**
 - Turn off appliances at the wall when they're not in use (to avoid standby use)
 - Put on a jumper instead of turning up the heater and make sure the kids do the same
 - Dry clothes on the line rather than in the dryer, or inside when the heater is turned on. If you do use the dryer, spin dry clothes on high first and this will save on drying time.

Visit: <https://www.simplesavings.com.au> for more tips

Nurturing Corner...

Tips for self care and nurturance

1. **Treat yourself to a warm bubble bath with tea light candles and relaxation music. Add aromatherapy oils for added benefits.**
2. **Plan a progressive dinner—a great way to connect with friends & get out of the house whilst reducing the cost and work of doing it all yourself.**



DVAG News...

SDVAG has a new Treasurer!

Lyn Cresswell has taken on the role of treasurer for the DVAG! We welcome her to this role and thank Veronique Noel for her past contributions as treasurer.

DVAG Working Groups

The various working groups within the DVAG have been working diligently on their individual projects with some great progress happening... The **Creating Resources Group** has been working on the DVAG website which will soon be up and running. The **Family Law Working Group** has also been meeting with Christies Beach Police and is planning to hold workshops for police in dealing with domestic violence and family law related issues.

SDVAG AGM!

The DVAG'S Annual General Meeting will be held on Wednesday 11th August from 10am—12.30. Venue to be advised. For more information please contact: 8384 9555

Newsletter Available Electronically!

This Newsletter is available in electronic format! If you would like to receive this newsletter via email please contact Mandy at mandy.flint@health.sa.gov.au

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

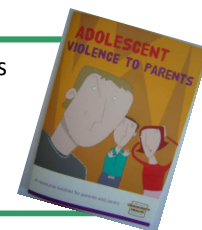
Adolescent Violence
www.eddiegallagher.id.au

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

Men Stopping Violence
www.whiteribbonday.org.au



The Adolescent Violence to Parents booklet is now available in digital PDF format. If you would like a copy emailed to you please send your request to mandy.flint@health.sa.gov.au



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.

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.

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 **Mandy on 8384 9555**

Child & Adolescent Family Violence Action Group

1st Tuesday of alternate months – (next: August), 1-3pm, Anglicare, 197 South Rd Morphett Vale, Ph: **8392 3100** for more information.

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

