

*You are not alone...*



*A resource for  
women*

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Please refer any amendments to this booklet to  
The Deli Women and Children's Centre  
admin@thedeli.org.au

## NOTES

## **PURPOSE**

The purpose of this booklet is to assist women who have experienced/are experiencing domestic violence, provide information for them and their families about the services available in the Eastern Suburbs area and raise awareness about domestic violence. Domestic Violence impacts the whole family and can occur in a variety of relationships, including older women and women in same sex relationships.

## **DOMESTIC VIOLENCE**

What is Domestic Violence?

Domestic Violence occurs when a person in the relationship acts abusively, using tactics of power and control to dominate the other person. These tactics/behaviours take many forms including; physical, emotional, psychological and financial abuse.

Examples of Domestic Violence can include:

- 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 who witness domestic violence

## Effects on Children

Research has shown that domestic violence, like all forms of child abuse, can have a long term impact on children's social and emotional development and for their future as well balanced parents, partners or citizens.

The key factor is that no matter how they show their distress, all children who live in a home where domestic violence exists are affected by it to some degree and some are severely traumatized.

Children affected by domestic violence can benefit from counselling and/or children's support groups.

## Effects On Women

Women who experience Domestic Violence often report experiencing feelings or symptoms such as (but not limited to);

- Low self esteem
- Paranoia
- Loss of trust in men
- Aggressiveness
- Becoming withdrawn
- Feeling isolated
- Depression
- Helplessness
- Guilt
- Lack of confidence
- Reduced parenting ability
- Physical and emotional health issues

## OTHER USEFUL WEBSITES

[www.women.nsw.gov.au/referrak/wirs.htm](http://www.women.nsw.gov.au/referrak/wirs.htm) - Women's Information and Referral Service (WIRS)

[www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au) – Sexual Assault

[www.divrc.org.au](http://www.divrc.org.au) – The Domestic Violence Incest Resource Centre (DVIRC)

[www.wrrc.org.au](http://www.wrrc.org.au) – Women's Refuge Movement Resource Centre

[www.police.nsw.gov.au](http://www.police.nsw.gov.au) – NSW Police Service

[www.welfarerights.org.au](http://www.welfarerights.org.au) – The National Welfare Rights Network

[www.centrelink.gov.au](http://www.centrelink.gov.au) – Centrelink Website

[www.ssdv.acon.org.au](http://www.ssdv.acon.org.au) – Same Sex Domestic Violence

[www.iwss.org.au](http://www.iwss.org.au) – The immigrant Women's Support Service (IWSS)

[www.humanrights.gov.au](http://www.humanrights.gov.au) – Human Rights and Equal Opportunities Commission

[www.kids.nsw.gov.au](http://www.kids.nsw.gov.au) – The NSW Commission for Children and Young People

[www.serviceseeker.com.au](http://www.serviceseeker.com.au) – Information service on community support services

[www.familycourt.gov.au](http://www.familycourt.gov.au) – Family Law Issues

[www.lifeline.org.au](http://www.lifeline.org.au) – 24 hour telephone counselling service

[www.austdvclreainhouse.unsw.edu.au](http://www.austdvclreainhouse.unsw.edu.au) – Australian Domestic and Family Violence Clearinghouse

[www.aifs.org.au/nch/](http://www.aifs.org.au/nch/) - National Child Protection Clearing House

Salvation Army – SURRY HILLS (provides food vouchers, clothing vouchers to be used in their stores, electricity vouchers, Telstra vouchers, prescription (medical) vouchers and food parcels) 9360 1000

Exodus Foundation – ASHFIELD (provides free medical and dental service and food parcels) 9799 2811

Smith Family – CAMPERDOWN 9550 4422

### SAFE BEDS FOR PETS

The RSPCA NSW Safe Beds for Pets program aims to assist in empowering people to escape Domestic Violence, offering a safe solution for their pets by arranging secure and affordable emergency accommodation. Contact St George Domestic Violence Counselling Service for referral on 9087 8300.

### PWD (PEOPLE WITH DISABILITY)

PWD offers free individual and group advocacy support to any person with a disability living in NSW and five regions in Queensland. PWD's Individual Advocacy Services provide non-legal advocacy to individuals and groups of people with disability who have serious and urgent problems. The services also give information to people with disability about how to advocate for themselves.

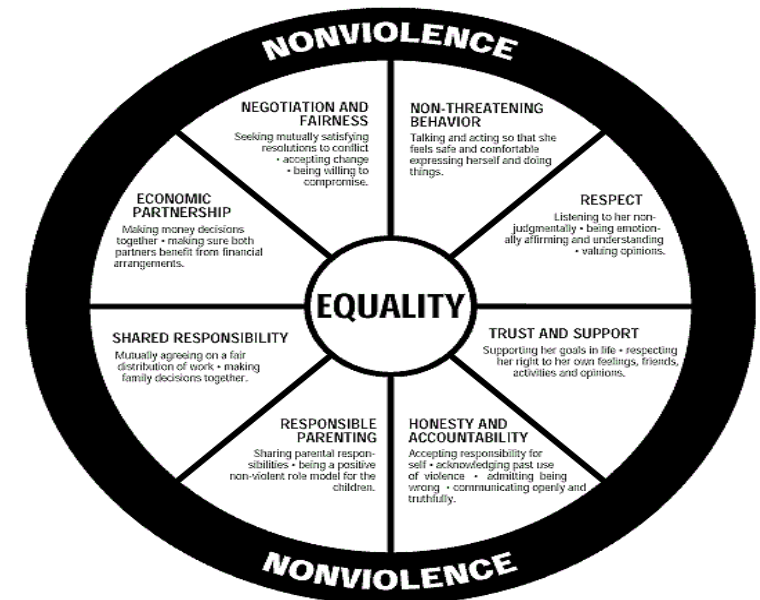
[www.pwd.org.au](http://www.pwd.org.au)

937 03100 or 1800 422 015

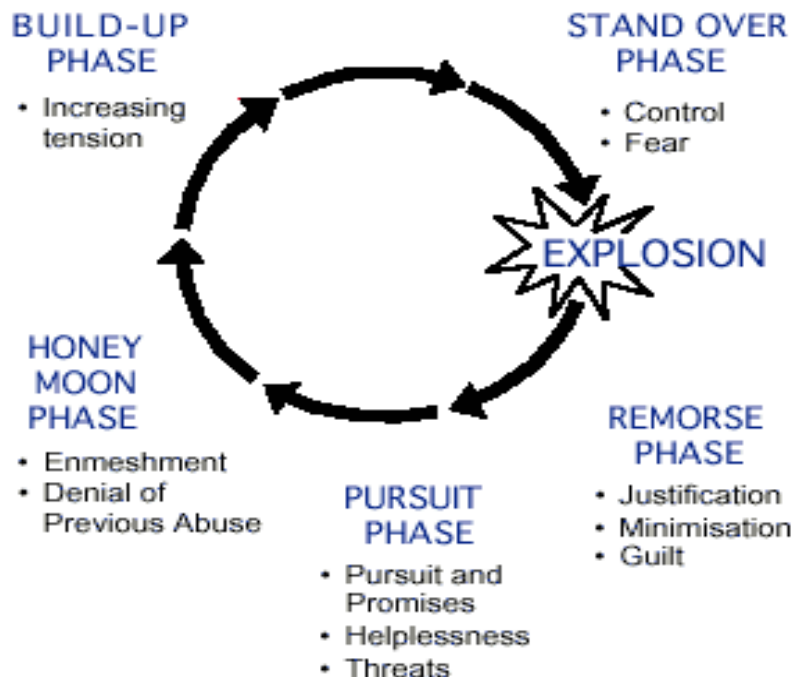
### What Domestic Violence can look like;



### What a respectful relationship looks like;



## Domestic Violence often happens in a cycle;



## Some facts about Domestic Violence;

- ❖ 1 in 2 women (57%) report experiencing physical or sexual violence during their lifetime
- ❖ Domestic violence represents ½ of all violence against women
- ❖ 40% of homicides in NSW are domestic violence related
- ❖ Domestic violence is the greatest health risk to women between the ages of 15-44
- ❖ 97% of domestic violence is perpetrated by men against women
- ❖ 1 in 4 older women (over the age of 45) reported experiencing physical domestic violence

## NEIGHBOURHOOD CENTRES

ECHO Neighbourhood Centre 9387 2885  
 – Bondi Junction 9369 4788  
[www.echocentre.com.au](http://www.echocentre.com.au)

The Junction Neighbourhood Centre – Maroubra 9349 8200  
[www.inc.org.au](http://www.inc.org.au)

South East Neighbourhood Centre (SENC) Maroubra 8338 8506  
[www.senc.org.au](http://www.senc.org.au)

South Sydney Community Aid Multicultural Neighbourhood Centre – Alexandria 9310 4073

Holdsworth St. Community Centre 9302 3600  
[www.holdsworth.org.au](http://www.holdsworth.org.au) 9327 5298

## WOMEN'S SERVICES

NSW Working Women's Infoline 9559 5355

Royal Hospital for Women 9382 6111

Women's & Girls Emergency Centre 9360 5388

Women's Info & Referral Service 1800 817 227

## WELFARE/EMERGENCY RELIEF SERVICES

St Vincent De Paul – MAROUBRA (provides food vouchers, bus fare, and assistance with moving costs)  
 9344 9634

Red Cross – CITY (only if an asylum seeker they offer financial assistance)  
 9229 4111

## MENTAL HEALTH SERVICES

Aboriginal Mental Health	9366 8711
Bondi Junction Community Mental Health Centre (Eastern Suburbs MH Service)	9366 8611
Child and Family East ((Eastern Suburbs MH Service)) 9382 8213 9382 8105 – Randwick 9369 0400 9369 0444 – Waverley	
Child & Adolescent Mental Health (Eastern Suburbs MH Service)	9382 4347
Eastern Suburbs Mental Health Services Acute Care Team	9366 8611
Mental Health Association NSW Information Service	9816 5688 1800 674 200
Redfern Community Mental Health	9395 0444
Transcultural Mental Health Services	9840 3767
The Maroubra Centre (Eastern Suburbs MH Service)	9366 8711

## SEXUAL ASSAULT

Rape Crisis Centre	9819 6565
NSW Health Sexual Assault Services (Royal Prince Alfred Hospital)	9545 6111 (24 hour number)

## CRISIS ASSISTANCE

Police	000
Domestic Violence Line	1800 656 463
Lifeline	131 114
Kids Helpline	1800 551 800
Community Services Helpline	132 111/133 627
Department of Housing After Hours Temporary Accommodation Line	1800 152 152
Telephone Interpreter Service	131 450

## POLICE ADVICE AND SUPPORT

Domestic Violence Liaison Officers (DVLO's) are Police Officers with Domestic Violence training. When going to a police station, in regards to a Domestic Violence incidence, you are able to speak with them for advice and support.

POLICE	-	000
Maroubra	-	9349 9299
Mascot	-	8338 7399
Waverley	-	9369 9899
Rose Bay	-	9362 6399

## **APPREHENDED VIOLENCE ORDERS (AVO'S)**

There are two ways an Apprehended Violence Order (AVO) can be initiated:

### ***Police Initiated AVO***

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

Despite having the police prosecutor represent the woman in this matter, she may still seek legal advice and advocacy through the Sydney Women's Domestic Violence Court Advocacy Service on 92877505

### ***Chamber Registrar AVO (Private Application)***

If a woman applies for an AVO herself;

- At Waverley Local Court and the Downing Centre Local Court, the Sydney Women's Domestic Violence Court Advocacy Service provides court advocacy. In some cases, women may be entitled to free legal representation or advice.
- If the matter goes to hearing, the applicant will require legal representation. She may be entitled to free legal representation through Legal Aid or through a private practitioner on a grant of money through Legal Aid. The SWDVCAS may be able to assist with arranging legal representation.

## **FAMILY SUPPORT SERVICES**

Botany Family & Children's Centre	9666 5047
Eastern Sydney Scarba (Benevolent Society)	9310 3788 9310 5966
Parent Line	132 055
Redfern/Waterloo Intensive Family Support Service	9698 9577 9698 9019
St George Family Support Services	9553 9100 9553 8711
The Deli Women & Children's Centre <a href="http://www.thedeli.org.au">www.thedeli.org.au</a>	9667 4664

## **FINANCIAL INFORMATION SERVICES**

Centerlink	131 021
Creditline	1800 808 488
<a href="http://www.wesleymission.org.au/centres/creditline/">www.wesleymission.org.au/centres/creditline/</a>	
Consumer Credit Legal Centre	9212 4111
Financial Counselling (Wesley Mission Surry Hills)	9951 5544



Sydney Multicultural Community Centre (Daceyville) 9663 3922  
[www.sydneymcs.org.au](http://www.sydneymcs.org.au)

Transcultural Mental Health Team 9840 3800

### **DOMESTIC VIOLENCE COUNSELLING/ CASEWORK SERVICES**

Bondi Beach Cottage 9365 1607  
[www.bondibeachcottage.com.au](http://www.bondibeachcottage.com.au)

The Deli Women & Children's Centre (Eastlakes) 9667 4664  
[www.thedeli.org.au](http://www.thedeli.org.au)

Jewish Care (Woollahra) 1300 133 660

Sisters of Charity Outreach (Darlinghurst) 8382 6222

St George Domestic Violence Counselling Service (Rockdale) 9087 8300

St Vincent's Community Health Service (Bondi) 8382 1988

Sydney Women's Counselling Centre (Campsie) 9718 1955

Dolores Single Women's Outreach Service 9389 4431

Killara Women's Outreach Service 9389 9057

Staying Home Leaving Violence 9349 8200

The Staying Home Leaving Violence program assists women who have experienced domestic violence to remain safely in their homes without the violent person.

### **LEGAL SERVICES**

Legal services are available for women who have financial difficulties.

Aboriginal Legal Service 9318 2122  
<http://www.alsnswact.org.au/>

Domestic Violence Advocacy Service 8745 6999

Indigenous Women's Contact Line 1800 639 784

Inner City Legal Centre 9332 1966  
[www.iclc.org.au](http://www.iclc.org.au)

Kingsford Legal Centre 9385 9566  
[www.kingsfordlegalcentre.org](http://www.kingsfordlegalcentre.org) 9385 9583

Law Access NSW 1300 888 529  
[www.lawaccess.nsw.gov.au](http://www.lawaccess.nsw.gov.au)

Legal Aid Commission of NSW 1800 101 810  
[www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)

Legal Aid Haymarket 9219 5000

Redfern Legal Centre 9698 7277  
[www.rlc.org.au](http://www.rlc.org.au)

Wirringa Baiya Aboriginal Women's Legal Centre 1800 686 587  
[www.wirringabaiya.org.au](http://www.wirringabaiya.org.au)

Wirringa Baiya is a not-for-profit legal centre for Aboriginal women, children and youth. The centre assists with legal information, legal advice, advocacy and support and community education around rights for women in relation to violence.



Marrickville Community Housing 9519 1042  
Co-op Ltd (Newtown) 9550 1627

St George Community Housing 9585 1499  
[www.sgch.com.au](http://www.sgch.com.au)

NSW Tenants Advice & Advocacy Service – Inner Sydney 9698 5975

Aboriginal Tenants Advice & Advocacy Service – Inner Sydney 9690 0028

Eastern Area Tenants Service Inc 9386 9147

Greater Sydney Aboriginal Tenants Service 9572 7066

Women in Supported Housing (WISH) 9310 4288  
9318 1892

Women’s Housing Company 9281 1764  
[www.womenshousingcompany.org](http://www.womenshousingcompany.org) 9281 0148

Staying Home Leaving Violence 9349 8200

The Staying Home Leaving Violence program assists women who have experienced domestic violence to remain safely in their homes without the violent person.

### **WOMEN’S REFUGES**

There are women’s refuges located in the Eastern Suburbs area and Sydney CBD. These refuges provide a secure, clean home for women who are experiencing domestic violence and accommodation immediately. Please speak to your counsellor for a referral or call the Domestic Violence Line.

Domestic Violence Line 1800 656 463

### **SYDNEY WOMEN’S DOMESTIC VIOLENCE COURT ADVOCACY SERVICE (SWDVCAS)**

The SWDVCAS provides an advocacy service to women in Apprehended Domestic Violence Order matters. The SWDVCAS operates at Waverley Local Court and at Downing Centre Local Court.

Each AVO list day a room is available for women, where they can feel safe whilst attending Court. Male defendants are unable to enter this room. At court on AVO list day, you will be able to speak with a court advocacy worker. Aboriginal and CALD specialist workers are also available. These workers may assist you with any of the following:

- Liaise with police about your AVO (if it is a police application);
- Explain the court process and some of the possible outcomes;
- Provide information about AVOs and answer questions you may have ;
- Refer you to other services in the area as appropriate, for example, counseling services, tenancy services or family law referrals;
- Provide free legal representation or advice from solicitors working with the service (in some circumstances).

Sydney Women’s Domestic Violence Court Advocacy Service 9287 7505 0458 555 592

Other Court Advocacy Services available;

### **ATSI ABORIGINAL AND TORRES STRAIT ISLANDER ADVOCACY SERVICE**

Downing Centre 9398 7277

### **SAME SEX COURT ADVOCACY SERVICE**

(Inner City Legal Centre) 9332 1966 1800 244 481

## ABORIGINAL SUPPORT SERVICES FOR WOMEN AND CHILDREN

Aboriginal Housing Company <a href="http://www.ahc.org.au">www.ahc.org.au</a>	9319 4779 9319 0475
Aboriginal Medical Service	9319 5823 9319 3345
Aboriginal Corporation for Homeless & Rehabilitation	9799 8446
Inarr Nura Aboriginal Support Service	9661 1955
Indigenous Women's Contact Line	1800 639 784
Mudgin Gal Women's Service	9319 2613 9319 6053
Wirringa Baiya Aboriginal Women's Legal Centre <a href="http://www.wirringabaiya.org.au">www.wirringabaiya.org.au</a>	1800 686 587

## ACCOMMODATION ASSISTANCE

Housing Pathways	1300 468 746
Housing Pathways is a service through which you can apply to a number of community housing agencies as well as the Department of Housing, for housing assistance, in one coordinated process.	
Aboriginal Corporation for Homeless & Rehabilitation	9799 8446
Aboriginal Housing Company	9319 4779
Benevolent Society (Housing Assistance) <a href="http://www.bensoc.org.au">www.bensoc.org.au</a>	9339 8000 9360 2319
Department of Housing – Contact Centre	131 571 9821 6288
Central Sydney Housing Services Division	
Sydney	9268 3444
Maroubra	9314 4056
Redfern	9698 1263
South Coogee	8383 8981
Surry Hills	9319 9333
Department of Housing after Hours Temporary Accommodation Line <a href="http://www.housing.nsw.gov.au">www.housing.nsw.gov.au</a>	1800 152 152
City West Housing Pty Ltd <a href="http://www.citywesthousing.com.au">http://www.citywesthousing.com.au</a>	9281 8622 9281 8295
Bridge Housing	9699 6055 9699 7055
Homeless Person's Information Centre	9265 9081 1800 234 566