

SPECIAL POINTS OF IN- TEREST:

- **First IWCADV Newsletter**
- **Christmas Closure**
- **Court Information**
- **Community / Events**
- **Planning for Safety**
- **Training**
- **Counselling**

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Introducing Newsletter & Service

The Ipswich Women's Centre Against Domestic Violence (IWCADV) has been the regional Domestic Violence Service since April 1994. We are a community-based service, based here in Ipswich. IWCADV is a feminist organisation committed to working towards the elimination of domestic & family violence throughout the community. To this end, IWCADV is actively involved in supporting women and children survivors of domestic & family violence, in addition to coordinating a community response to this issue.

IWCADV provides a range of services to the community of Ipswich and the regional communities of Gatton, Laidley, Esk, Toogoolawah, Lowood, Boonah, Goodna and Inala. The primary focus of the IWCADV is direct service provision to women and

children survivors of domestic & family violence. This includes telephone information, referral and support services, court support for women, counselling services, group work and children's work. In addition to this, IWCADV has a lead agency role in the community providing an integrated response to domestic & family violence

organisations and services, and the provision of community education on domestic & family violence. These services are provided throughout the IWCADV catchment area.

We are very excited to release our first newsletter. We will be releasing a newsletter to the community on a quarterly basis and welcome any feedback you may have.

Email feedback to:
info@iwcadv.org.au



issues within this area. This role involves the provision of training and resourcing to workers, networking with other

Christmas closure 2009

The Ipswich women's Centre Against Domestic Violence is closed from the Friday 18th December and re-opening on Monday 4th January 2010.

Please contact these numbers if you require assistance during this time.

DV Connect: 1800 811 811
Police : 000
Ipswich Police: 3813 8777

From all the staff at the Ipswich Women's Centre Against Domestic Violence have a very Merry Christmas and a Safe New Years!



Merry Christmas
Everyone!!!

Safety Planning



If you are planning on leaving a violent relationship, even for a short time to think, there are steps you can take to make this process a safer one for you and any children you may have.

Domestic Violence is where one partner in a relationship uses violent and abusive behaviour to control and dominate the other person. Domestic Violence encompasses a range of different behaviours, and every woman's experience of it is different. While Domestic Violence can be obvious to detect when physical abuse and

injuries are present, there are many hidden aspects of the abuse that often go unreported. In fact, it is not uncommon for women to take some time to realise that their relationship is an abusive one.

If you are planning on leaving a violent relationship, even for a short time to think, there are steps you can take to make this process a safer one for you and any children you might have. Below are some steps you can take to prepare and plan for safety:

- Decide who you can call if you feel threatened or in danger (eg friend, neighbour, police). It can be useful to discuss this with them beforehand, so they know what action you would like them to take if you call;
- Decide where you could go if you need a safe place to stay (friend, family, refuge);
- Think about how you can ensure the safety of your children;
- Think about what you can do with any pets (can they go to a friend or family member, or could you utilise the refuge service offered by DV Connect for a small fee);
- Make a list of emergency phone numbers and memorise or carry these;
- Seek legal advice prior to leaving about arrangements for children and property settlement;

Ensure that you take the following things with you if you go. Sometimes it is easier to hide a bag with these things in a safe place (e.g. a friend's or neighbour's house):

- spare clothes for you and your children;
- some of the children's favourite toys or personal items;
- spare keys for the car & house; any available cash;

- your address book & mobile phone;
- any diaries or records of the abuse that could be useful in later court proceedings;
- birth certificates/marriage certificate;
- passports (for yourself and the children);
- residency documents;
- driver's licence;
- bank cards & account details;
- important medication;
- social security documents (including healthcare cards & other concession cards);
- your Will (if you have one);
- irreplaceable personal items (such as photos or mementos);
- jewellery and other personal valuables;
- copies of any domestic violence orders;
- copies of any deeds to property or tenancy agreements;
- any other important documents.

Consider making certified copies of any of the above documents to mail to a friend or other trusted person for safe-keeping.

Please contact these numbers if you require assistance.



IWCADV: 38163000

DV Connect: 1800 811 811

Police : 000

Ipswich Police: 3813 8777



Some useful stats

Female Victims:

The ABS study measured the incidence of physical and sexual violence against women (18 years and over) during the 12 months prior to the survey and over their lifetime (since the age of 15). For the purposes of this survey, violence was defined as any incident involving the occurrence, attempt or threat of either physical or sexual assault (ABS 1996, p. 2). Such incidents were defined as actions considered to be offences under criminal statutes in each state or territory. Accordingly the data does not reflect the entire picture of women's experiences of domestic and family violence as it does not record other forms of abuse (emotional, social, financial etc.) that occur in tandem with acts of violence. Key results from the study indicate: 23% of Australian women who have ever

been married or in a de-facto relationship experienced violence by a partner at some time during the relationship" (ABS, 1996, p. 50)

42% of women who had been in a previous relationship reported violence by a previous partner (ABS 1996, p. 51).

Half of women experiencing violence by their current partner experienced more than one incident of violence (ABS 1996, p. 54). Injuries sustained in the last incident were mainly bruises, cuts, and scratches, but also included stab or gunshot wounds, and other injuries (ABS 1996, p. 55).

12% of women who reported violence by their current partner at some stage during the relationship, said they were currently

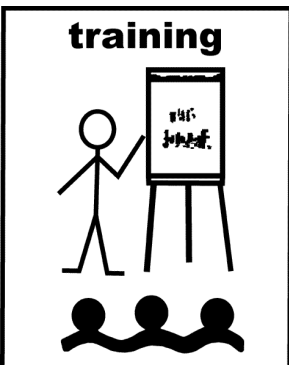
living in fear (ABS 1996, p. 51).

Women who experienced physical or sexual violence by a partner were significantly more likely to experience emotional abuse (manipulation, isolation or intimidation) than those who had not experienced violence (ABS 1996, p. 51).

35% of women who experienced violence from their partner during periods of separation (ABS 1996, p. 57).

Younger women were more at risk than older women, with 7.3% of women aged 18-24 years having experienced one or more incidents of violence from a current partner in the previous 12 month period as compared to 1.2% of women aged 55 and over (ABS 1996, p. 50).

IWCADV Training and Events



IWCADV provides a range of different training and education programs, which can be tailored to meet your needs. We frequently

provide training to other professionals on a range of topics, such as the forms and causes of abuse, exploration of the social

beliefs and personal values relating the use of violence in relationships, and how to recognise and respond to disclosures of abuse from clients. In the past year we have provided training to the Qld Police Service, Women's Legal Service Volunteers, the Red Cross (Early Intervention Service) and many others. If you are interested in speaking with us about our training, please call our Program Coordinator on 3816 3000.

Upcoming training:

Ricky Hunter author of ***Point Last Seen....a road to recovery after childhood sexual abuse and domestic violence***.

More information will be sent out in the new year.



What do I do when DV is happening to me?

Ipswich Women's Centre Against Domestic Violence (IWCADV) is funded by government to support women and their children who have been affected by domestic and family violence.

IWCADV is open between the hours of 9.00am until 4.30pm on Monday, Wednesday, Thursday and Friday and between 1.00pm and 4.30pm on Tuesdays.

You may phone in during these if you are, or have in the past experienced domestic or

family violence. We provide a wide variety of support options for women and children. Contact IWCADV on 38163000 and seek support to make informed choices about your life and the lives of your children.



If you are experiencing a crisis situation you can call the police on 000 or Domestic Violence Connect (DV Connect) on 1800 811 811.



“Violence against women and girls is a problem of pandemic proportions”

International Day for the Elimination of Violence Against Women

25 November was originally observed in Latin America and a growing number of other countries around the world as "International Day Against Violence Against Women". With no standard title, it was also referred to as "No Violence Against Women Day" and the "Day to End Violence Against Women". It was made official by the first Feminist Encuentro for Latin America and the Caribbean in Bogota, Colombia (18 to 21 July 1981). At that Encuentro women systematically denounced all gender violence from domestic battery, to rape and sexual harassment, to government violence including torture and abuses of women political prisoners. The date was chosen to commemorate the lives of the Mirabal sisters. In 1960, the three Mirabal sisters from the Dominican Republic were vio-

lently assassinated during the Trujillo dictatorship (Rafael Trujillo 1930-1961). The day was used to pay tribute to the Mirabal sisters, as well as global recognition of gender violence.

In 1999, the UN General Assembly designated 25 November as the International Day for the Elimination of Violence against Women. Declaring that violence against women and girls is a problem of pandemic proportions.

At least **one out of every three women** around the world has been beaten, coerced into sex, or otherwise



lifetime - with the abuser usually someone known to her.

Governments, international organizations and NGOs are encouraged to organise activities on the day to raise public awareness of the problem.

The International Day for the Elimination of Violence against Women also launches the 16 Days of Activism against Gender Violence, which runs through 10 December, Human Rights Day.

Women's/ Children's Counselling

IWCADV offers counselling for women individually as well as mothers/ caregivers and their children (between 5 and 17 years of age).

By working with both mother and child, a more holistic approach is taken. As a result of the mother/ caregiver also accessing counselling it has created a greater understanding and awareness of the impacts on children and themselves when they have experienced domestic violence.

The first-step intake Session offers women/ caregiver an opportunity to ask questions about program and IWCADV. It also gives women/ caregivers an opportunity to meet the two counsellors in-

involved in the program, to talk about what their understanding of counselling is and/or expectations. The counsellors will cover what the counselling program is, gives attendees a time frame of sessions, and inform women about the organisation's policies regarding client rights. It also informs attendees about the complaints process that women children and young people can follow at this service, about client sickness, attendance, record keeping, confidentiality and duty of care. The following sessions, as well as counselling, will also offer some education about what domestic violence is, what the cycle of abuse is, what are some of the power and control tactics perpetrators of abuse use and what are some of the affects domestic violence has on women and children.

Some of the expressive therapies used in both joint and individual sessions are a combination of Sand-play Therapy, Interactive Drawing Therapy, cards and group discussions.

To access the program women can self refer, or with the women's consent service providers can also refer.

IWCADV may not always have vacancies in the counselling programs, however, please don't let that stop you from calling us for other support or from referring to our service! We have many other types of support to offer!



IFLAG



The end of October saw the Ipswich Women's Centre Against Domestic Violence host the first "I Fight Like a Girl" Charity Concert. Through hard work by Nat, Tara and the centre staff we were able to get local bands to donate their

time, business to donate products, and services to attend on the day.

Thank you to everyone who came along and helped organise the event.

We would also like to thank all the bands that participated on the day.



I Fight Like A Girl
Supporting the Ipswich Womens Centre Against Domestic violence.

FINAL THOUGHT **RAWMOUTH**

SCURVY *Leadtight* *Rose*

ALSO FEATURING:
The Pretty Boys
Punkie and the Poison Pens
Homeless Yellow
High Plains Drifter ...AND MORE!
With special Guests:
Fear The Keefer
Cold Fusion

OCT 31st
Boys Grammar
North Ipswich
Cricket Oval

ALL AGES DRUG AND ALCOHOL FREE EVENT
Gates Open 10:30am
10pm Finish

- Entry Fee -
Adults - \$10
Students - \$8
Kids - \$5 (kids under 5 FREE)
FREE ENTRY BEFORE 3PM! www.myspace.com/iflag

Court Support

IWCADV has been providing court support since the service first opened in 1994. The court support we currently offer is at

Ipswich Magistrates Court
(Monday mornings)

Richlands Magistrates Court
(Tuesday afternoons)

Gatton Magistrates Court
(every second Wednesday morning)

Toogoolawah Magistrates Court
(first Wednesday morning of each month)

The IWCADV workers there are able to provide support to women presenting at

court for domestic violence protection order (DVO) mentions. We offer advocacy in the court system, assess and address safety issues at court, provide information regarding the court processes and DVOs, provision of appropriate referrals, and emotional support.

There is no need for women to book into this program as our workers will be there every mention (see above) usually around 30min before DV court is due to begin. However, women are welcome to contact IWCADV over the phone prior to their DVO Mention with any questions that they may have about the process. Every matter for the DVO Mention is summoned to court at the

same time, meaning that people can be in for quite a wait before their matter is called into court. It's usually a good idea to arrange for someone to babysit kids for that time, and to bring a book or magazine to read!

Beginning in 2010, IWCADV will be providing **DVO application support at Ipswich Magistrates Court each Monday afternoon.** But if it's urgent, please call IWCADV.



Community/ Events

We have two groups (for the public to join) running at the moment. The first is a coffee and chat support group for women who have experienced domestic violence and would like some social support from peers who have experience something similar. The second group is an action group which looks at ways of educating, preventing and working towards the elimination of domestic violence.

In future months, we'll be looking forward

to Domestic and Family Violence Prevention Month in May 2010. Keep a look out for updates on where we'll be and activities that we'll be running across our region, from Boonah to Toogoolawah and Goodna to Gatton throughout May.

If you are interested in speaking with us about events or being part of one of the groups, please call Katie on 3816 3000.





Trust Inner Strength, Build Inner Peace

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Very hard

Calendar for 2010

January	February	March	April	May
TRAINING: <i>Ricky Hunter author of Point Last Seen....a road to recovery after childhood sexual abuse and domestic violence .</i>		8th March - International Women's Day		DV prevention month - Remembrance day

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