

Women's voices not always heard in discussions around men's violence against women

In the following poem by Carmel, she explains how women's voices are drowned out by "good men" defending themselves and telling her what to do. They make the story about themselves, rather than listening to what women are actually saying.

The following poem by Carmel was read on Jon Faine's Morning Program on ABC Melbourne Radio.

Carmel is a psychologist who works in the domestic violence field. She said she was fascinated by how "good, decent men often jump in to defend men, rather than listen to what women are saying".

When I say I'm afraid of men who mean me harm,

You tell me not to make a fuss, there's no need for alarm.

That not all men are like that, not to stress my pretty head,

Or talk about those other men just look at you instead.

But what of women suffering, a slap, a punch, a shove,

A life of menacing oppression from a man they love.

Not all men are sexist, not all men disrespect,

Not all men are the man who harms what he should protect.

Not all men are vicious, not all men are brutes,

Not all men are the man who punches, rapes and shoots.

Not all men use violence, most are courteous and kind,

But when I talk of toxic men, others feel maligned.

So I ask you to consider, when you jump in to defend,

How did speaking up for women become slandering of men?

Why is it when I voice my fears you first defend your brothers,

Instead of listening to your sisters, mothers or your lovers.

I need you to hear my voice and listen to my fears,

But you just keep on shouting louder and my voice just disappears.

Not all men will listen, not all men understand,

You tell me you are not all men, a verbal sleight of hand.

I can look at you and love you and yet still be afraid,

While so much deadly violence still seems to be man-made.

Do not usurp my story, don't tell me what to do,

This is not about all men, don't make it about you.

Programs giving hope to LGBTI domestic violence survivors

There is much ignorance and even denial about how the LGBTI community experiences domestic violence. Some of this ignorance may stem from the understanding that it is gender inequality that underpins and cultivates environments where domestic violence occurs, particularly in terms of men seeking to control or abuse women. In addition, the overwhelming majority of murders between couples who have a history of domestic violence are committed by men.

According to experts and survivors, this has created a false assumption that LGBTI people are immune to intimate partner abuse. There is a lack of consensus and data on prevalence: many studies indicate rates are on par with the mainstream community — about a third of LGBTI couples — however some evidence suggests this might be higher.

This has resulted in many survivors having suffered in silence. Police, domestic violence services and other health professionals may not be equipped to recognise and support LGBTI people in abusive relationships. This may be due to persistent stigma and shame surrounding LGBTI abuse, or misconceptions that especially lesbian couples are immune from it.

If you would like more information about programs aimed at improving the response to LGBTI domestic violence survivors, both at the community and service provider level, please click on [here](#) to read “The ‘revolutionary’ programs giving hope to LGBT domestic violence survivors”, Samantha Selinger-Morris, ABC News, July 12 2018.

WRISC undergoing Rainbow Tick Accreditation

WRISC is currently undergoing the process of Rainbow Tick Accreditation.



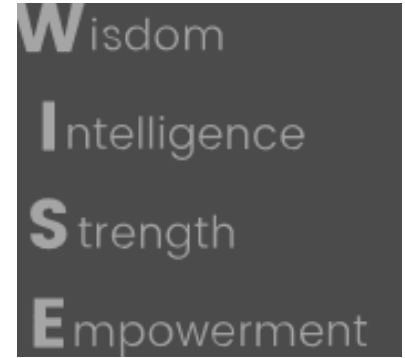
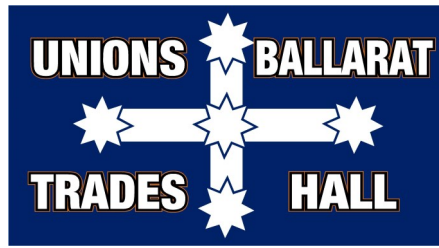
The Rainbow Tick standards support organisations to develop and implement inclusive practices for the LGBTI community. The Rainbow Tick will support WRISC to understand and implement LGBTI inclusive service delivery and reassure LGBTI clients and staff that WRISC will be aware of, and responsive to their needs. WRISC is also working with other agencies and organisations in our region to promote Rainbow Tick. Organisations that are Rainbow Tick accredited are demonstrating their commitment to LGBTI pride, diversity and inclusion. (Source: QIP Quality Innovation Performance)

Winter Woollies for Ballarat

No doubt we are all feeling the winter chill in Ballarat at the moment. This is an especially challenging time for women and children who are without many of the basic necessities due to family violence. “Winter Woollies for Ballarat” has donated 20 beautiful hand-made knitted and crocheted lap rugs to WRISC. These items, which serve both a decorative and practical purpose, will be a wonderful way of giving some extra support to our clients now that winter is upon us. WRISC would like to thank the members of “Winter Woollies for Ballarat” for this most generous donation.

Right: Sandra of “Winter Woollies for Ballarat” presents Alison of WRISC with the hand-made lap rugs.





SELF-DEFENCE FOR WOMEN—CLASS RAISES FUNDS FOR WRISC

On May 29, a special self-defence class was organised by Ballarat women for Ballarat women, with support from **Trades Hall, Ballarat** and **Women Supporting Women Ballarat**. The one off group class was facilitated by Fiona Skene from **WISE Self Defence**. WISE stands for Wisdom, Intelligence, Strength, Empowerment. The physical defence undertaken in the WISE Self Defence course is targeted towards the individual's own ability. It is not physically demanding and is easy to remember. The physical defence course teaches women powerful skills—and how to use their power effectively and efficiently. Women learn how to punch, kick and how to get out of all holds, attacks and rape situations.

The class was well attended and raised \$225 to support WRISC's work with women and children who have experienced family violence in Ballarat and the surrounding region. WRISC is very grateful for this support as well as the empowerment of a group of women with the knowledge of how to defend themselves.

If you are interested in finding out more about WISE Self Defence Courses, please visit their website at www.wiseselfdefence.com.au

A sincere thank you to WRISC supporters

WRISC is most appreciative of the many individuals and organisations who support our work in a variety of ways. We would like to express our appreciation and gratitude as follows:

- **Grevillea Ladies' Probus Club** for hand-made quilts, children's/babies' clothing, knitted toys
- **Winter Woollies for Ballarat** for hand-knitted and crocheted knee rugs
- **Uniting Threads** for hand-made patch-work quilts suitable for both women and children
- **Share the Dignity** for donations of sanitary items for women and girls
- **Lateral Plains** for donations of sanitary items for women and girls
- **Girls Friendly Society Townsend Group, St Johns Soldiers Hill** for donations of toiletries
- **Soroptimist International Ballarat** for donations of toiletries
- **Women Supporting Women Ballarat, Trades Hall Ballarat & WISE Self Defence** for running a self defence class for Ballarat women and donating the proceeds to WRISC.


Winter can be a very challenging time in the Ballarat region, and all of these donations contribute to the health and well-being of WRISC clients and their children.

WRISC also receives donations of cash and other goods from individuals and organisations who prefer to remain anonymous, so we would like to thank them sincerely as well.

NILS Loans 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. *Please note: the upper limit for NILS Family Violence related loans has now been increased to \$2,000 (subject to assessment of client's financial capacity).*

THE
**NO
INTEREST
LOAN**




wrisc
Family Violence Support

**WANT MORE
information?**



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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 \$2,000.

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)