



BAYSWATER COMMUNITY NEWSLETTER—WINTER EDITION

**“Keep your face to the sunshine and you cannot see a shadow.”
— Helen Keller.**

Fire Evacuation Drill

Officers from Women’s Housing Ltd Asset and Tenancy teams along with a representative from Celsius Fire Services , will be running a Fire Evacuation Drill in November 2019. A date is yet to be announced however all tenants will be sent a letter notifying them of the date and time.

This exercise is extremely important for all tenants and their families to know what to do in the event of a fire in the building. According to the Metropolitan Fire Brigade living in high rise buildings causes a different set of challenges for fire fighters' and tenants due to living in close proximity to each other and lengthier evacuation times. Tenants and their families need to know just what to do in the event of a fire, how to leave the building safely and where the delegated evacuation spot is located. It is a good idea to keep an eye out for neighbours and have a buddy system in place.

Here are some simple tips:

KNOW what your plan is

Have a home fire escape plan and practice it regularly

KNOW where your exits are

Make a note of the nearest emergency exits in the building and practice using them

KNOW how to reduce your risks

- De-clutter balconies and remove sources of heat such as barbeques. Keep air conditioning units clear of any flammable items.
- Never leave cooking unattended
- Ensure your fire exits are clear at all times and notify your Tenancy Officer of any issues in shared areas
- Never use the lift in a fire. Always use the stair wells on either side of the building

For more home fire safety tips,
visit <http://www.mfb.vic.gov.au/Community/Home-Safety.html>

If you need further information or would like to discuss how to go about setting up a home fire escape plan call Jacqui on 9412 6810.



ISSUE FOUR

JULY 2019



Important Dates to Remember

Fire Evacuation Drill:

Date to be advised in November 2019

Hot Water Valve Testing and Smoke Detector testing:

Date to be advised in November 2019



Housing Services

Suite 1, Level 1, 21 Cremorne St, Cremorne VIC 3121
Email: reception@womenshousing.com.au
Telephone: (03) 9412 6868
Fax: (03) 9415 6511
ABN 93 080 116 883
ACN 080 116 883

This newsletter deals with serious topics that may raise issues for some readers. Should the following content be distressing for you know that support is available. These services can help:

Lifeline Australia

Crisis Support, Suicide Prevention
13 11 14

1800RESPECT

National sexual assault, domestic family violence
counselling service
tel:1800 737 732

No to Violence

Working together to
end men's family
violence
Men's referral service
1300 766 491

DVRCV

**Domestic Violence Resource Centre Victoria
VAC**

*Family and relationship violence service for the
LGBTI community*
9865 6700 or 1800 134 840 (free call for country
callers)

CASA

Sexual assault
counselling &
support lines
9635 3610

Family, Domestic and Sexual Violence – It's not alright!

A recent report released by the Australian Institute of Health and Welfare (AIHW) indicates that family, domestic and sexual violence is now considered a major health and welfare issue in Australia. It occurs across all ages, genders, sexualities, socioeconomic and demographic groups but predominately affects women and children. There are strong links to mental health issues, physical disability, poor health and illness and impacts to work, children and family life and housing.¹

Family and domestic violence is also the leading cause of homelessness for women and children, with Homeless Services and Housing Providers such as Women's Housing Ltd (WHL) receiving increasing requests from women looking for short- and long-term housing options for themselves and/or their family. WHL is committed to ensure that all women have access to safe, secure and affordable housing and continues to work alongside family violence agencies to collaborate a response to family violence to provide accommodation through a variety of WHL programs including short-term transitional housing (THM) and long-term community housing.

What is family, domestic and sexual violence?

"Family violence refers to violence between family members, typically where the perpetrator exercises power and control over another person. The most common and pervasive instances occur in intimate (current or former) partner relationships and are usually referred to as **domestic violence**. **Sexual violence** refers to behaviours of a sexual nature carried out against a person's will. It can be perpetrated by a current or former partner, other people known to the victim, or stranger"¹

While WHL properties are mostly female led it is a fact that despite efforts to maintain the secrecy of a housing location, perpetrators do locate the whereabouts of partners and continue abuse. It is also a fact that abused partners occasionally re-engage with the perpetrator or form new relationships with a partner that again becomes violent. It is also possible that violence can occur between women tenants and other family members.

FACTS:

- Women are more likely to experience violence in the home from someone they know and is often behind closed doors so may not be openly visible. Often perpetrators and even victims will conceal or deny incidents occurring
- Men are also victims of domestic violence and sexual assault however most victims are women
- Family, domestic and sexual violence are the most pervasive forms of violence experienced by women and their children
- Common triggers are drugs and alcohol
- LGBTIQ+ identifiers also face high risk of sexual assault due to higher rates of poverty, stigma, and marginalisation
- Reasons for victims not reporting - fear of revenge, embarrassment and shame, thinking the incident was trivial or unimportant and bad experiences in reporting previous incidents to police.

What to do if you experience family, domestic and sexual violence or know someone who is?

It is important to let someone know if you are experiencing, or suspect that a friend, neighbour, tenant or member of family is being subjected to family, domestic and sexual violence.

Do not be afraid to report to Police by either ringing 000 if a violent incident is occurring or 131 444 to provide information; or contact family or a friend.

It is more important to ensure that the safety of the victim is secured. Do not engage with the perpetrator. WHL will also ensure that all appropriate reports are made to law enforcement, other government agencies and supports in a timely manner in order to protect the safety and wellbeing of people impacted by family, domestic and sexual violence.

References:

2018, Australian Government Australian Institute of Health and Welfare, 'Family, domestic and sexual violence in Australia', www.aihw.gov.au

2017, Women's Housing Ltd, 'Family Violence Policy'.

1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

SAD (seasonal affective disorder)

Information from Beyond Blue



When the weather gets colder, the nights seem longer and your motivation to get out and about can seem to constantly evade you. Feeling less than enthused about the colder nights is common, but feeling very, very bleak during Winter might be something more.

What could it be?

SAD, or seasonal affective disorder, has a seasonal pattern – you're fine during the warmer months, but as the cold closes in, life feels too hard and all you want is hot buttered toast in bed with a Netflix marathon.

What are the symptoms?

Just like depression – feeling hopeless, lacking energy, changes in sleeping or eating patterns and a loss of pleasure in things you might enjoy are all symptoms of SAD. With SAD, you may also feel heavy in your limbs, you might want to sleep all the time, including through your alarm, and carbohydrates are becoming your one true love. Speaking of love, intimacy might also be very unappealing.

What causes SAD?

Although more research is needed into the cause, medical professionals think that it's related to lack of sunlight during the shorter autumn and winter days. According to Grant Blashki, *beyondblue's* Lead Clinical Adviser, the main theory is that a lack of sunlight might stop a part of the brain called the hypothalamus working properly. Sunlight affects our hormones, but some people are more susceptible than others. Lack of sunlight can mean our bodies produce less melatonin, the hormone that tells your body it's time for sleep. Less sun could also mean less serotonin, a hormone that affects mood, appetite and sleep. Finally, sunlight affects our body's internal clock (circadian rhythm) – so lower sunlight levels during the winter can throw off your body clock.

I think I have SAD, what do I do?

First port of call is your trusted GP or other health professional, who may diagnose SAD if you have had the same symptoms during winter for a couple of years. SAD is very rare in Australia and more likely to be found in countries with shorter days and longer periods of darkness, such as in the cold climate areas of the Northern Hemisphere.

There are also changes you can make to your routine which may help improve symptoms:

- Try going outside more often – ask a friend or family member to rug up with you and go for a walk.
- If you see the sun, run outside and try to get some of it on your skin (if you can and it's not too cold).
- Try not to go over the top with the red wine (or any other alcohol) – long term it will disturb your sleep and make you feel worse.
- There are lots of relaxation exercises you can try – guided meditation, yoga (check out YouTube for some free videos), try some breathing exercises or take a nice warm bath.
- Talk to someone about how you're feeling – text a friend or jump online to the *beyondblue* forums if you're not up to doing it person.

Further information around anxiety, depression can be found on the Beyond Blue Support Service website www.beyondblue.org.au or call to speak to someone on 1300 22 4636

Beyond Blue Support Service 2019, 'SAD (seasonal affective disorder)', <https://www.beyondblue.org.au/personal-best/pillar/in-focus/feeling-sad-seasonal-affective-disorder>

Crispy Apple Cake

90 g (3 oz) butter or margarine
1/3 cup caster sugar
1 egg
1 cup self-raising flour
1/2 tsp mixed spice (optional)
2 small apples, peeled and cored

1. Heat the butter and sugar together in a medium saucepan, stirring well. Cool, then beat in the egg. Add the flour and spice and beat well to combine.
2. Grease a 23 cm (9 inch) springform tin and add the batter, spreading evenly. Cut the apples into thin wedges and arrange over the batter, so that they are overlapping each other.
3. Bake at 190 °C gas/220 °C electric for 20 minutes or until done.

Serve warm or cold with whipped cream.

Serves 6.



NEW PROPERTY DEVELOPMENT All on track!



WHAT'S ON IN BAYSWATER

Mulgrave Farmers Market

Fresh produce, arts
and crafts
Jacksons Road and
Wellington Road
Every Sunday 8 am—1
pm



Knox City Council—Calendar of Events for August:

To see what's on visit:
www.knox.vic.gov.au

The Amazing Travelling Comedy Tour

1st August 2019
8:00 pm—9:30 pm



Location: Knox Community Art Centre
790 Mountain Highway Bayswater

www.knox.vic.gov.au/kcac