



BERWICK COMMUNITY NEWSLETTER—AUTUMN EDITION

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

COOKING AND NUTRITION WORKSHOP 2019

A really big thank you to the City of Casey and Monash Health for all their hard work in organising and running a very successful Cooking and Nutrition Workshop over the months of June/July. Residents who participated in the workshop cooked up delicious and very tasty meals including pumpkin soup, chicken stir-fry, hamburgers and spaghetti bolognese. Lunch was yum!!! A special thank you to Henry (Nutritionist from Monash Health) and Deb (City of Casey) for all their hard work and excellent support and advice each week. Also to Peehu (City of Casey) and Nanda (Monash Health) for all the work in organising information and coordinating services. A lot of time and effort went into running this fantastic event.

THANKS



ISSUE FOUR

JULY 2019



Important Dates to Remember

House Meeting:

2nd August 2019 at 11 am
Common Lounge
Morning tea provided

Fire Evacuation Drill followed by Smoke Detector Testing:

9th August 2019
At 12 noon

Access to rooms between
12 noon—3 pm
(letters to follow)



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 predominantly 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.

House Updates:

Fire Evacuation Drill:

WHL and Celsius Fire Services will be running a Fire Evacuation Drill on the **9 August 2019 at 12 noon**. When the alarm is set off all residents will be required to leave the property and assemble at the allocated evacuation spot where your name will be marked off an attendance sheet.

This exercise is important so all residents know what to expect in the event of a real fire.

This will be followed by room inspections to check smoke detectors and will take place between 12 noon—3 pm.

Letters will be sent out to all residents with more information.

Afterhours maintenance:

Residents ringing the afterhours maintenance number will be asked:

- Their date of birth
- Mobile number
- WHL Tenancy Officer's full name

If this information is not provided your call may not be accepted.



Rubbish in Main Kitchen:

The amount of rubbish being left in the main kitchen throughout the week has escalated again and is not acceptable! All residents are required to remove their rubbish and place in the bins provided. Garbage bags have been supplied in all kitchens!

It is not the responsibility of the cleaner, WHL staff or other residents to remove mess left behind by other residents.

This is a breach of House Rule!!

Please be respectful and remove all your rubbish to the bins outside and if the bin in the kitchen is full—empty it and place a new liner in the bin.