

Golden Plains Shire Women's Health Expo

On Saturday September 9, WRISC participated in the Golden Plains Shire Women's Health Expo.

The day was sponsored by the Jean Hailes Foundation who provided the main speaker, Dr Felicity Dent. Dr Dent has a special interest in women's medical and physical health. Two more practical sessions were run by specialist women's physiotherapist, Eliza Barry, and meditation teacher, Marita Reynolds.

Stalls were set up by a number of women's health and well-being organisations so women could access information relevant to them. A delicious morning tea of scones, jam and cream, fruit, and crudités with dips was provided by the CWA.

WRISC is currently working with relevant agencies to increase access to WRISC services for women and children in the Golden Plains Shire who have experienced family violence.



The Golden Plains Shire Women's Health Expo was held at the Bannockburn Family Services Centre. Thank you to Hilary and Mandy from WRISC who set up our stall, and were on hand to provide information about WRISC services.

Van Go Moorabool - Van shell being transformed into mobile Art Therapy space

The van shell for Van Go Moorabool is currently being fitted out to become a state of the art, child friendly, mobile Art Therapy space. Even the walls are a space for children to draw and express themselves. This innovative space is a major component of the Van Go Moorabool Pilot Project which brings the therapy space to children, facilitating access to the services WRISC offers for children in rural and more isolated locations.



The internal fit out for the van is progressing and nearing completion. The outside of the van will be hard to miss when it is covered in Van Gogh's painting, "The Starry Night".

Buninyong Golden Guides donate toiletry bags to WRISC

Buninyong Golden Guides have generously donated toiletry bags to WRISC for use by women and children who access our service. The Guides sewed the bags themselves and donated full size toiletry items to fill them. In the photo, Guide Leader Sheree is seen presenting the bags to WRISC Executive Officer, Libby. Many thanks to the Golden Guides and their generosity and support for women and children in their own community who are experiencing family violence.



Some heartfelt thanks... WRISC would like to thank the following individuals and organisations for their valuable contributions to supporting WRISC's work with women and children in the Central Highlands Region who have experienced family violence.

Thank you to **Grill'd Ballarat** for including WRISC in their "Local Matters" Community Support Program. Thank you also to all the patrons who filled WRISC's jar with \$300 in donations. The money is very much appreciated and will go towards supporting women and children in our region who have experienced family violence.



The Sheehan-Birrell Foundation

WRISC is very grateful for the donation of \$10,000 received from the Sheehan-Birrell Foundation. Such a generous donation will make a significant difference to the lives of women and children impacted by family violence through supporting WRISC programs.



Ensuring every Australian woman has the dignity...

Thank you to Share the Dignity for donating to WRISC supplies of feminine hygiene products. Ensuring women have access to such basic necessities contributes to their sense of dignity.



Soroptimist International is a worldwide organisation for women in management and the professions working through service projects to advance human rights and the status of women.

Thank you to Soroptimists, Ballarat, for donating toiletry filled bags for the use of clients, as well as sewing calico dolls used by therapists and children in the Children's Program.

NILS Loans now available at WRISC

WRISC is the contact agency for NILS (No Interest Loans Scheme) for women in the Central Highlands region who have experienced family violence. Please see the poster below for eligibility and contact details:

THE
NO
INTEREST
LOAN



wrisc
Family Violence Support

**WANT MORE
information?**



205 Dana Street, Ballarat, VIC 3350
Ph: (03) 5333 3666
Fax: (03) 5332 7778
alisonc@wrisc.org.au
www.wrisc.org.au
PO Box 92, Ballarat, VIC 3353



NILS
No Interest Loan Scheme
Good Shepherd Microfinance

Information for women on
how to obtain a loan for essential
household goods and services.

WRISC Family Violence Support is now offering women who have experienced family violence access to NILS (No Interest Loan Scheme).

What is NILS? The No Interest Loans Scheme (NILSP) provides women on low incomes access to safe, fair and affordable loans for up to \$1,200.

Are you eligible? Any woman who has a health care or pension card, is living in the Central Highlands and has experienced domestic/family violence in the past twelve months may be eligible.

What are the loans for? Loans are generally available for the purchase of essential goods and services. These may include:

- Household items like fridges, washing machines, stoves, freezers and some furniture
- Some medical and dental services
- Educational essentials such as computers, course fees and text books
- Some other items as requested

Please ring Alison at WRISC on 5333 3666 for more information.

Have you thought about volunteering at WRISC?

- ♦ Would you like to become more involved in the work of WRISC?
- ♦ Would you like to contribute to WRISC in a more meaningful way?
- ♦ Do you have skills and expertise which you would like to share with WRISC and support women and children in your community?

WRISC is currently recruiting enthusiastic and committed female* volunteers to fill the:

Reception/Administration role

- 1pm—5pm shifts available
- Knowledge of Microsoft Outlook essential
- Reception experience welcomed
- Working With Children Check (WWCC) required
- *WRISC is looking for volunteers who are able to commit on a medium to long term basis*

For further information please contact Sandra on 5333 3666 Monday—Thursday.

*Equal Opportunity Act (2010) Exemption A75/2013

Thank you to all our donors/ sponsors

Kind and generous donations from organisations, private philanthropists and various grants enable us to continue to service the increasing number of requests for help. We sincerely thank our loyal and generous supporters.



Can you help?

If you would like to make a contribution, our bank details are:

BSB: 063-507 Acct: 10042491

Name: WRISC Family Violence Support

OR

Donate online via PayPal [here](#).

Donations of \$2 or more to WRISC Family Violence Support are tax deductible.

What do you think?

WRISC appreciates communication and feedback regarding the content of this newsletter. If you would like to make contact, please email the Communications Officer:

alisonc@wrisc.org.au



WRISC exists to change the lives of women and children affected by family violence. We promote safe homes, strong families and respectful relationships.

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Facebook: [@wriscfamilyviolencesupport](https://www.facebook.com/wriscfamilyviolencesupport)