



## Domestic and Family Violence Prevention Month

### An Invitation to remember

May 1<sup>st</sup> sees the start of this year's Domestic and Family Violence Prevention Month and a host of activities are planned. One such activity is the state wide Candle Lighting Remembrance Ceremony run by the Queensland Domestic Violence Services Network (QDVSN), of which this service is a member. Two years ago QDVSN decided that it would in addition to the government's resources, produce its own posters and invite all of Queensland to join in local ceremonies to remember those who have died and the loved ones left behind because of Domestic and Family Violence.

The 13 regional DV services across the state are again holding candle lighting ceremonies on Wednesday 7<sup>th</sup> May starting at 5.30pm. Candles will be lit simultaneously across the state from the Gold Coast in the south to Cairns in the north at 6pm. This event is growing in size each year and last year we welcomed over 40 people to the ceremony in Cairns. We also attracted wide media coverage with a slot on Channel 7 local news.

We invite you to join us at Mondos, Hilton Hotel, Cairns, or, for those of you unable to travel or on the Tablelands, in the Cape and Torres Strait areas, to hold your own candle lighting ceremony on 7<sup>th</sup> May and extend the state wide event even further north. Posters are available from the service for you to advertise your event. Please contact Jan on 4033 6100 or by email at [office@dvcairns.org](mailto:office@dvcairns.org).

I wish you all a safe Domestic and Family Violence Prevention Month.

*Amanda*

Manager of CRDVS  
Secretary of QDVSN

# Newsletter

Issue 7, April 2008

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## Domestic Violence Month — Calender

<u>Date</u>	<u>Event</u>	<u>Location</u>
2nd May	D & FV Month Breakfast & Seminar (by invitation only)	Quality Hotel, Sheraton Plaza, Cairns
7th May	Remembrance Day Ceremony	Mondo Café Bar and Grill, Hilton Hotel, Cairns
9th May	D & FV Information Stall 9- 4	Raintrees Shopping Centre
14th May	D & FV Information Stall 9 -4	Stocklands Shopping Centre
21st May	D & FV Information Stall 9-4	Smithfield Shopping Centre
23rd May	WuChopperen Family Day	WuChopperen Health Service, Moignard Street, Manunda
28th May	D & FV Information Stall 9-4	Mt. Sheridan Plaza

### Domestic and Family Violence Prevention Month

#### Remembrance Day Candle Lighting Ceremony

5.30pm – 6.30pm 7th May 2008

Mondos Café Bar and Grill, Cairns



Domestic and Family Violence takes a devastating toll on Queenslanders' lives. In the nine years from Jan 1994 to Dec 2002, the Queensland Police Service recorded 154 cases of homicide related to spousal domestic violence. The victims included 6 children.

#### Please join us to

Light a candle to remember those who have died, and the loved ones left behind because of domestic and family violence.

Light a candle to say as a community that we absolutely commit to working to ensure that no more precious lives are lost.

For more information call Amanda or Gill on (07) 4033 6100

## New—Premises

In recent month CRDVS has seen a number of changes.

In February 2008 we moved offices and are now situated behind the Calanna Pharmacy in Woree.

Although moving 5 year's worth of accumulated odds and ends presents a few challenges, the move was completed in record time and without too many difficulties.

The new premises are much brighter and welcoming despite their dark past as a dentist office.

There's also ample parking, something that cannot be said for the CBD.



One of the benefits of our new location is that we now have our own training room. It comfortably seats groups of 15 and eliminates the need to find training venues within the city, and lug around equipment.

This training room is also available for hire to other non-profit organisations.

If you're visiting us for training, or for any other reason, feel free to browse through the library which contains various literature and reports on D&FV as well as resources for working with children and young people.



## New — Staff

### Alexis

Hi there. I started at CRDVS in late November 2007. I took over the part-time Court Support helm from Sandi. In 2006, I completed a Bachelor of Psychology with an Indigenous Studies major. Instead of doing my Honours year in Psych, I opted to undertake a two-year Bachelor of Social Work (Graduate Entry). I felt that taking this path would help to broaden my skills and knowledge base. As I write this in March 2008, I have a handful of subjects and a fourth-year Social Work field placement to complete.

Briefly, my Court Support role at the service includes the following components:

- \* Offering in-court support to aggrieved persons, which includes helping to demystify the proceedings, being a friendly face in a formal environment, and providing info and referral options as needed;
- \* Liaising with police and court staff to help make the proceedings run smoothly and to achieve favourable outcomes for DVPO applicants;
- \* Maintaining accurate and concise records of DV court proceedings; and providing clients with crisis counseling, assisting with DVPO applications and making appropriate referrals to other agencies.

Two of my work-based goals for this year are: to continue to build upon my knowledge of DV research and use this to effect in my interactions with clients; and to engage in worthwhile training opportunities and boost my skills in client work.

Another personal goal is to complete my Graduate Bachelor of Social Work and put paid to any urge I may have to become a professional student. My HECS bill is hefty enough as it is...! ☹

## New—Staff

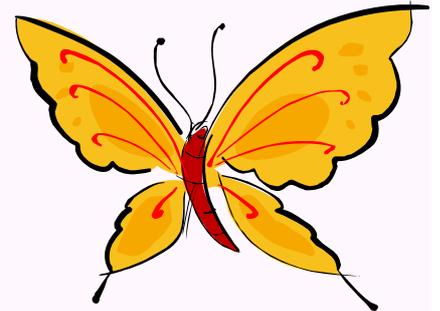
### Myra

Hi, I'm Myra the new part time Child and Youth Counsellor. I am a Social Worker who specializes in children from non English speaking backgrounds as I have spent 3 years teaching English overseas. I am available Wednesday arvo, all day Thursday and Friday.

Remember our services here are free and we are always willing to assist over the phone.

### Jackie

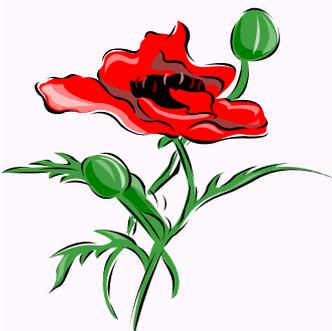
I am the new Domestic Violence Counselor for adults. It is a professional interest of mine to work in the social justice field and help those most vulnerable in society. Domestic Violence has a devastating effect on people ranging from depression to more severe conditions like Acute Stress, PTSD, suicide ideation and attempted suicide. I will be providing medium to long-term counseling to clients who experience domestic violence, focusing on helping them deal with trauma and subsequent trauma symptoms applying various therapeutic techniques. This will enable them to go on living life free of violence and to strive to be the best they can be. I am very passionate about my profession in psychology and I aim to help people to the best of my abilities.



In my free time, I like to participate in creative and fun activities. I am a huge animal lover—anything with fur and four legs has a very special place in my heart. I am a nature lover and like long walks on the beach and camping. I also like a good joke and sometimes I can be a bit of a “clown” - not on purpose though. That's me in a nutshell. I am looking forward to my time at CRDVS. I think it is an excellent organisation that provides a very valuable service to society and I am proud to be part of this organisation.

### Bernadette

Hi, I'm the new Community Education and Professional Training worker at CRDVS. I'm responsible for organising and running our variety of training programs. I love to get out of the office (even if it's just to our new training room). So if you have an interest in learning something specific or anything in general about DV I'd be happy to hear from you.



I'm also responsible for the newsletter so if you have any interesting DV related articles or have been doing something in your community let me know.

## Safety Planning

### Getting Out

1. Think of a safe place to go if an argument occurs—avoid rooms with no exits (bathroom), or rooms with weapons (kitchen)
2. Decide where you will go if you need a safe place away from the house.
3. Think about and make a list of people to contact if you feel threatened or in danger.
4. Decide what arrangements you will make to ensure the safety of your children.
5. Save some money for a taxi fare or bus fare for emergency transport to a safe place.
6. Keep an extra key to your house and car.
7. Make a list of emergency and helpful phone numbers, and keep it with you at all times.
8. Establish a code word or sign so that your friends and family, teachers or co-workers know when to call for help.
9. Pack all of the medications you need.
10. Know where all of your important papers and records are so you can find them in a hurry.
11. Consider keeping spare clothing, medication, important papers, keys and some cash at a friends house. Alternatively hide them in a safe place.
12. Practice travelling to the location that you have chosen as a safe place.
13. Make a list of other arrangements you should consider
14. Call 1800 811 811 if you need to access a shelter for women.
15. Remember you have the right to live without fear and violence.



## Safety Planning

### After you've left

1. Consider changing you phone number including a silent number.
2. Screen calls using an answering machine
3. Save and document all contacts, messages, injuries or other incidents involving the perpetrator. Keep a dairy of events and ensure all conversations are recorded.
4. Change locks, if the perpetrator has a key (deadlocks are preferable)
5. Consider installing security screens on doors and windows.
6. Avoid staying alone.
7. Plan how to get away if confronted by an abusive partner.
8. If you have to meet your ex-partner, do it in a public place.
9. Vary your routine
10. Notify school and work contacts.

## Community Announcements

### Seniors Legal and Support Service

operated by the

Cairns Community Legal Centre

A free Seniors Legal and Support Service is now available for seniors who are concerned about elder abuse or financial exploitation.

The Seniors Legal and Support Service is operated by the Cairns Community Legal Centre and funded by the Department of Communities.

The Seniors Legal and Support Service is staffed by a solicitor and a social worker, providing a tailored and holistic response to the needs of older people at risk of elder abuse or financial exploitation. Assistance includes legal information and advice, short-term counseling, advocacy and court support.

For further information or to make an appointment phone 4031 7179.



Offers training in

- Responding to D&FV
- Effects of D&FV on children
- D&FV legislation and court support
- Healthy Relationships

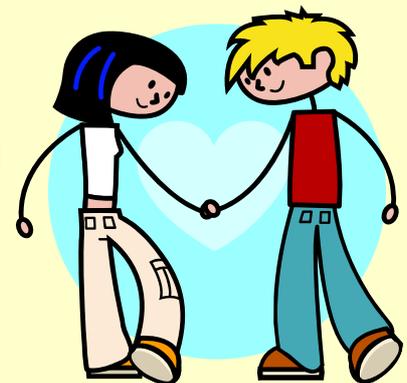
For information about any of our workshops please contact CRDVS at least 4 weeks in advance of your requirements - telephone 4033 6100 email [commed@dvcairns.org](mailto:commed@dvcairns.org)

## Children and Young People

Hi Everyone

Well since our last newsletter went out, I have been busy in my second role here with CRDVS, developing the 'Responding to Child Witnesses of Domestic Violence Training Package'. The first module was delivered back in February and was a great success with fabulous feedback from participants. It was an introductory module looking at what domestic and family violence is and how it affects Child Witnesses. Thanks to all those who attended, I really enjoyed the opportunity to meet with you all and share information and skills. Module 2 is scheduled to be delivered at the end of April; with the focus being on '*practice frameworks*'. Feel free to give me a call for further information and to put your name down for the training. Future modules are also in the pipeline with content anticipated to include models of practice, tools and strategies.

Don't forget we are still continuing with our Child Counselling program with me available for intake and counselling all day Monday, Tuesday and Wednesday morning and Myra being available Wednesday afternoon, Thursdays and Fridays.



Kind Regards

Jayne

## MYTH BUSTERS

**Perpetrators of domestic and family violence often blame other people and other things for their own violent behaviour. Attempts to justify and excuse violent behaviour have led to the formation of myths in society. For example:**

**MYTH— Alcohol and Drug abuse causes Domestic and Family Violence**

**REALITY** - Drug abuse may be a contributing factor but it is not totally responsible for abuse because abuse can happen whether the perpetrator is under the influence of these substances or not.

For example when a perpetrator is under the influence of drugs or alcohol he is still able to control who they lash out at

**MYTH— DV affects only a small percentage of the population**

**REALITY** - In Australia 1.1 million women have experienced violence by a previous partner, including during and after the relationship.  
1 in 4 Australia women will experience DV in her lifetime.

**The reality is that using abusive behaviour is a matter of personal choice. It's important to dispel these harmful myths as they play down the perpetrator's responsibility to do something positive about their violence and change their behaviour.**

**THERE IS NO EXCUSE FOR ABUSE**



# Cairns Regional Domestic Violence Service

## Services We Provide

**Cairns Regional Domestic Violence Service provides confidential and free services for family members suffering from domestic violence. There are many issues that you can discuss with our staff members such as:**

- Information about your rights and the rights of your children
- Steps that may help you to protect yourself from further domestic violence
- Information and assistance in making an application for a Domestic Violence Protection Order
- Support services that are available through our organisation, including Court support
- Counselling for you or your children to overcome the effects of domestic violence

Our Domestic Violence Workers can also refer you to other support services for financial assistance, crisis accommodation, relationship counselling, legal advice on matters of family law, parenting education and many other issues.

One member of our team is a Child Counsellor, who can provide face to face counselling for children and young people aged 4 to 16 years who are affected by domestic violence.

We can also provide information about programs for perpetrators of domestic violence.

Our service regularly conducts and participates in workshops, seminars, conferences, lectures and training sessions in Cairns and surrounding areas. If you are not sure that we can help with your needs, then please telephone on (07) 4040 6100 and ask us.

We're open Mon-Fri 9am - 5pm



Phone: (07) 4033 6100



Email: office@dvcairns.org



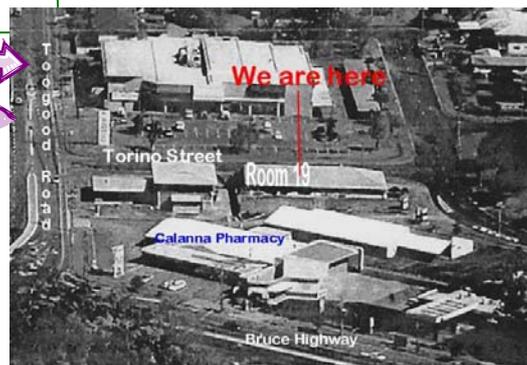
Fax: (07) 4033 5863



CRDVS, PO Box 12103, Cairns 4870



Room 19  
600 Bruce Highway  
Woree 4868  
(Behind Calanna Pharmacy)



## Useful contacts

### Telephone Contact Numbers

If you're in immediate danger call the POLICE **000**

If you want to access safe accommodation (refuge for women and children who are in danger), or you need help and support dealing with a violent relationship you can call **dvconnect**, the Queensland 24hr domestic and family violence telephone service on:

**1800 811 811**

Cairns Police 4030 7000

Lifeline Telephone Counselling  
13 11 14

#### **Alternatives to Violence**

A 12 week education course for men  
4050 4955

#### **Go Forward For Men**

A service for men to help men overcome domestic and family violence behaviours  
1300 364 277

**dvconnect Men's Information Line**  
1800 600 636

**We're on the Web**  
[www.dvcairns.org](http://www.dvcairns.org)

Would you like to subscribe to receive forthcoming issues of the CRDVS newsletter?

Have you an interesting article about domestic or family violence you'd like to contribute to the next issue of this newsletter?

Please let us know by contacting Bernadette at CRDVS — Tel: (07) 4033 6100

**Look out for the next issue in  
October 2008**

### **Websites with information about domestic and family violence**

[www.noviolence.com.au](http://www.noviolence.com.au)

[www.dvirc.org.au](http://www.dvirc.org.au)

[www.austdvclearinghouse.unsw.edu.au](http://www.austdvclearinghouse.unsw.edu.au)

[www.ofw.facs.gov.au](http://www.ofw.facs.gov.au)

[www.communities.qld.gov.au/violenceprevention](http://www.communities.qld.gov.au/violenceprevention)

[www.ntv.net.au](http://www.ntv.net.au)