

## **WRISC Family Violence Support Annual General Meeting**

**Thursday November 16, 2017, 5:00—6:30pm**

### ***Women Empowering Women***

*The Board of WRISC Family Violence Support are pleased to invite you to join us for our Annual General Meeting which will take place on Thursday November 16 at Ballarat & District Aboriginal Cooperative, 5 Market St, Ballarat. Full details can be found on the invitation below. The theme for this year is "Women Empowering Women".*

# **Annual General Meeting**

The Board of WRISC Family Violence Support Inc. are pleased to invite you to join us for our Annual General Meeting.

Join us as we share and celebrate some of the achievements and highlights of the past year.

When: Thursday 16 November 2017

Time: 5.00 pm to 6.30 pm

Venue: Ballarat & District Aboriginal Cooperative Ltd  
5 Market Street, Ballarat

Theme: Women Empowering Women

**Guest speaker:**

**Karen Heap**

**CEO, Ballarat and District Aboriginal Cooperative**

**Dance by Namarily Bagarook**

Light refreshments and finger food will be served.

Please advise us of any dietary requirements.

RSVP to Hilary: 5333 3666 or email: [hilaryp@wrisc.org.au](mailto:hilaryp@wrisc.org.au)  
By Friday 10 November 2017

*Please RSVP to Hilary: 5333 3666 or email [hilaryp@wrisc.org.au](mailto:hilaryp@wrisc.org.au) by Friday November 10, 2017. Please advice of any special dietary requirements.*



## THURSDAY NIGHT BINGO AT HOP TEMPLE

*For the month of November, Hop Temple is supporting WRISC Family Violence Support. Located in Ballarat, WRISC supports women and children in the Central Highlands Region of Victoria who are experiencing family/domestic violence.*

Hop Temple is Ballarat's most elusive bar hidden down an iconic Ballarat laneway. Book a table of family, friends and colleagues for a great night out while supporting WRISC.

**DATES:** Thursday nights: **November 9, 16, 23 & 30**

**EYES DOWN:** 7:30pm

**ADDRESS:** Back of 24—28 Armstrong St North

**BOOKINGS:** Table bookings recommended. 5317 7158 [info@hoptemple.com.au](mailto:info@hoptemple.com.au)

Participation is by gold coin donation per round. ***See you there!***

[wrisc.org.au](http://wrisc.org.au)

[hoptemple.com.au](http://hoptemple.com.au)







VAN GO a partnership between WRISC Family Violence Support and Moorabool Shire

## Van Go Project Update

The Van Go Team have been busy undertaking Single Session Therapy with families as part of our intake process. Two therapeutic spaces have been set up for these sessions including cosy couches, cushions and a variety of toys, musical instruments and art materials for the children. From these sessions, children are being referred to the creative therapists who started seeing individual clients in the beginning weeks of October. The Van is now on the road and staff have been completing their defensive driving courses.

A high percentage of referrals are for children under 3's and as such, Van Go will be offering a "Circle of Security" Group to mothers, being run during term 4 from the Children's hub. This is an 8 week group supporting mothers to reconnect and respond to their children after family violence. If you have any questions about the Group please call Kate on 0417 615 368.



*The two therapeutic spaces include cosy couches, cushions and a variety of toys, musical instruments and art materials for the children.*

## Resources for Van Go clients

We have created a number of client resources including a flyer for the children, a flyer for mothers and business cards for the therapists to give to children.

These business cards have been popular with the children. They love them!



## Creative therapy - find out more

### Art Therapy:

<https://www.anzata.org/About-Arts-Therapy>

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### Music Therapy:

<https://www.austmta.org.au/content/what-music-therapy>

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### Play Therapy:

<http://www.blogtalkradio.com/freakishlywellbehavedkids/2016/01/15/so-what-is-play-therapy-how-does-it-work-anyway>

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### Single Session Therapy:

<http://www.bouverie.org.au/support-for-services/our-specialist-areas/specialist-area-single-session-therapy-sst-alternatively-referred-to-as-sin>



# 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 (NILS) 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

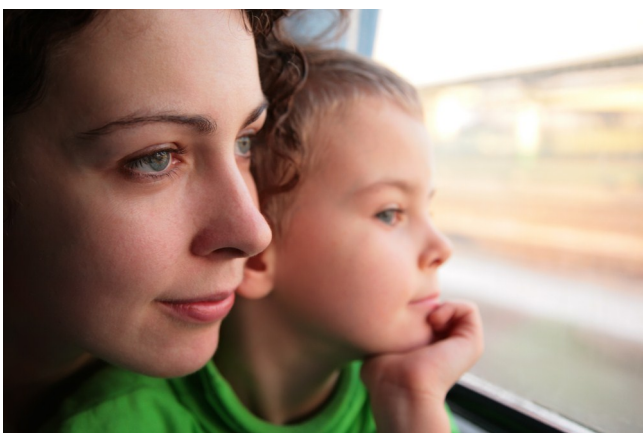
- 1pm—5pm shifts available
- Knowledge of Microsoft Outlook essential
- Reception experience welcomed
- Working With Children Check (WWCC) required
- *WRISC is looking for volunteers who are able to commit on a medium to long term basis*

***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](mailto: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.*

205 Dana St, Ballarat  
[www.wrisc.org.au](http://www.wrisc.org.au)

(03) 5333 3666 [wrisc@wrisc.org.au](mailto:wrisc@wrisc.org.au)  
Facebook: [@wriscfamilyviolencesupport](https://www.facebook.com/wriscfamilyviolencesupport)