

DOMESTIC VIOLENCE

**We can do
something
about it!**

**Illawarra Committee
Against Domestic Violence**

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DOMESTIC VIOLENCE

Domestic violence is a serious social problem which affects the lives of many women and children.

What is domestic violence?

Domestic and family violence is a pattern of abusive behaviours used by one person in a relationship to gain and maintain control over another person. Domestic violence can happen in any relationship including between husbands and wives, boyfriend and girlfriends, people in same sex relationships, parents abused by their children, older people abused by their family members and the abuse of young people. Domestic violence can happen in ongoing relationships or after separation.

The most common type of domestic violence is the use of violent and controlling behaviours by the partner towards women and their children within the family home or after separation.

Domestic violence happens across all communities, all cultures and all social and economic conditions.

Domestic violence takes a number of forms:

- physical assault (punching, pushing, kicking, spitting, slapping)
- psychological, emotional abuse and verbal abuse (including threats, put-downs, insults)
- sexual assault and abuse such as forced sex
- financial or economic abuse such as controlling finances or resources
- social abuse such as isolating the woman from family and friends
- stalking and intimidation
- children witnessing **any** of the above

Domestic violence poses a serious threat to the emotional, physical and mental health of women and children. Living in a state of fear and psychological terror may affect emotional well-being whilst physical abuse can result in serious injury or death.

How common is it?

Studies indicate that as many as one in three female partners are subject to violence in the home.

Domestic violence affects women from all age groups, income levels, cultures, nationalities and religions. It can happen to any woman.

Domestic violence is the most common form of assault in Australia today. It remains largely a hidden problem, because it usually occurs within the privacy of the home and women are reluctant to talk about it because of fear, shame or embarrassment.

Women often remain in violent relationships and hope that the perpetrator's behaviour will change and the abuse will stop. Unfortunately, this rarely happens and the violence can escalate.

Breaking the silence surrounding domestic violence is the first step towards stopping it. Domestic violence is a crime and should be reported to the police. Ending violence against women and children is a community responsibility and we must all break the silence. It is normal to be affected by your experiences of domestic violence.

If you know that a woman and her children are being abused ring one of the agencies listed in this booklet or the police for advice.

Stalking and Harassment

An Apprehended Violence Order can assist you if you believe that you are a victim of stalking. An offender might STALK another person by following them about, watching or frequenting the places they live/work or any place they attend for a social or leisure activity or via online or electronic means. If this is happening to you, report it to the police. The 'stalker' does not need to be known to you. Any unwanted communication including phone calls, SMS messages, social media messages and emails are forms of harassment. Children can also be bullied and harassed by way of cyber-stalking. Remember to save all SMS messages, social media messages, voice mails and emails that might be used as evidence of criminal behaviour.

Intimidation

When your current or ex-partner is behaving in a manner which intimidates you, they may be committing a criminal offence. You do not have to have an Apprehended Violence Order to charge someone with intimidation. An offender might intimidate you if their behaviour amounts to annoyance or harassment eg repeated phone calls or other behaviour which causes you to be fearful. If you already have an AVO and this is happening to you, report it to police.

Trauma, Children and Domestic Violence

One in three women experience violence from a partner or close family member. Many of these women are mothers and their children see, hear and know about the violence against their mother. A child can be subjected to hurt or violence. All forms of violence in the family affect children. The trauma of family violence can have an immediate, short

or long term effect on children.

Every child is affected differently, but there are some common effects of trauma.

What are the Effects of Trauma on Children?

Physical Effects: When the body is experiencing trauma it will release high levels of stress hormones to help protect it. These stress hormones can be toxic to the body and brain growth. Children can have nightmares, eating problems, headaches. They may lose language skills or become clumsy.

Behavioural Effects: A child may become anxious, aggressive, clingy and insecure. Children may avoid or lose interest in activities and routines. Children can be hyperactive, fussy or more sensitive to their surroundings. Children's behaviour may go backwards and they may behave younger than their age.

Emotional Effects: Abuse can cause flashbacks, confusion and memory problems. Children may experience loneliness, moodiness, low self-esteem and irritableness. Children may have strong feelings and have difficulty naming and talking about their feelings. This does not mean they don't have them.

Cognitive Effects: Abuse can affect the ability of children to learn new information or concentrate at school. Children's energy is directed to their survival rather than the task of learning.

Effects of Trauma on Babies

Babies and toddlers can be seriously affected by trauma. The brain develops rapidly from in utero to three years of age. In these early years constant connections and linkages are being made between neurons/brain cells – similar to a network of fairy lights. Children are very vulnerable to damage in these early years. All experiences, good and bad, will impact these connections.

The neural pathways are laying down the foundation for who the child becomes, how they think about themselves and the world around them. Babies' brains are immature and depend upon parents'/carers' nurturing to reach their full potential.

What Can Parents Do To Help?

Provide a safe and calm place for your child.

Let your child know you are there for him/her. Give your child plenty of attention – read, talk and sing with your child.

Be available to your child if they wish to talk about troubling experiences. Don't force your child to talk if they aren't comfortable. Use language that your child will

understand and be prepared to talk more than once.

Spend time playing. Have fun and discover new things together.

Comfort your child whenever they feel sad, hurt or scared.

Maintain your child's routines as much as possible, especially for eating and sleeping.

Accept clinginess and your child acting younger than their age.

Seek support. Share the responsibility of parenting with trusted family members or childcare.

The key factor is that no matter how they show their distress, all children who witness domestic violence are affected by it to some degree and some are severely traumatised. Children affected by domestic violence can benefit from counselling and/or children's support groups.

Young People

Young women can experience different forms of violence and controlling behaviour in their relationships.

Sometimes it can be difficult to recognise these behaviours as violence. You might be confused about how you feel.

Your partner (boyfriend, girlfriend or ex) might be loving one day and violent the next.

Here are just a few examples of warning signs in your relationship:

- Your partner tries to stop you hanging out with your friends and/or family
- Your partner gets jealous, follows you or accuses you of cheating
- Your partner puts you down, tells you you're stupid or makes hurtful comments
- Your partner makes you feel scared
- Your partner hits you, pushes you or throws things at you

Youth Services:

Southern Youth and Family Services: 42281946

Headspace Illawarra Youth Centre: 42207660

Wollongong Youth Services: 42278222

Older Women

Older women who are experiencing domestic violence may have difficulty recognising the abuse and seeking assistance. No woman should have to live with violence at any time in her life.

There is an Older Women's Network (OWN) in Wollongong offering support, advocacy and group programs. The OWN Wellness Centre provides group programs at the Community Centre in Coniston on Monday and Tuesday mornings and regular meeting at Corrimal Community Centre first and third Thursdays Ring local volunteers on 0406 627493 or 4283 5768.

www.women.nsw.gov.au www.ownaustralia.org.au

Violent Role Modelling Behaviour

When children see their mother's partner being violent or dominant, the message they receive is that men use violence to establish control and that women and children are powerless to stop them. Boys want to be 'masculine' and strong like their fathers rather than feminine and weak like their mothers. The reversal can be true when the violence is directed by a mother towards a father.

Whilst violence by women against men is recognised, approximately 95% of violence is directed towards women by men. In addition to this, men's violence is more severe; women are more likely to be killed by current and former male partners than by anyone else and men's violence towards women is most often an attempt to control, coerce, humiliate or dominate by generating fear and intimidation. Women's violence is more often an expression of frustration in response to their dependence or stress or their refusal to accept a less powerful position. (Bagshaw & Chung, 2000).

The Effects of Violence on Women

The many women who have attended domestic violence support groups at The Wollongong Women's Centre describe some of the effects of violence and paint portrait of a violent partner.

How women experience domestic violence:

- loss of self-esteem
- confidence shattered
- controlling where I go and when I see
- feeling intimidated
- feeling threatened
- physical and/or sexual violence
- makes you feel you are crazy

It has affected my:

- financial security
- access to family and friends
- trust in others
- physical and emotional health
- ability to care for myself
- self-respect
- dreams and sense of hope
- sexuality

and has led to:

- depression
- guilt and shame
- constant fear
- lack of control
- lack of assertiveness
- eating disorders
- drug or alcohol abuse
- detachment
- lack of self-care
- impaired my mothering ability

- scars, broken bones
- no friends, no family
- self-doubt, feel like I'm going mad.

A Portrait of a Violent Partner

These women have said that he could be:

- a control freak
- worried about his manhood
- weak or insecure
- plays power games
- breaker of repeated promises
- two-faced (Jekyll and Hyde)
- drug and alcohol abuser at times
- stone cold sober when violent
- strong and powerful
- self-obsessed, self-centred
- possessive/jealous
- able to look 'normal' (a pillar of society)
- cold, unfeeling
- charming with outsiders
- deliberately inconsistent
- short tempered
- in denial about his behaviours
- inadequate father and role model for children
- financially mean and controlling

'Recovery from family violence is an ongoing journey, a process of survival, of finding 'self' and becoming free from the fear and suffering caused by the trauma of family violence. This journey is one that occurs over time and is as individual and unique as the women who travel it. For many women, this journey is a series of steps or stages which are experienced along a pathway, spiral-like in nature'. (Women's journey away from family violence Vic DHS 2004 P 42)



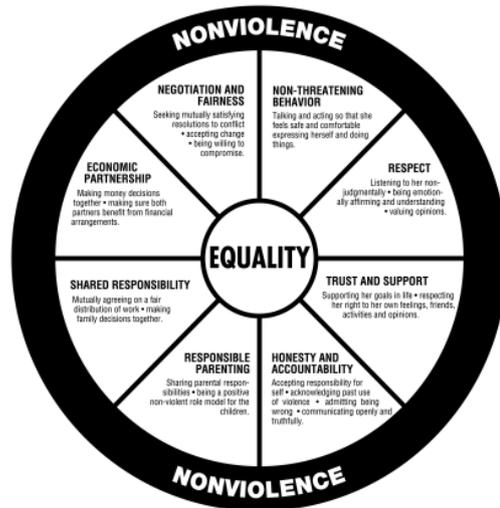
DOMESTIC ABUSE INTERVENTION PROJECT
 202 East Superior Street
 Duluth, Minnesota 55802
 218-722-2781
 www.duluth-model.org



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AGENCIES AND SERVICES

Crisis Assistance

If you or your children are in immediate danger, contact the Police urgently, or get someone to contact them for you. Try to get out of the house with your children.

Emergencies – Police or Ambulance

Ph: 000 or 112 from mobiles

NSW Domestic Violence Line

Ph: 1800 656 463 (TTY 1800 671 442)

A 24 hr telephone crisis counselling and referral service that provides referrals to crisis accommodation services.

National Sexual Assault, Domestic Violence and Family Violence Counselling Service

1800RESPECT 1800 737 732 www.respect.org.au

24 hr telephone and online counselling for anyone affected by sexual assault, domestic or family violence

Child Protection Helpline 24 hr number for the general public to report child abuse and neglect.

Ph: 132 111

Parent Line NSW

Ph: 132 055 - Mon to Fri 9am to 9pm, Sat & Sun 4pm -9pm

Free professional counselling available for information & referral about issues for children 0-18yrs.

Kids Help Line - 24 hr help line

Ph: 1800 551 800 www.kidshelp.com.au

Lifeline - 24 hr phone counselling service

Ph: 131 114

NSW Rape Crisis Centre - 24 hr counselling service

Ph: 1800 424 017

Translating and Interpreting Service

Ph: 131 450 Free for community members and clients.

This is a professional and confidential service.

Violence Abuse and Neglect (VAN) Crisis Service (on-call sexual assault)

24 hr crisis response service to victims of sexual assault (children, adolescents and adults) at The Wollongong Hospital and Shoalhaven District Memorial Hospitals. After hours for Illawarra contact 4222 5000 (ask for the sexual assault counsellor on call)

Mensline Australia

Ph: 1300 789 978

Provides 24 hr support, information and referral.

Police Advice and Support

Domestic violence is a crime and should be reported to the police. If police attend a domestic violence incident or receive a domestic violence complaint, they may apply for protection – in the form of an Apprehended Violence Order (AVO) – on the victim's behalf.

An AVO provides protection from future violence, harassment or stalking. It is not a criminal charge. Breaching the conditions of an AVO is, however, a criminal offence.

Where an assault has occurred, the police are obliged to investigate and may apply for an AVO on the victim's behalf and/or charge the offender with a criminal offence. The police have special Domestic Violence Liaison Officers (DVLOs) at each Local Area Command who assist with domestic violence matters. Exclusion orders can be applied for (usually as part of an AVO), which can restrict the defendant's access to the family home.

Always notify the police immediately if the violent partner or ex-partner has access to firearms/weapons. The police must remove any guns from a violent situation and firearms/weapons licences can be suspended or cancelled.

Provisional Orders

When the police are called for assistance in a crisis domestic violence situation, they can initiate an emergency apprehended violence order called a Provisional Order. This order is enforceable as soon as it is served by police on the offender. It can offer protection to a point where it removes the offender from the premises temporarily, until the matter goes to court. Once again, the domestic violence does not have to constitute physical violence for this order to be made.

Police Stations

LOCAL POLICE STATIONS available 24 hours

Wollongong Local Area Command (LAC)

Cnr Church and Market St Wollongong

Ph: 4226 7899

Lake Illawarra Local Area Command (LAC)

6 Pioneer Drive, Oak Flats

Ph: 4232 5599

Police Emergencies

Phone 000

If you or your children are in immediate danger, contact the Police urgently, or get someone to contact them for you. Try to get out of the house with your children.

Assistance Before, After and at Court

Illawarra Women's Domestic Violence Court Advocacy Program – see below for more detail
Ph: 4229 4604

LEGAL ADVICE & SUPPORT

Domestic Violence Legal Advice Line
Ph: 8745 6999 or 1800 810 784 or online
www.womenslegalnsw.asn.au

Provides free confidential legal information, advice and referrals for women in NSW with a focus on domestic violence and Apprehended Domestic Violence Orders. Available Monday and Thursday from 1.30 to 4.30 pm and Tuesday and Friday from 9.30 am to 12.30 pm.

Law Access NSW

Ph: 1300 888 529 or online www.lawaccess.nsw.gov.au
Free government telephone service that provides legal information, advice and referrals to people who have a legal problem.

National Children's and Youth Law Centre

Information and advice for children and young people about legal rights and where to get help.
Hotline 02 9385 9588 or online www.ncylc.org.au

Legal Aid Youth Hotline

This service provides legal advice for children and young people under the age of 18. It operates 9am to midnight weekdays, with a 24 hr service from Friday 9am to Sunday midnight and also on public holidays.

Hotline: 1800 101 810 or online
www.legalaid.nsw.gov.au/what-we-do/criminal-law/youth-hotline

TARS (The Aged Rights Service)

Including the Older Persons' Legal Service
Ph: 1800 101 810

Provides legal advice, referral, limited assistance and education for financially and socially disadvantaged older people in NSW.

Local Courts

NSW courts contact number: 1300 679 272

A victim of domestic violence can apply for an AVO by completing an application form at the Local Court office – the matter is then heard by a local magistrate. For support or assistance see Illawarra Women's Domestic Violence Court Advocacy Service below.

Legal Representation

Police initiated AVOs

If the police apply for an AVO on a woman's behalf, a police prosecutor will represent the woman in court.

Private AVO Applications

If a woman applies for an AVO herself she may be entitled to free legal representation through Legal Aid NSW, or through a private practitioner. The Illawarra Women's Domestic Violence Court Advocacy Service can also be contacted to find out more about this process.

For Legal Aid assistance contact:

Wollongong Legal Aid Office
73 Church St Wollongong
Ph: 4228 8299

Provides free legal advice and representation (subject to eligibility criteria) for residents of the Illawarra.

Illawarra Women's Domestic Violence Court Advocacy Service (DVCAS)

Ph: 4229 4604 Fax 4227-3347

Assists women experiencing domestic violence and applying for Apprehended Violence Orders (AVOs). Information, support and advice on domestic violence, AVOs, the court process, legal representation and referral to other services. Court support on

AVO list days at all Local Courts. Aboriginal and Culturally Diverse workers available.

Free legal representation at court through the **Domestic Violence Practitioners Scheme** for women seeking private ADVO who are eligible for legal aid and an existing client of the service.

Illawarra Legal Centre

7 Greene St, Warrawong

Tenancy information and advice Ph: 4274 3475 or Freecall 1800 807225

Specialist immigration advice – by appointment only Ph: 4276 1939

General legal advice including domestic violence – by appointment only Ph: 4276 1939

www.illawarralegalcentre.org.au

Victim's Compensation

As a survivor of domestic violence, you may be entitled to Victim's Compensation. For more information contact:

Victims' Access Line (24 hour)

Ph: 1800 633 063

www.lawlink.nsw.gov.au/vs

Complaints

Do you have a complaint about how you have been treated by any government or non-government service? Often making a complaint can improve services for women seeking assistance in the future.

Local Family & Community Services (previously DoCS), the NSW Police Force, the NSW Department of Human Services and Housing NSW

**NSW Ombudsman
Ph: 9286 1000**

**NSW Health or Illawarra Shoalhaven Local Health District
Health Care Complaints' Commission
Ph: 9219 7444**

ACCOMMODATION

**LINK2home
NSW 24 hr information and referral service for homeless or those at risk especially after hours
1800 152152**

**NSW Domestic Violence Line
Ph: 1800 656 463 (TTY 1800 671 442)**
A 24 hr telephone crisis counselling and referral service that provides referrals to crisis accommodation services.

SAHSSI Supported Accommodation & Homelessness Services Shoalhaven Illawarra
Ph: 4229 8523 or online www.sahssi.org.au
Crisis accommodation and support for women and children escaping domestic violence as well as outreach support services and transition housing. Self-referral is available via website.

Illawarra Homelessness Coordination Services – St Vincent De Paul
Ph: 02 4228 8140 (Crisis After hours: 4223 3558)
Specialist service to assist those who are homeless or at risk of homelessness (target groups: families, single men, single women, and youth). Mon – Fri 8am – 5pm. Men's refuge accommodation – NB only service of this type in Illawarra.

The Wollongong Homeless Hub
24 Kenny St Wollongong
Ph: 4244 4121 Mon – Fri 9am-3pm except Tues - closes 2pm
One Stop Shop for all – access to showers, laundry, breakfast program, food, clothes and rough sleeper packs. Access to many other agencies visiting here and free use of telephone, computers and photocopiers.

Carinya Cottage -Salvation Army
Ph: 42762968 Mon-Fri 8am - 4pm
Crisis and medium-term accommodation for women with children who are homeless or escaping Domestic Violence.

Domestic Violence Accommodation Support - Baptist Care
Ph: 8763 1900

Medium-term accommodation in the Illawarra for women with children escaping domestic violence.

Housing NSW
Ph: 1300 468746 or online www.housing.nsw.gov.au
Provides immediate housing assistance for women and children fleeing domestic violence situations. This may include temporary emergency accommodation, priority public housing or rental assistance (emergency bond/advance rent). If a woman and her children are already tenants of Housing NSW, re-housing may be arranged.
Corrimal – L1/94-98 Railway St, Ph:42830999
Wollongong – 2 Rawson St, Ph: 4224 5700
Shellharbour – Suite1/Professional Centre, Shellharbour Square Ph: 4297 9111

Tenants' Advice Service (Illawarra Community Legal Centre –see Legal Advice above)
Ph: 4274 3475 free service for private and public tenants providing information and advice on the rights of tenants.

Youth Emergency Accommodation Line (y connect)
Free call 1800 424 830 or online www.yfoundations.org.au
An accommodation referral service for young people aged 12–25 years.

Youth Crisis Refuge Illawarra
429 Crown St, Wollongong
Ph: 42281946 or 42273072
24 hr crisis service for short term & emergency accommodation for young people 15-17yrs who are vulnerable, disadvantaged or homeless or at risk of same and their families.

Lighthouse Youth Initiative
1 Railway Station Square Wollongong
Ph: 4229 9744
Accommodation service for young people 18-24 yrs who are currently homeless or at risk of becoming homeless. Safe and affordable accommodation and life skill development as well as training and support.

Safe Beds for Pets Helpline
Ph: 4271 3410 email: safebeds@rspcansw.org.au
The Safe Beds for Pets Program aims to assist in empowering women and children to leave situations of domestic violence when they might otherwise be held back by fears for a pet's safety. The program offers a solution for these pets by providing secure and affordable emergency accommodation. It is best to check first whether there is an alternative such as your pet being cared for by a trusted friend or relative.

Community Movers – affordable removals for those on a budget
Ph 4228 0955

Small and large jobs – minimum 1 hr. All profits to support homeless in the Illawarra.

DOMESTIC VIOLENCE SPECIALIST SERVICES

Staying Home Leaving Violence – Family Services Illawarra

Ph: 4256 7333 or Web: www.fsi.org.au

Supports women and children to remain safely in their homes or home of their choice after domestic violence.

Wollongong Women’s Information Service – run by women for women

Ph: 4228 1499, 170 Corrimal St Wollongong

Provides a range of programs and support services for women affected by domestic violence and other issues that affect their lives. Provides information, referral and support both face to face and by telephone.

Free legal advice and information Thursday mornings

SAHSSI Supported Accommodation & Homelessness Services Shoalhaven Illawarra

Ph: 4229 8523 or online www.sahssi.org.au

Crisis accommodation and support for women and children escaping domestic violence as well as outreach support services and transition housing. Self-referral via website if this is more convenient.

COUNSELLING

IMPORTANT INFORMATION BEFORE SEEKING COUNSELLING

Couple counselling, family therapy and mediation, are not appropriate responses to domestic violence. They may reinforce the view that domestic violence is a ‘*relationship problem*’ rather than unacceptable criminal behaviour and may increase risk to the safety and well-being of women and children.

In most cases women are counselled individually for safety reasons and to gain courage to take the next step. Recovery from the trauma of domestic violence is not possible until you and your children are safe from violence.

Violence Abuse and Neglect (VAN) Counselling Ph: 1300 792 755 for referral

The VAN service provides specialised counselling service for anyone over 18 years experiencing or who have experienced trauma (such as sexual or domestic violence). We assist victims dealing with the effects and the impact of domestic violence

Referrals for child sexual assault is received through Family and Community Services (FaCS) and Joint Investigation Response Team (JIRT).

Relationships Australia

1/63B Market St, Wollongong

Ph 4221 2000 or free call 1800 044062

Personal or family counselling for adults, adolescents and children and a range of family and community support and education programs. An 18 week accredited program for men who are willing to “Take responsibility” for the use of violence in relationships. Fees apply on a sliding scale.

Catholic Care Wollongong

25-27 Auburn St, Wollongong

Ph: 4227 1122

Affordable personal family relationship counselling, including children and young people Fees are based on a sliding scale, however service is not dependent on capacity to pay.

Anglicare

152 Keira St Wollongong

Ph: 1800 133 373

Personal, family and relationship counselling, including children and young people for family crisis or change; loss & grief recovery from trauma and abuse strengthening relationships and assistance for relationship break down. Fees based on sliding scale but access NOT dependant on ability to pay – ask for information when you call.

Unifam Counselling (Uniting Care)

336 Keira St Wollongong Ph: 4229 9836

Individual and couple counselling, family counselling with children and adolescents; post separation counselling and programs for children (The Anchor). Fees apply but low as possible – call to discuss cost.

Another option to services above is a GP referral to a private counsellor/psychologist. You may be eligible for a Medicare rebate.

FINANCIAL ASSISTANCE

Centrelink – Department of Human Services

Multilingual Service Ph: 131 202

Child Support – Ph: 131 272

The Department of Human Services has payments and services to help you if you are experiencing family or domestic violence. They will consider if you are eligible for a range of payments and services. Social workers offer private and confidential interviews for counselling and support. They can help you work out your options including

assessing your payments and exemptions to some requirements. They can also help you access other support services.

Call **132 850** and ask to speak to a social worker or visit your local service below and ask to be referred to a social worker.

**Wollongong Corporate Square, 43 Burelli St
Shellharbour, Professional Office Suites, Stockland
Shellharbour, Lake Entrance Rd
Corrimal, Cnr Underwood and Collins Sts
Warrawong Shopfront, Suite 1 Gallery level, Westfield,
Cowper St
Dapto, 41 Baan Baan St**

You can now do most of your Centrelink, Medicare and Child Support business using self-service. There are options using mobile apps, online services or phone self-service. Visit www.humanservices.gov.au/selfservice for more information.

**Wesley Mission Credit and Debit Hotline
Ph: 1800 007007 for immediate and free assistance 9.30-4.30 M-F**

**Consumer Credit Legal Centre Hotline
Ph:1800 808 488**

Financial Counselling

**Illawarra Legal Centre Warrawong (outreach to other suburbs)
Ph: 4276 1939**

Free professional help for those in financial difficulty - appointment necessary.

**Moneycare – Salvation Army Wollongong and outreach to Pt Kembla
Ph: 4227 2994 or 1300 371 288**

Free and confidential help for those in financial difficulty or crisis or wanting to avoid difficulty.

No Interest Loan Scheme NILS

**Southern NILS Community Loan Scheme – Pt Kembla
Cnr Church and Wentworth St
Ph: 4276 2224** No interest loans to low income earners for household items and services.

**Warilla North Community Centre (Baptist Care)
2/6 Hill Street, Warilla
Ph: 4297 6595** No interest loans to low income earners for household items and services.

Emergency Financial Relief

The following services provide material assistance but may require evidence of income (phone for eligibility guidelines).

**Anglicare Wollongong – 4229 7911
St Vincent DePaul Community Centre – 4225 9029
Salvation Army Community Welfare Centre – 4225 1372
Barnardos Warrawong – 4275 8575
Warilla North Community Centre – 42976595
Shellharbour Community Assist – 42973667
Thirroul Neighbourhood Centre – 4267 2500
Bellambi Neighbourhood Centre – 4285 3055**

HEALTH SERVICES

**Wollongong Hospital Emergency Department
Crown St Wollongong
Ph: 42225000**

Provides 24 hr medical assistance and social work support for domestic violence victims

If you or your children are injured by DV call an ambulance or present to ED. There are social workers in the Emergency Department in business hours and on-call after hours to support you during this time and assist you with safety planning as needed. You can request this service at any time.

**Shellharbour Hospital Emergency Department
Oak Flats Ph: 4295 2500**

Provides 24 hr medical assistance and social work support for domestic violence victims

If you or your children are injured by DV call an ambulance or present to ED. There are social workers in the Emergency Department in business hours and on-call after hours to support you during this time and assist you with safety planning as needed. You can request this service at any time.

Drug and Alcohol Service (Illawarra Shoalhaven Local Health District)

Information and Referral Helpline 1300 652226

For advice, information or assessment for Drug & Alcohol services or referral to other non-government services.

Sexual Health Service (Illawarra Shoalhaven Local Health District)

Port Kembla Hospital, Fairfax Rd, Warrawong

Ph: 4223 8457

Free, confidential and non-judgemental clinical services – Mon-Fri 9am -5pm.

CHAIN (Community Health for Adolescents in Need)

1a Denison St Wollongong

Ph: 4226 5816

Health services for young people 12-24yrs including those who are vulnerable, disadvantaged, and homeless or at risk of same. Showers, laundry, breakfast and access to a range of services, practical assistance and referral. Mon-Fri 9am - 4.30pm

Family Planning NSW Health Line

Ph: 1300 658 886 www.fpahealth.org.au

Information and referral on any women's health issue – good facts sheets on website. Monday to Friday 9am-5pm.

Free Well Women's Clinics – Women's Health Nurses (Illawarra Shoalhaven Local Health District)

Regular monthly clinics for general women's health issues held at Berkeley, Bellambi, Albion Park Rail, Breast Screen, Wollongong and University of Wollongong. Call Women's Health Nurse 42216723 for information and appointments.

Child and Family Services

Child Protection

There is increasing community awareness of the profound impact the experience of domestic violence has on children. Exposure to ongoing domestic violence is recognised as a child protection issue and the Department of Family and Community Services (FACS) play an important role in ensuring the safety of women and their children. Where children witness or are present at a domestic violence incident, police and other community agencies are mandated to make a child protection report.

Child Protection Help Line

Ph: 132111 A 24 hr number to report any forms of child abuse or neglect.

Illawarra Family Referral Service (Barnardos)

Ph: 1800 663863 or online

www.familyreferralservice.com.au

Offers help with referrals throughout the Illawarra, Shoalhaven and Wingecarribee region – assists children, young people and their families to access local services.

Family Services Illawarra

Ph: 4256 7333 or fsi.org.au for an online referral

Providing parenting and living skills programs, advice, referral and case managed family support for families with children 0 – 17 yrs. All our services are focused on improving the safety and wellbeing of children, young people and families – particularly those who are vulnerable and disadvantaged.

Brighter Futures - Care South

Contact: Intake 1300 554 260 or online www.caresouth.org.au

Practical support and assistance for families expecting a child or with children under the age of 9 years. This service deals with many issues facing families including Domestic Violence.

Illawarra Family Referral Service

Ph: 1800 663863 or online

www.familyreferralservice.com.au

Offers help with referrals throughout the Illawarra, Shoalhaven and Wingecarribee region – assists children, young people and their families to access local services.

South Coast Children's Family Centre – Barnardos Australia

13 Greene St, Warrawong

Ph: 4275 8575

Practical support and assistance for children, young people and families – playgroups at a range of locations, preparation for school, parenting programs, financial assistance and a range of family support programs including for Aboriginal families and those with a child who has a disability.

Child Care – Occasional Care

In time of change and the demands of seeking help or moving, existing child care arrangements may be inadequate. The following centres provide occasional and regular short term care and emergency care.

Hospital Hill Pre-school & Occasional Care Centre Ph 4226 4600 or 0422 531660

377 Crown St West Wollongong Mon – Fri 8am-4pm 0-5 years

Short St Pre-school 7 Occasional Care Centre Ph 4285 9146 or 0422 531628

18 Short St Corrimal Mon – Fri 8.30am – 4.30pm closed Public Holidays

Warilla Pre-school & Child Care Centre Ph 4297 1855 or 0422 531644

2-14 Belfast Ave Warilla Mon – Fri 8.30am – 4.30pm closed Public Holidays

Family Law

Mediation may be recommended to resolve family law disputes (eg children, property, finances), when a couple separate. However, when there has been abuse or violence in a relationship, agencies should follow Family Court Guidelines which state that mediation is inappropriate because both parties in the negotiation process need to have equal power to achieve fair outcomes.

Family Law Courts

Ph: 1300 352 000 National Enquiry Centre or email enquiries@familylawcourts.gov.au Mon – Fri 8.30am – 5pm

(for TTY Voice call contact the National Relay Centre Ph: 133 677 ; for Speak and listen 1300 555 727)

Provides general information about court procedures, forms and publications - NOT legal advice.

The website www.familycourt.gov.au has information about family violence, court guidelines on violence and virtual tour of the court so that you know what to expect if you need to attend court.

Legal Aid for Family Law – contact Wollongong Legal Aid Ph: 4228 8299

Family Law Practice for legal advice and minor assistance in family law matters including family dispute resolution, child support, child protection and independent children's lawyer.

Family Law Early Intervention Unit (EIU)

Provides free family law services in courts & community locations to help resolve issues as early as possible without the need for lengthy litigation. Outreach to Warilla & Dapto Neighbourhood Centres, Kiama and Albion Park Local Courts and Illawarra Multicultural Service. For more information www.legalaid.nsw.gov.au/what-we-do/family-law

Family Relationships Advice Line

Ph: 1800 050 321

For information about separation and divorce.

Family Relationship Centre Wollongong (Uniting Care)

336 Keira St, Wollongong

Ph: 4220 1100

Family counselling with children and adolescents, support through separation, dispute resolution/mediation.

SERVICES SPECIFICALLY FOR WOMEN

Illawarra Women's Health Centre – run by women for women

2/10 Belfast Avenue Warilla

**Ph: 4255 6800 Telephone counsellor: 1800 825544 or
online www.womenshealthcentre.com.au**

Provides safe, accessible health and wellbeing services at little or no cost and a range of programs and groups for women experiencing or affected by violence and sexual assault.

Wollongong Women's Information Service

170 Corrimal St Wollongong Ph: 4228 1499

Provides a range of programs and supports for women in the Illawarra affected by domestic violence and other issues. Information, advice referral and support both face to face and by phone. Community education about domestic violence and prevention programs. Free legal advice and information on Thursday mornings.

Women's Sexual Health and Family Planning Services

Gynaecology Centres Australia

Ph: 9585 9599

Preterm

Ph: 9217 8700

Family Planning NSW Health Line

Ph: 1300 658 886 or www.fpahealth.org.au

Information and referral on any women's health issue.
Monday to Friday 9am to 5pm

SERVICES FOR ABORIGINAL WOMEN

Wirringa Baiya Aboriginal Women's Legal Centre Marrickville

Ph: 9569 3847 Free Call 1800 686 587

www.wirringabaiya.org.au

Provide information, referral and support for Aboriginal women in domestic violence and sexual assault cases, including a legal service and drop-in centre.

Indigenous Women's Legal Contact Line

Ph: 8745 6977 Free Call 1800 639 784

www.womenslegalnsw.asn.au

**Mondays, Tuesdays and Thursdays from 10 am to 12.30
pm**

Provides free confidential legal information, advice and referrals for Aboriginal and Torres Strait Islander women in NSW with a focus on domestic violence, sexual assault, parenting issues, family law, discrimination and victim's compensation.

Illawarra Aboriginal Medical Service

150 Church St Wollongong Ph: 4299 9495

2/130 Princes Hwy Dapto Ph: 4262 8777

Community controlled health service that provides free medical and other health care to people who are Aboriginal and Torres Strait Islanders.

Aboriginal Maternal, Infant and Child Health (AMICH)

Shellharbour Ph: 4295 2417

Targeted health service for Aboriginal women who are pregnant or who have a child who has not commenced school. Multidisciplinary service with a range of professional staff and Aboriginal Health workers that can provide home visits, outreach from Aboriginal services and visits to pre-schools.

Aboriginal Community Liaison Officers

Ring the local Police for more information about officers in

your area.

Aboriginal Contact Line

Ph: 1800 019 123

Confidential contact line for victims of violent crimes in NSW who want information about counselling or compensation.

SERVICES FOR WOMEN FROM NON-ENGLISH SPEAKING BACKGROUNDS

**Translating and Interpreting Service (TIS) National
24 hr service Ph: 131 450**

Free for community members and clients. Free for GPs, specialists and pharmacists –not for other service providers.

The Australian Department of Social Services provides the TIS National interpreting service for people who do not speak English and for the English speakers who need to communicate with them.

Health Care Interpreter Service (Illawarra Shoalhaven Local Health District)

FREE for public health services in the Illawarra, Shoalhaven and Southern region – clients and service providers can make bookings.

Ph: 42238540 Wollongong or 1800247272 for Shoalhaven & Southern

Assists clients from culturally and linguistically diverse (CALD) backgrounds to access health services by providing professional and confidential interpreting services.

NSW Domestic Violence website has publications in multiple languages - domesticviolence.nsw.gov.au

Go to publications tab at top of page ; then Culturally and Linguistically Diverse women for selection of pamphlet titles by language available for download.

Department of Human Services - Centrelink Multilingual Telephone Information Service

Ph: 131 202 (between 8am and 5pm) or online www.humanservices.gov.au/customer/information-in-your-language

Free interpreting and provides information about Centrelink in various languages. Interpreters can also be arranged at local Centrelink offices –ask to be connected to a local Multicultural Service Officer.

Illawarra Multicultural Service (IMS)

17 Auburn St Wollongong

Ph 42296855

Information, referral and advocacy for culturally diverse people.

Transcultural Mental Health Service (NSW Health)

Ph: 1800 648 911 or online

www.dhi.health.nsw.gov.au/tmhc - download information in your language

Free consultation and assessment for people of all ages with mental health problems through visiting service to Illawarra by bilingual health professionals speaking many languages. Information on website in multiple languages about medications, self care and well being, mental health problems in childhood and other facts sheets.

Illawarra Spanish and Latinamerican Community Organisation (SALCO)

Ph: 4223 3181 Suite 2 65-67 Burelli St Wollongong

Information and referral services for social problems and problems related to language. Free confidential service.

Other local organisations:

Italian Social Welfare Organisation 4228 8222

Greek Welfare Centre 4228 1609

Macedonian Welfare Association 4275 2266

Illawarra Filipino Women's Group (incl. Thai, Malaysian, Indonesian and Maltese women)

Ph: 42762224 or ph/fax 42726678

Family Violence Provision

There are special provisions within Immigration Legislation for women whose relationship breaks down due to violence before permanent residency is granted. The following organisations may be able to assist with enquiries.

Immigrant Women's Speakout Association of NSW

Ph: 9635 8022, 9.30am–5pm Monday to Friday

Support for immigrant and refugee women with and without children, from culturally and linguistically diverse (CALD) backgrounds who are homeless or at risk of becoming homeless.

Immigration Advice and Rights Centre

Level 5, 362 Kent Street, Sydney

Ph: 82340700 for appointment or www.iarc.asn.au for information

Provides a free, independent and confidential immigration advice service. Recommended for women attempting to access the Family/Domestic Violence Provision within the Immigration Regulations. Telephone advice Ph: **8234 0799** Tuesday and Thursday only 2–4pm.

**Department of Immigration and Border Protection
26 Lee Street, Sydney**

Ph: 131 881 or online www.immi.gov.au

(download *Family Violence and Your Visa* in many languages or Fact Sheet 38 – Family Violence Provisions)

Provides information regarding immigration issues for

women in domestic violence situations.

Thai Welfare Association

Ph: 9264 3166

Ring for information and referral.

Illawarra Filipino Women's Group (incl. Thai, Malaysian, Indonesian and Maltese women)

Ph: 42762224 or Ph/fax 42726678

Chinese Australian Services Society

Ph: 9789 4587

Ring for information and referral and outreach service to Illawarra

SERVICES FOR WOMEN WITH A DISABILITY

NSW Disability Discrimination Legal Centre

Ph: 9310 7722 or 1800 800 708

Offers advice to people with a disability on how to make a complaint concerning disability discrimination.

People with Disability Australia Inc (PWD)

Individual Advocacy Service

Ph: 9370 3100 or 1800 422 015

Provides advocacy services for people with disabilities.

SEXUAL ASSAULT SERVICES

Sexual violence is often associated with domestic violence including within marriage. The following services may be of assistance.

Violence Abuse and Neglect (VAN) Crisis Service (on-call sexual assault)

24 hr crisis response service to victims of sexual assault (children, adolescents and adults) at the Wollongong and Shoalhaven District Memorial Hospitals.

After hours for Illawarra contact 4222 5000 (ask for the sexual assault counsellor on call)

ASCA (Adults Surviving Child Abuse)

Support/Information Line

Ph: 1300 657 380 every day 9am – 5pm or for information and resources online

www.asca.org/survivors

NSW Rape Crisis Centre

Ph: 1800 424 017

24hr counselling by phone or online

www.nswrapecrisis.com.au

(also fact sheets and information about where else to get help on the website)

Same Sex Relationships or GLBTI

Domestic violence also happens within gay and lesbian relationships. The Police Service recognises the needs of people involved in these relationships and has appointed Police Gay and Lesbian Liaison Officers (PGLLOs) in many police patrols. They can be contacted through local police stations. These police have had special training in this area and will often be specialists in the domestic violence field.

ACON Anti-Violence Project (AVP)

Ph: 9206 2000 or Free call 1800 063 060 Hearing

Impaired 9283 2088 or online www.anothercloset.com.au

The Anti-Violence Project (AVP) supports GLBTI people who have experienced homophobic, domestic or family violence. They work with and train a variety of services including the NSW Police Force. If you have experienced violence of any kind the AVP can talk to you about what happened, offer support, put you in touch with services and provide information. The AVP also educates the GLBTI and the broader community about same-sex domestic violence and helps mainstream services improve their knowledge of and response to this violence. Download *Another Closet* – a booklet about violence in same sex relationships.

Gay and Lesbian Counselling Service

Ph: 9207 2800 (Sydney metropolitan area) or Free call 1800 805379

This is a telephone counselling, information and referral service. Counsellors will be able to give you information about domestic violence and refer you to services that can help.

Gay and Lesbian Line Illawarra

Ph: 4226 1494 Fri 6pm-9pm

Safe Relationships Project

Ph: 9332 1966 or Free Call 1800 244 481

Inner city legal centre offers domestic violence court assistance and support for people in same sex relationships and for those who are transgender or intersex.

The Gender Centre

41-43 Parramatta Rd Annandale

Ph: 9569 2366 or www.gendercentre.org.au

Provides services and resources to people with gender issues. The centre is also committed to educating the public and service providers about the needs of people with gender issues. They offer a wide range of services to people with gender issues, their partners, families and friends in NSW.

When talking to the Police you may prefer to speak with a

Gay and Lesbian Liaison Officer (GLLO) who has had training working with members of the gay and lesbian community. Alternatively, you may wish to speak with a Domestic Violence Liaison Officer (DVLO) who has had special training in working with people who are experiencing domestic violence.

Sex Workers

Women who work in the sex industry also have special needs when it comes to personal violence. The police have local contact officers (Sex Worker Liaison Officers) who support those needs. They can be contacted through your local police station.

Sex Workers Outreach Project: Illawarra

Ph: 02 9206 2166 Website www.swop.org.au

Outreach service to provide information, support and referral for private workers, parlours and street workers and to provide sexual health information for workers, management and clients. Safe sex supplies, needle and syringe program and legal information including occupational health and safety. The website above has great resources and information.

RESOURCES & ACKNOWLEDGEMENTS

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