

Inside this issue....

Foreword

What's been happening in Hume:

- Family Violence Prevention Networks
Wodonga Integrated Response to Family Violence
Alpine Family Violence Prevention Network
Central Hume Family Violence Prevention Network
Benalla Family Violence Prevention Network
- Intimate Partner Rape
- Women of Gaia
- Mum's & Kids group
- Marian Community
- Pandora's Box

Statewide

- New Family Violence Website
- Charter of Human Rights and Responsibilities

Children's Page

- Kay Lavender Children's Resource Worker (Hume Region)

FVP Network Contacts

Hume Region Family Violence Prevention Newsletter

Winter 2006

Hi Everyone,

Tuesday 23rd of May saw the announcement of The Integrated Family Violence services Funding which was made by Candy Broad minister for Housing and Local government, who is coordinating the new approach to family violence in Victoria. The total funding is \$40.6 million over three years; the amount for the Hume region is \$3.04 million over the three year period. For further information log onto www.dhs.vic.gov.au/integratedfamilyviolence .

DV Vic has circulated the draft Code of Practice for Domestic/Family Violence services for women and children for your feedback. Consultation with the DV Vic membership, women and other relevant stakeholders provided the basis for the development of the Code of practice for Domestic/Family Violence services document. For further information regarding the progression of the document contact Bree Oliver at DV Vic on breeoliver@dvvic.org.au.

We now have dates for the second round of DVIRC training Working with Families; responding domestic violence when working with families. The two day training will be held on September 7th and 8th. To secure your registration please contact Emma Fahey via email e.fahey@whealth.com.au

I am currently working with Kay Lavender (Children's Resource Worker), Jan Armstrong (Homelessness Networker) in coordinating a two day training package on Children and Case Management to be held November 21st and 22nd for further details email Emma Fahey e.fahey@whealth.com.au or Kay Lavender childrensproject@chss.net.au or Jan Armstrong jarmstrong@nesay.com.au.

As you would all be aware this is the final addition of the Family Violence Prevention Newsletter due to the Family Violence Prevention Networker role ceasing and being replaced by a Leadership Service Integration and planning position. I would encourage you if you are not already, to become a member of WHGNE to receive the monthly member's newsletter from WHGNE. For state wide family violence information log onto the recently established family violence website and register to received the monthly updates www.women.vic.gov.au/familyviolence.

To join or contact your local Family violence prevention network in the North East and Goulburn Valley please refer to the back of the FVP newsletter for the specific details or contact Women's Health. If you are seeking grants to support your network initiatives log onto www.ourcommunity.com.au Thank you for your support over the last two years, and I hope you enjoy reading the newsletter

Cheers

Emma

Family Violence Prevention Networker
Contact Emma Fahey
Women's Health Goulburn North East
P.O Box 853, Wangaratta 3676
57 Rowan Street, Wangaratta
Ph: (03) 5722 3009 Fax (03) 5722 3020
e.fahey@whealth.com.au



Purpose of Family Violence Prevention Networks

1. To provide a forum for community agencies, service providers, and individuals who have an interest in preventing family violence.
2. To raise public awareness about family violence. This includes informing the community about the causes and effects of family violence, the extent of family violence, and prevention strategies.
3. Provide current information to the community about support services for:
 - Women and children who have experienced or are experiencing family violence;
 - Young people who have experienced or are experiencing family violence;
 - Men who want to change their violent behaviour.
4. To enhance service provider's knowledge skill sharing, professional development and/or training.
5. To provide an opportunity for information sharing and mutual support between service providers.
6. To undertake local, regional and state-wide community education activities in collaboration with local Family Violence Prevention Networks and service providers.
7. To identify gaps in service provision and lobby for those services.

North East and Goulburn Valley have 7 Family Violence Prevention Networks.

The principles that underpin family violence prevention can be located in: "101 ways to prevent family violence"; Publication produced September 2004 by Domestic Violence and Incest Resource Centre.

If you would like a copy contact Women's Health Goulburn North East on (03) 5722 3009 or email whealth@whealth.com.au

What's been happening in Hume

Activities from four of the Family Violence Prevention Networks across the North East and Goulburn Valley

Wodonga Integrated Response to Family Violence Group.

Outline of Projects for 2006

The Wodonga Group has outlined a number of ideas that they are currently pursuing for 2006. These projects are ideas that may or may not come to fruition.

The biggest project being investigated at present is the School's Project. It is hoped that the group can organise with local Wodonga Schools to implement a 'healthy relationships' program within the schools. Ideally, members of the Integrated Response Group would work with the education department in presenting information to high school students on what a healthy relationship looks like and what to do if a relationship is not healthy. In the short term a day is being organised with Yr. 11 students for a session around violence.

The Group has also discussed implementing a new public awareness campaign, featuring a slogan relating to family violence and purchasing advertising space in a prominent area – some suggestions being investigated include a bus or billboard sight.

Members of the Wodonga Group are also taking part in a Regional Football Project that aims to implement strategies to reduce violence against women. This is in line with new protocols being released by the AFL.

The Alpine Family Violence Prevention Network

was established in early 2005 with several key service providers of the Ovens and Kiewa Valleys coming together. The Alpine Network aimed to develop relevant and effective strategies for communication and service information and provision in the Alpine Shire area. This shire locality also conveniently covers the Police Alpine cluster.

The key drivers of the Alpine Network include Alpine Health, The Alpine cluster of the Victorian Police, Ovens and King Community Health

Service and Rural Housing. The police motivated inclusion in the network has seen some positive development in communication and prevention of family violence in the area.

Other members of the Alpine Network include representatives from local schools and childcare, the Victims Assistance program, Upper Hume Community Health Service and NESAY.

The Alpine Network has been engaged in several projects over the last twelve months. The key activities to date include; the development of a local Ovens and Kiewa Valley information and contact Tri-fold brochure, and mini tri-fold business card version of the information and contact brochure, the development of a inter-agency case conferencing forum and the investigation and possible engaging of a "Safe and Caring Communities" program.

Along the way the Alpine Network is collecting local family violence data in an attempt to create a position for or engage a local family violence worker to provide regular coverage of the Alpine area.

The Alpine Network continues to expand its membership and meets the second Monday of each month rotating between Myrtleford, Bright and Mt. Beauty.

For more information please contact David Kidd Ph: 03 5755 0134 or Kerrie Conner Ph: 03 57313503 or Claudia Lichte Ph: 03 5755 0128

The **Benalla Family Violence Prevention Network** has engaged in two key activities during the last 12 months. The network has actively been developing a benalla specific family violence services wallet size card. Michael Leunig (cartoonist) has designed the image for the Benalla family violence services card. The card will be launched by Michael Leunig and the network in late 2006.

The other key project is an initiative by Victoria Police in partnership with Benalla Rural City and the Benalla Family Violence Prevention Network is the development of the Violence Safety Alert Kit. The Violence Safety Alert Kit has been sponsored by Chubb Security, Telestra Country wide and Victoria Police for a trial period of six months. The network is currently exploring other

funding options to support the sustainability of the Violence Safety Alert Kit. The Violence Safety Alert Kit consists of an information pack, two mobile phones, and two *Vital Call* personal alert alarms. One can be fitted to the Home Phone with a duress alarm and the other is a Mobile Companion that is similar to a mobile phone and when a button is pushed it notifies Chubb Security call centre who will then alert Victoria Police to respond. The Violence Safety Alert Kit would be given to victims of violence who the police assess to be of high risk. For further information on the Safety Alert kit please contact A/Sgt Peter Milligan at Benalla Police Station 03 5762 1811.

The **Central Hume Family Violence Prevention Network** held a successful information evening on Exploring the effects of Family Violence on children (27th April). We had 39 workers/community members attend the information session. The guest speakers were Dr Deb Walsh Latrobe University, Kay Lavender Children's Resource Worker Hume Region and Paul Quinnell DHS High Risk Infant program manager who engaged all present in vast discussion on family violence.

Our next meeting is Thursday 22nd June at Women's Health Goulburn North East 1-2.30. This meeting will review the evaluations from the evening and will discuss the sustainability of the network without the support of the FVP Networker role.



Breanna Wilson WHGNE, Emma Fahey WHGNE and Renee Gallagher Centrelink at 'Exploring the Effects of Family on Children' evening hosted by the Central Hume Family Violence Prevention Network

Intimate Partner Rape

Upper Murray CASA and Women's Health Goulburn North East have formed a partnership to research Intimate Partner Rape and rurality.

Across sectors and in the community generally, intimate partner rape has not been recognized as a serious social problem. There is **little research that specifically identifies and explores rape by intimate partners**, rather than sexual abuse generally, or domestic violence.

The scarce evidence that does exist suggests that intimate partner rape affects a significant number of women. A 1998 Australian survey found that 40% of women aged 45-50 had experiences of sexual abuse from their former or current partner (Parker 2001: 189 cited Heenan, 2004).

Yet there is a discernible reluctance on the part of researchers to research rape by an intimate partner.

Secondly, little is known in Australia about how workers (responding at the front line to women reporting sexual assault) **take action in relation to intimate partner rape**. Such workers include police, domestic violence workers, counsellors, GPs, refuge workers.

There is a discernible reluctance from the legal sector to prosecute for intimate partner rape. It's not generally seen to be a crime. Women cannot find a language to describe rape by their partner. They try to normalize it; they minimize it. As a result, they are unlikely to seek help for physical or emotional injury. Their reluctance to seek intervention from the law is clear and understandable when we hear that very few men have been convicting of raping their partner.

The Law Reform Commission commends the recent changes to Victorian law, which include recognising rape in marriage as a crime and excluding a victim's sexual history from trial. But they realise that **changing the attitudes of both the community and those working in the justice system presents a much more difficult challenge**.

Very few prosecutions proceed where there is cohabitation. Securing convictions remains difficult for prosecutors. Where it does occur, physical injury is generally also present.

This research will fill a gap in that very little is known about **rural women** experiencing intimate partner rape, or about **Indigenous women** with this experience.

Importantly, this research has the potential to reduce the prevalence of intimate partner rape. For example, the literature suggests there are clear avenues to improve support for women experiencing rape by their partner:

- ⌘ GPs, counsellors and health professionals could ask the question when women present with symptoms suggestive of sexual violence.
- ⌘ Police and courts could receive professional development about the illegality of rape within marriage and intimate relationships and how best to support women through the legal processes.
- ⌘ There is an opportunity for men's behaviour programs to explicitly identify intimate partner rape and point to its serious and criminal nature.
- ⌘ Early education about healthy relationships could play a preventative role.

There are two parts to our research:

- (1) we plan to **interview 10 women**. We are hoping to include a number of Indigenous women. The criteria will be that women are aged over 18 and have identified themselves as having experienced intimate partner rape.
- (2) we will **interview workers** from the service sector e.g. domestic violence workers, counsellors, police GPs, refuge workers).

While we have received **Ethics approval** from The Centre's Ethics Committee, registered with the NHMRC, this second part of the research required an additional level of approval from the Victoria Police. Approval is required from their **Research Coordinating Committee** in order to access police officers for interviews or focus groups. We have applied to interview 5 police officers from the Criminal Investigation Unit; 5 from SOCA (Sexual Offences and Child Abuse) Unit; and up to 20 general police officers.

The aim of the research is to understand the effect of intimate partner rape on women living in rural and remote communities and to offer an insight into improving service system responses to women experiencing intimate partner rape.

These research findings may help shift the concept of rape in intimate relationships from mere theory and rhetoric to a concept that is understood in our community as a criminal act. We will begin seeking women willing to participate in this research around July and will hold interviews in August and September. If you would like to be involved or for more information please contact Deb or Julie at Women's Health Goulburn North East on 03 5722 3009.

WOMEN OF GAIA Survivors Advocacy Group

The Women of Gaia have gained new found enthusiasm to assisting women in the North East area who firstly are trying to leave an abusive situation and secondly, have left, but are still finding it difficult. We are proud to announce that we have recently become a completely independent association run solely by women who are survivors of family violence, bringing self determination to the fight against family violence!

We are currently in the process of becoming an Incorporated Association to assist in funding applications for our big project.

The Women of Gaia have thought about what is lacking in support and assistance for women and children who have left family violence in the North East area. And we must say the services out there are doing a wonderful job. However, it was our view that what is lacking is fun, self-esteem and confidence. We are beginning plans for a weekend away for women and their children who are trying to find their feet after finding the courage to leave. This will involve fun games and activities for both mums and the kids, self-esteem building workshops, pampering sessions and informative sessions on basic legal advice (what are your rights – knowledge is empowerment) and looking at eating right for the soul. All this will be conducted in an open, loving and respectful environment with accredited Child Care workers to ensure the children's safety. It is being planned for end of October early November with details to still be decided upon.

Coming up also during that time is the annual Reclaim the Night walk against violence. We are hoping to achieve bigger and better things

for our second year of RTN! So please all mark in your diary 26 October 2006 and come down to support a well worth cause and enjoy a sausage or two! More details to be announced closer to the date.

Finally, one of our members is embarking on a project titled "Breaking the Chains of Silence" incorporating the beauty of art with raising awareness of family violence and its effects. The project comprises of 5 sets of 12 series of painting and 12 inspirations verses named "BOYARRA". These painting will form a calendar and gift cards to target awareness to the public against family violence and sexual assault. The opening is a while away yet, but we will keep you up to date with the progress.

Mum's & Kids Group

For Mum's & Kids who have experienced family violence

Seven week program starting

When: Wednesday July 12th 2006

Time: 9.30am to 11.00am

**Where: Central Hume Support Services
14 Mint Street, Wodonga**

Contact: Kay at the Children's Resource Project 02 6043 7404 or Karen or Jill at the Women's Centre 02 6041 1977

Marian Community

Marian is running a journaling group for women who have/are experiencing violence

Journaling Group

Come along and try your hand at writing. Find your creative side, meet new people, share new experiences, enjoy fun and social time with others

- WHERE? Casa (centre against sexual assault) meeting room, 130 Nixon street, Shepparton
- WHEN? Wednesdays at 10.00 am, first group to commenced Wednesday 5th April, Morning tea provided
- No cost to participants
- Transport is available if required in the Shepparton district

Please ring 58219458 on Mondays (ask for Gail) Hope to see you there!

Pandora Box's

The Pandora's Box Project Hume Region has been working to remove the barriers faced by women with disabilities to seeking assistance from both the family violence and disability support systems.

The purpose of Pandora's Box Project has been to grapple with the complexity of the issue of violence and disability and draw together service provision that truly reflects the diverse needs of the community.

Reforming the Family Violence System in Victoria (2005) reported that, 'women with disabilities are the most vulnerable in society, facing compounding impacts of both their gender and their disability. This dual marginalisation exposes women to grave risks of emotional physical and sexual abuse, (P. 14).

The Triple Disadvantage: Out of sight, Out of Mind, Violence Against Women with Disabilities project 2003 (DVIRC) concluded that 'clearly there is a lack of coordination between family violence at both a programmatic and community level. This results in women with disabilities who experience violence receiving inadequate service from all sectors...'

Regional Family Violence and Disability Services working party has scheduled a forum for 8th August 2006. For further information please contact Marg Welsh Cooroonya Domestic Violence Services on 57221100 marg@cooroonya.com.au or Cecily Fletcher Department of Human Services or 5722 0555 Cecily.fletcher@dhs.vic.gov.au Breanna Wilson Women's Health Goulburn North East b.wilson@whealth.com.au

State-wide Information

The new family violence website

The site will provide you with information on:

- The new approach to family violence in Victoria
- Facts about family violence
- Government programs to reform the family violence system
- Family violence resources and e-bulletin updates

Further developments to the site over the next month will incorporate fact sheets, additional resources and upcoming event information.

If you would like to link information about specific family violence projects please contact the Family Violence Coordination Unit at Department for Victorian Communities via the website www.women.vic.gov.au/familyviolence

Charter of Human Rights and Responsibilities

The draft Charter of Human Rights and Responsibilities is now being considered by the Victorian Government. The next month or two will be critical in deciding whether or not Victoria gets a Charter of Human Rights. As expected, there are many voices for and against introducing such a Charter and it is crucial that the Government is aware of the support that exists in the community.

- Department of Justice website: [http://www.justice.vic.gov.au/CA256902000FE154/Lookup/HR_Report/\\$file/HumanRightsFinal_FULL.pdf](http://www.justice.vic.gov.au/CA256902000FE154/Lookup/HR_Report/$file/HumanRightsFinal_FULL.pdf)
- The summary and recommendations [http://www.justice.vic.gov.au/CA256902000FE154/Lookup/HR_Report/\\$file/ReportSummary.pdf](http://www.justice.vic.gov.au/CA256902000FE154/Lookup/HR_Report/$file/ReportSummary.pdf)

For further information contact Stephanie Cauchi Policy Analyst - Human Rights and Justice Victorian Council of Social Service Ph: (03) 9654 5050 or www.vcross.org.au

The Children's Pages

Hello everyone. Nearly half way through the year! As it is unknown whether there will be anymore newsletters produced under the current arrangement I would just like to remind everyone that they can contact the Children's Resource Project at anytime for information, secondary consultation, training or help in program development.

What's News

CHSS and the Women's Centre Albury will be conducting a group work program for Mum's and Kids who have experienced family and domestic violence. The aim of the group is to foster greater communication and understanding between mother and child after leaving domestic violence. The group will be commencing July 12

at CHSS Wodonga. For more information please contact Kay at the Children's Resource Project 02 6043 7404.

CHSS' Children's Counselling Program has received a small amount of funding for family violence. This service covers Wangaratta and Wodonga. Referrals can be made by phoning the Children's Resource Program for more information.

Working with Children who have experienced family violence

Anger: Teaching children to effectively manage anger is an important step in breaking the intergenerational cycle of violence. Developing relaxation skills is a common anger control strategy. Another strategy is to have groups of children brainstorm healthy and unhealthy ways of dealing with anger.

Children can then be encouraged to make up conflict scenarios involving peers, siblings, parents, or teachers and then role-play non-violent methods for handling the conflict. For parents, modelling non aggressive behaviour, rewarding and reinforcing non aggressive solutions, and implementing consistent and appropriate parental responses to aggression are all useful strategies.

When talking to kids about anger using a pictorial tool such as the bear cards can be useful. The bear cards show a range of angry expressions. This can be used for children to identify degrees of anger, from least expressive to most and to discuss the build up of anger.

Lots of children will say that anger is not ok. It is important to understand that anger is a FEELING we have inside (as opposed to the actions which angry people do). Sometimes it is HELPFUL (keeps us safe) sometimes it is UNHELPFUL (some people hurt others – with bodies or words). Discuss with children when anger is helpful/unhelpful. Help children decide/debate. You might want to draw the things that make you angry and discuss these.

Anger Body Signs

Following on from above. Can discuss how anger can be sneaky and get stronger. We have to be like a detective and look out for signs of it so we can be the boss of it.

Useful questions might be:

- How do you know when you are angry?
- Where in your body do you first feel anger? What is the first thing someone else would notice about you being angry? (Mum, friends, teachers).
- How can you tell when other people are angry? Use pictorial (bear cards etc) to discuss different facial, body features of anger.
- You might get the child to show you things that happen in their own face when they are angry. You might draw them. Same again with the body.
- Draw them such as hitting/ punching hands, stomping / kicking feet, tummy hurting, hands on hips, arms folded, standing close to people (in their space) etc.
- What happens in your voice when you are angry? Again draw them, shout, loud, mean, mean words, etc. You can then hand out a template of a body and ask children to draw on the body shape with red texter to colour in / draw in the part of their body where anger first starts in them and what it feels like. Then use all sorts of colours to show what anger does to your face, body and voice (speech bubbles).
- It would then be useful to discuss the difference between submissive, assertive and aggressive body language and constructive conflict resolution. Again this can be done in a number of creative ways, visually using body template, bear cards, puppets, practicing body stances etc.

Well that's your lot for now. I hope these pages have been useful. Kay Lavender Childrens Resource Worker Hume Region

For further resources try the following

- Domestic Violence Resource Centre, *Hands Are for Holding: A Picture Book*
- *Be Cool.....Not Cruel* (NT): Domestic Violence Community Education Package for Young Territorians (Office of Women's Policy, NT Govt.)
- "Sticks and Stones": This is a theatre in education project that explores the reasons children perpetrate violence. Accessed through Australian Domestic & Family Violence Clearinghouse <http://www.austdvclearinghouse.unsw.edu.au>

State-wide Services

Domestic Violence & Incest Resource Centre	(03) 9486 9866
Women's Domestic Violence Crisis Service	(03) 9373 0123 or 1800 015 188 (Toll free)
Women's Legal Service Victoria	(03) 9642 0343 or 1800 133 302
Immigrant Women's Domestic Violence Service	(03) 9898 3145
Translating & Interpreting Service	131 450 or 1800 112 477 (24 hours)
Police	000 (24 hours)
Court Network – Telephone info & referral	(03) 9603 7433 or 1800 681 614
Women's Information & Referral Exchange Info Line	1300 134 130
Statewide Women's Community Housing Service	(03) 9387 1033
Victim's Referral & Assistance Service	(03) 9603 9797 or 1800 819 817
Sexual Assault Telephone Service	(03) 9349 1766 (5.30pm-9.00am)



**SURFACE
MAIL**

**POSTAGE
PAID**

If undelivered return to:
Hume Region Family Violence Prevention
Worker
Women's Health Goulburn North East
Po Box 853 Wangaratta 3676
Print Post Approved Publication No: PP

Family Violence Prevention Meetings:

Seymour-Lower Hume

Contact Jackie on (03) 5784 5555 or Kate Lewer
(03)5799 1711

Shepparton- Goulburn Valley

Contact Liz on (03) 5822 2289

Corowa Rutherglen

Contact Fiona Renshaw on (02) 6033 6264

Wangaratta- Central Hume

Contact Emma Fahey on (03) 5722 3009

Albury

Albury/Wodonga Local & District DV Committee

Contact Jill Sumner on (02) 6041 1977

Wodonga

Sgt. Garry Corcoran on (02) 6049 2600 or DV

Outreach Upper Hume Community Health on
(02) 6022 8888

Alpine (Mt Beauty, Bright, Myrtleford)

Contact David Kidd on (03) 5755 0123 or Kerrie
Connor on (03) 5731 3500

Benalla

Contact Acting Sgt. Lance Werner on (03) 5762 3956
or Emma Fahey on (03) 5722 3009

Regional Services:

Domestic Violence Outreach Workers:

Mitchell, Murrindini, Strathbogie: (03) 5784 5555

Shepparton: (03) 5823 3200

Wodonga: (02) 6022 8888

Other Domestic Violence Services:

Cooroonya: (03) 5722 1100

Marian (Shepparton): (03) 5821 9458

Centres Against Sexual Assault:

Shepparton: (03) 5831 2343

Wangaratta: (03) 5722 2203

Victim's Assistance Program:

Wangaratta: (03) 5723 2000

Shepparton: (03) 5831 6967

Wodonga: (02) 6056 6282

Refuges:

Women's Domestic Violence

Crisis Service: (03) 9373 0123

Toll Free: 1800 015 188

