

## *Self Help & Victims of Crime*

It is very rare these days to watch the news and not hear a story about some criminal activity in the community. The short and long term effects of crime even petty crime can be devastating on both those individuals directly affected as well as their families and friends.

There are groups and organisations available that support those affected by issues such as sexual abuse, domestic violence and homicide. The cost not only in health and wellbeing as well as the property losses etc means that there is also a huge impact on the economy.

Fortunately there is also a great deal going on at the community level to assist in the prevention of crime.

Neighbourhood Watch was created in New York following the murder of a woman in the district of Queens. People became outraged that three dozen witnesses did nothing to save her or to apprehend her killer. Some locals formed groups to watch over their neighbourhoods and to look out for any suspicious activity in their areas. This model has been used around the world effectively for many years.

“Neighbourhood Watch is a community based self-help program aimed at reducing the incidence of preventable crime and preserving your way of life.

A police officer may not know what is normal in your street and may not recognise a stranger in your yard. You and your neighbours are in a position to observe and report anything of a suspicious nature to police. Some members of a community do nothing about suspicious activities, as they do not know what to do or if their neighbours would appreciate their

involvement. Neighbourhood Watch is protection of your property and lifestyle through communication and cooperation between neighbours.

Within the Perth metropolitan area, several Local Government authorities have appointed Neighbourhood Watch Development Officers and their duties include:

- Promotion of Neighbourhood Watch.
- Recruitment of volunteers.
- Liaison with the community, Crime Prevention Officers, local Police and other relevant authorities.
- Organisation of and participation in public meetings promoting Neighbourhood Watch.”

*(source: [www.police.wa.gov.au](http://www.police.wa.gov.au))*

Neighbourhood watch is self help in action. It has proven to be a successful partnership where people come together to make their communities safer. It involves the Police, Community Safety departments of local authorities, other voluntary organisations and, above all, individuals and families who want to make their neighbourhoods better places to live.

Community safety and security is an issue of priority for every West Australian and people are viewing it as a shared problem and a shared responsibility. That is the philosophy that underpins crime prevention and is very much a part of the philosophy of self help.

**Vicki Davies  
Executive Officer**

NEWS EXCHANGE



The **News Exchange** is the quarterly newsletter of the Western Institute of Self Help (WISH) Inc, and is distributed free to all WISH members.

Editor Claire Muntinga  
 Contributors Vicki Davies & Sharon Van der Laan  
 Proof Reading Alison Morse  
 Printer John Drummond — Display Print

**Advertising Rates**

1/2 Page article:	Non Commercial Members	Free
	Community Orgs	\$44
	Commercial Groups & Orgs	\$55
Flyer	Self Help Group Members	Free
Inserts in Newsletter	Not for Profit Members	\$27.50
Mail out:	Non Members Groups & Orgs	\$33
	Commercial Groups & Orgs	\$44

**Next issue copy deadline: February 1st 2005**

# CONTENTS

**General Articles**

Group Work with Victims of Crime ..... 3-4  
 Child Witness Service ..... 5  
 Victim Support Service ..... 5  
 HERO..... 5  
 C-BERS ..... 5  
 Kinway ..... 5  
 Protective Behaviours WA Inc ..... 6  
 DVAS CENTRAL ..... 6  
 The Victim Notification Register..... 6  
 Legal Aid..... 6  
 WA Government Department Services ..... 7  
 SARC ..... 7  
 Waratah Women's Support Centre..... 7

**New Groups**

Reclaiming Voices WA ..... 8  
 Expressions of Interest ..... 8

**WISH**

WISH Office News ..... 9  
 WISH Community Group Link ..... 10  
 WISH Community Group Link ..... 11  
 Regional Roundup..... 12

**Coming Events**

Crime & Violence Prevention Awards ..... 13  
 Multicultural Awards 2005 ..... 13

**Services and Information**

Free Website Design & Office Space ..... 14  
 Green PC ..... 14  
 Crime Prevention Programme ..... 15  
 RUCSN Scholarship ..... 15  
 ARAFMI ..... 15  
 VODAPHONE Make a Difference Program ..... 16  
 Microsoft Grants ..... 16  
 Free Equipment for WISH Self Help Groups ..... 16  
 Calendar Dates ..... 17  
 Services Directory ..... 18

# EDITORIAL

Welcome to the last edition of 'News Exchange' for 2004!!

Its been a very busy year for all of us at the WISH office and we are all looking forward to some much deserved R & R over the Christmas break. As with most not-for-profit and community organisations there's always so much we want to achieve—with a very limited budget. So congratulations to all of you who have achieved so much this year with limited resources - we salute you all!!

The summer edition of 'News Exchange' focuses on victims of Crime. Appearing in this edition is an article entitled "Group Work with Victims of Crime: Mutual Aid in Practice", and it's a fascinating read that reiterates the value and importance of self help in our society

The next edition of News Exchange, due out early 2005, will focus on the subject of sexuality. Self help, support groups or individuals who would like to contribute articles or information regarding this subject or any other issue are encouraged to phone our office or email/fax your submission to WISH. We always look forward to contributions from self help groups appearing in the WISH newsletter and it's also an excellent opportunity for groups to promote their services.

So from all of us at the WISH office "Merry Christmas and a Happy New Year!!!!" and may 2005 bring all of you good health, wealth and a great deal of happiness!



---

## **Group Work with Victims of Crime: Mutual Aid in Practice**

The most significant achievements of human endeavour are the product of human cooperation. The Victims of Crime Service (VOCS) in South Australia uses this fundamental principle in designing programs to assist people who have been victims of crime. Group work is an important element in the package of services that is offered by VOCS. One of the major group work programs is a group for women whose children have been sexually abused. This article written by former VOCS (SA) Social Worker, John Oliphant, describes this group and attempts to make some of the connections between the practice and the theories that underpin it.

Early in 1991, VOCS started to experience a rapid increase in the number of referrals of families in which a child had been sexually abused. In the first six months of 1990, 18 new cases of child sexual abuse were referred to VOCS. By 1991, such cases were being referred to VOCS at the rate of about 15 every month. This massive increase was caused by a combination of a number of factors including the high underlying rate of child sexual abuse in the community, the growing awareness that this is a crime and that it is acceptable for people to come forward and ask for help, and the raising of the profile of the agency in South Australia.

From our work in this area, it became clear that there were some excellent services available to assist children who had been sexually abused, but the services for the non-offending parents of such children seemed to be less adequate. Yet our experience of working with these families taught us that in many of these situations the mother was the key figure in the family, and her recovery was critical to the long-term well-being of the whole family. The child's progress was made extraordinarily difficult if the mother was not making a similar recovery from the trauma.

We also observed that, in many families, if the children who had been sexually abused received good support at home and appropriate professional counselling when needed the children often made significant and relatively rapid progress towards recovery. However, the non-offending parents often appeared to be less resilient.

For them, the issues (such as their feelings of guilt and anger) seemed to linger and continue to affect their lives for long periods of time.

From previous group work experience at VOCS, a group based on the mutual aid model seemed the most appropriate for these clients. We decided that we would have six or eight sessions, on a weekly basis, for two hours at a time. The meetings needed to be in the morning, in order to allow time for people to travel home to collect children from school. At this stage, the group was an experiment and so we made no plans beyond six or eight weeks, at which point we would review the situation.

We reviewed our caseloads and selected six people whom we were seeing for individual counselling. The basis of our selection was simple: we chose people who we thought would respond positively to a group situation and who reacted favourably to the idea of meeting others who had experienced a similar trauma in their family.

At this stage, we were planning a group for non-offending parents of children who had been sexually abused. It so happened that the six people we invited to the group were all women. This was not surprising as we were seeing very few fathers for individual or family counselling at the time. Those whom we were seeing had no interest in attending a parent's group. However, once the group had started, we realised that this chance gender selection had been critical. For many of the families, the offender had been the father or father-figure. It would have been extremely difficult for the mothers from those families to cope with the presence of fathers in a group such as this, in which such intense emotions would be laid bare. There would have been the risk that any fathers present in the group could have become the target for the rage that the women felt towards the offenders.

Another complication of which we were unaware before the group started, was that those mothers who were themselves victims of child sexual abuse might have found it difficult and restrictive to participate in a mixed gender group. With the benefit of hindsight, it would be inappropriate to run a mixed gender group for parents of children who have been sexually abused. *Cont.....*

As the weeks passed, the importance of this group for the women seemed to grow. At the sixth session, we were due to review whether or not the group should continue. By this stage, it was clear both from our observations and from individual feedback that the group was playing a vital role in these people's lives. It was making a significant contribution to their ability to cope and to recover from the crimes that had been perpetrated on their families. There was no question but that the group should continue.

In any group work venture, two of the most important factors are selection and clarity of purpose. We have a few fundamental criteria that we use in selecting people for the group. The potential participants must be mothers of children who have been sexually abused. We allow the women to define whether the crime has occurred. There does not have to be police involvement (although, in practice, the police have been involved in most of the cases). There is no limit on time or age. Thus some of the mothers have children who are now adults themselves, but who were sexually abused in the past. In these situations, the mothers may only be dealing with the issues now (they may have only recently discovered that the abuse occurred). For these women, the issues they face are similar to those confronting much younger families. The fact that these older women are at a very different stage in their lives does not detract from the group, indeed, their presence helps to universalise and normalise the feelings and reactions that all the women experience.

Shulman (1979) identified a number of different mutual aid processes that occur within a group. These included the sharing of data, the dialectical process, discussing a taboo area, the 'all-in-the-same-boat' phenomenon, mutual support, mutual demand, individual problem solving, rehearsal and the 'strength-in-numbers' phenomenon. All these processes have been evident in this group.

The discussion of taboo areas is a good example of a mutual aid process. To an extent, the whole subject of child sexual abuse is still regarded as taboo in the community. It is generally not a topic that can easily be discussed with friends and relatives. Not only have the women been able to talk about the subject quite openly in the group, but they also have been able to disclose actual details about the abuse to an extent that would probably not be socially acceptable in any other context.

The level of mutual support amongst the participants in this group has been extraordinarily high. The women have been able to share feelings and display emotions in a way that would not be possible in their usual family and social networks. The strong empathy that the women show for each other and the knowledge that the others in the group really do understand what they are talking about constitute a powerful healing force.

Many of the women who attended the group also received one-to-one counselling from one of the social workers at VOCS, either prior to or during the time that they attended the group, or both, although it should be noted that the frequency of the individual sessions usually decreased markedly once the women joined the group. The experience of the social workers has been that, in most cases, the one-to-one work has been enhanced by the woman's attendance at the group. Far from being competing processes, the two seem to operate ideally in tandem. Our experience appears to fit with the observations of Shulman who wrote that,

*Group discussion, rather than robbing the individual work of its vitality, will often enrich the content of the individual counselling session. In like manner, the work in the individual sessions can strengthen a client to raise a personal concern in the group ... Thus, the group and individual work can be parallel and interdependent, with the client free to choose where and when to use these resources for work (Shulman 1979, p. 127).*

Finding mothers in the group who are themselves adult survivors of child sexual abuse was unexpected. About half of the women in the group were themselves sexually abused when they were children. This has enormous implications for their therapeutic needs: it means that as well as coping with all the issues connected to their children's sexual abuse, they also have to confront their own childhood issues, in many cases for the first time. It also usually means that the two sets of issues become entangled.

In conclusion, the dynamics of mutual aid have the energy to transcend the boundaries of formal structures. These processes result in not only the healing of the individuals, but their empowerment. Thus, the whole purpose of assisting victims of crime is fulfilled.

Source: [www.aic.gov.au/publications](http://www.aic.gov.au/publications)  
Article by John Oliphant from the 1994 AIC Conference.

Reference: Shulman, Lawrence 1979, *The Skill of Helping Individuals and Groups*, F.E. Peacock Publishers, Illinois.

## Child Witness Service

To offer emotional and practical support and non evidentiary preparation for children giving evidence in court.

Contact Details:  
Office: 9425 2850  
Fax: 9425 2167  
Address: 5th Floor Central Law Courts  
30 St Georges Terrace, Perth 6000

## Victim Support Service

To assist & promote the rights and address the needs of anyone who has suffered harm from crime.

Contact Details:  
Office: 9425 2850  
FreeCall: 1800 818 988  
E-mail: [vss@justice.wa.gov.au](mailto:vss@justice.wa.gov.au)  
Web Site: [www.justice.wa.gov.au](http://www.justice.wa.gov.au)

Western Australia  
Assisting Victims of Crime  
6th Floor, 81 St George's Terrace,  
Perth, Western Australia, 6000

## Harm Effected Rescue Organisation (HERO)

Peak body group for all victim support groups, non-government, to recognise, support and address needs of victims and their families. Through parliament, education, talks and hands on ideas.

Contact Details:  
Tel: Georgia 9305 2082  
E-mail: [georgiabrown@optusnet.com.au](mailto:georgiabrown@optusnet.com.au)  
PO Box 271 QUINNS ROCK WA 6030



**C-BERSS Services** is an independent agency that provides professional, confidential services to former residents of Christian Brother child care institutions through counselling, reunification, adult education, and advocacy. C-BERSS also provides counselling to former students of CB schools and their partners.

Contact Details:  
Office: 9381 5422  
Freecall: 1800 621 805  
Email: [welcome@cberss.org](mailto:welcome@cberss.org)  
Website: [www.cberss.org](http://www.cberss.org)



## Victims of Crime Support Services

People can experience various degrees of trauma, feeling confused, disoriented or upset, when they have been on the receiving end of a crime. Victims of crime have the right to be treated with compassion and dignity, and to have access to any information about the legal processes relating to their case.

The Kinway program provides support for victims of crime, including counselling, assistance with settling back into life after a crime, and guidance through the court processes.

Court processes can be quite daunting. Kinway can help people find out the status of their case before the courts, or the outcome of the case. If they have to appear as witnesses, we can prepare them for the process and support them through it, and we can liaise with police and the Director of Public Prosecutions.

Kinway can also help people with Violent Restraining Order applications, reports for criminal injury compensation, and Victim Impact Statements.

Contact Details:  
Ph: (08) 9325 7033  
Fax: (08) 9325 8969  
Website: [www.anglicarewa.org.au](http://www.anglicarewa.org.au)



**Protective Behaviours is a preventative, living skills program which enables people of all ages, in particular women and children, to develop skills to help them deal with all forms of difficult or abusive situations. PBWA also conduct workshops and skills training for individuals and organisations. Drop into the office and have a browse through the Protective Behaviours Resources.**

**Contact Details:**

**Tel: 0409 071 068**

**Email: pbwainc@hotmail.com**

**Website:**

**www.protectivebehaviours.50megs.com**

## DVAS Central

DVAS Central is a free service which helps you to access services and support if you are experiencing family and domestic violence.

Assistance can include: applying for a restraining order, court support, advice and support from Legal Aid, support for people from culturally and linguistically diverse backgrounds, advocacy and support for Aboriginal people, advocacy and support when dealing with Centrelink and Department of Housing, referrals to other agencies & linking you and your children to appropriate counselling and support services.

**Contact Details:**

**Office: 9226 2370**

**Fax: 9226 2377**

**Suite 1, 1st Floor**

**Carillon Tower, Murray Street**

**PERTH WA 6000**

## The Victim Notification Register

The Victim Notification Register is an information service established for victims of crime.

Officially launched on 19 October 2001, the register allows victims to receive information about the perpetrator of the crime against them - for as long as that person is under the supervision of the Department of Justice.

Information available from the register may include details about the offender's sentence, any escapes from custody and recapture, impending release dates and the results of any appeals against the sentence etc.

### How to register

You can register for the Victim Notification Register in a number of ways, either via the Department of Justice website or by contacting the Victim Notification Registry office.

**Contact Details:**

**Victim Notification Registry**

Level 5, May Holman Centre,

32 St Georges Terrace PERTH WA 6000

Telephone: (08) 9425 2870

Freecall: 1800 818 988 (outside metro only)

Email: [vnr@justice.wa.gov.au](mailto:vnr@justice.wa.gov.au)

Website: [www.justice.wa.gov.au](http://www.justice.wa.gov.au)



### Compensation for Victims Of Crime

If you have been injured or suffered loss as a result of a criminal offence, you may be able to

- make a compensation claim under the *Criminal Injuries Compensation Act 2003*
- bring a common law claim against the offender
- ask the court sentencing the offender to give you a compensation or restitution order against the offender.

### How to Make a Claim

Complete an application form. They are available from:

The Assessor of Criminal Injuries Compensation

Level 2, May Holman Centre

32 St Georges Terrace, Perth, WA 6000

Telephone: (08) 9425 2730



## Family and Domestic Violence

The Family and Domestic Violence Unit of the Department for Community Development has produced an Online Domestic Violence Resource Guide, which is available at:

[www.communitydevelopment.wa.gov.au](http://www.communitydevelopment.wa.gov.au)

The information is organised on a regional basis and covers:

- Children
- Counselling and Support
- Crisis and Emergency
- Legal
- Safe Accommodation

The current service response to victims of domestic violence provides for support and counselling services and safe, secure accommodation regardless of gender.



## ON-LINE HEALTH SERVICES DIRECTORY

### Crisis Care

Tel: 9223 1111  
1800 100 008 (free call)

### Child Protection Unit

Tel: 9340 8646

### Kids Help Line

Tel: 1800 55 1800 (free call)

### Men's Domestic Violence Help Line

Tel: 9223 1199

### Parenting Line

Tel: 9272 1466

## SEXUAL ASSAULT RESOURCE CENTRE (SARC)

Sexual assault and sexual abuse is a crime. It encompasses any and all sexual activity inflicted upon a person that is unwanted and/or not consented to, by that person. It is a crime irrespective of accompanying physical violence, a person's economic, social or cultural background, the nature of their employment or whether the offence has occurred publicly or within the home.

The Sexual Assault Resource Centre (SARC) is a metropolitan-based sexual assault service that can assist any person, female or male, aged 13 years and over to deal with their needs, whether they are immediate or longer term. It can also refer people to another service that may be either more appropriate for their needs and/or more accessible to where people live, whether it is in the city or in the country. To seek further information about the service SARC can offer or to gather more information about sexual assault please see the following information.

**If you have experienced a sexual assault within the past 14 days, please call SARC's 24 hour Crisis Line on  
Tel: 9340 1828 or  
FreeCall: 1800 199 888**

**If you require counselling assistance please call SARC's 24 Hour Counselling Line on  
Tel: 9340 1899**



## Waratah Women's Support Centre

Waratah Support Centre is a community based counselling service which aims to provide a safe and supportive environment for domestic violence and sexual assault survivors in the South West of Western Australia. Waratah Support Centre does not provide services to perpetrators of sexual assault or domestic violence.

**Contact Details:  
Phone: 9791 2884  
Freecall: 1800 017 303  
Email: [waratahs@geo.net.au](mailto:waratahs@geo.net.au)  
Website: [www.waratah.asn.au](http://www.waratah.asn.au)**

## NEW GROUPS

### **Reclaiming Voices WA** Support group for survivors of sexual assault

The group was formed with a view to support all women survivors of sexual assault.

Reclaiming Voices WA provides a safe environment for women to be heard, to share healing strategies, information and resources relating to issues such as compensation, counselling, police and legal matters. The group advocates for a culture intolerant to sexual violence and lobbies for changes to make court processes more supportive.

Please call 9340 1820 or email [reclaimvoiceswa@optusnet.com.au](mailto:reclaimvoiceswa@optusnet.com.au) for further information about meeting times or to access group resources.

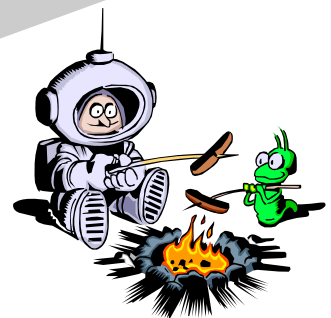
## EXPRESSIONS OF INTEREST

### **Ufo's, Nde's, Ghosts, Obe's , orbs, past lives ...**

I'm not from any television or paper net work , I would simply love to be involved with people who have had an experience or simply have an interest like me in anything to do with the paranormal or unexplained .

**Do you have an interest in the paranormal?**

For further  
information please  
contact Rick on  
Mobile 0409 370 668



**For more information about starting a self help group  
or to contact an existing group call WISH  
on 9228 4488 or Freecall (Country callers) 1800 195 575**



## OFFICE NEWS



### WISH - A FINALIST IN THE 2004 COMMUNITY SERVICES AWARD!!

Outstanding local groups and individuals were recognised at the Department for Community Development's prestigious event held in November at the Rendezvous Observation City Hotel. For ten years now, the awards have highlighted significant achievements of the people and organisations of Western Australia's community development industry which plays a vital part in strengthening communities across our State. Finalists and winners were chosen from around 250 entries each going through a strict and independent judging process.

This year WISH was selected as a finalist in the 2004 Community Service Awards in the category of 'Developing Communities'. This was a great achievement for the organisation and a fantastic acknowledgement of the service WISH provides to the West Australian community.

To check out the winners and finalists visit:  
[www.csia.communitydevelopment.wa.gov.au](http://www.csia.communitydevelopment.wa.gov.au)



### 2005 WISH DIRECTORY OF SELF HELP & SUPPORT GROUPS

The WISH Directory is an invaluable resource for professionals, families and individuals in our community and has around 900 listings on issues ranging from accommodation and carers to adoption, employment and disabilities.

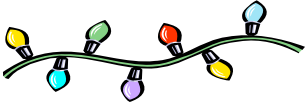
Listing in the WISH Directory is FREE and an excellent means of promotion!!

The WISH Directory for 2005/2006 is currently being compiled. New self help, support groups and organisations are encouraged to apply to appear in the new edition.

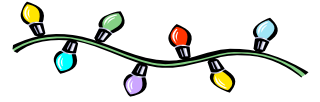
For further information regarding the 2005 Directory please contact WISH  
on 9228 4488



## Community GROUP Link



### Spreading the Christmas Cheer!



Much of the time we talk about community groups and what they can do to improve the way they go about their business and the benefits they provide to the community. This week I want to challenge readers to consider what they can do to assist local community groups in the lead-up to Christmas.

While many people will look at financial contributions, donations or pledges, there are countless other actions - big and small, local and global - that individuals, families, workplaces and schools can undertake publicly or anonymously to support their local community.

Community groups need your financial help but they also need your volunteering support, vocal support, membership support, attendance at events and 1001 other ways that people show their appreciation of the non-profit groups that make life better for their families, friends and communities.

As well as putting together the list of family members and friends, I would love people to add another column to their Christmas lists - the community and non-profit groups that mean so much to them or had a significant impact on their lives in 2004 – and how you can ensure their Christmas is also a good one.

It may be an organisation that has provided support in difficult times, provided entertainment and laughs, provided much-needed services or provided some inspiration – there are many groups that touch our lives.

Increasingly Australians are taking up the challenge and spending more time thinking about the community groups they care about. And there are those who think that if they are spending money to celebrate Christmas, it is a bonus if some of it can go back to a community group to use.

So to assist people looking to make an impact in their own community this year either as an individual, as a family or as a workplace or school we have compiled a **List of 125 ideas to make a difference this Christmas**.

The list includes suggestions such as:

- Make a donation – no matter how small - to a group that you think is worthy of support.
- Consider a local community event or group stall to buy some of your Christmas presents.
- Sign up to volunteer for a community group in 2005.



## Community GROUP Link

- Buy an extra present or can of non-perishable food to put under a charity Christmas tree or collection box.
- Ask your friends to give money, not presents. If you are one of the many people who already has most things they need, why not ask your friends not to give you a Christmas present this year but to instead donate the money they would have spent on you to a nominated community group? It will make for a more meaningful Christmas than another pair of novelty socks or set of hankies.
- Instead of giving out Christmas presents, consider making a donation on your friends' behalf to an appropriate community group. Give them a card telling them that you have made a donation and provide the receipt. Again, the benefit will last longer than a pair of socks, a packet of soaps or box of chocolates.
- Buy your Christmas cards from a community group. Many charities and community groups raise funds by selling their own cards. This is an easy way of helping out a local group and giving something different and meaningful to family and friends. It can also help to spread the word about the group you are buying from. The choices are endless. There are also many charity card shops in capital cities and major regional centres.
- Attend a local community Christmas celebration or Carols by Candlelight evening.
- Organise a gold coin collection at your work break-up or Christmas party and donate the proceeds to a group nominated by the staff. Ask your boss to match the collection total dollar for dollar.
- In cleaning up for Christmas, consider whether your "old" possessions might be useful to a local group to could be sold to raise funds.
- Smile. There is no better way to get the Christmas message across!

For the complete list of Christmas community tips visit  
[www.ourcommunity.com.au/christmastips](http://www.ourcommunity.com.au/christmastips)  
or email [questions@ourcommunity.com.au](mailto:questions@ourcommunity.com.au) or call (03) 9320 6813 to be sent a copy.

Written by: RHONDA GALBALLY Chief Executive Officer [www.ourcommunity.com.au](http://www.ourcommunity.com.au)





## REGIONAL ROUND-UP

### **The Women's Refuge Group Inc of WA**

The Women's Refuge Group (WRG) is a peak community based organisation committed to improving the status of women and children in society. WRG specifically seeks to ensure that all women and children live free of domestic and family violence and its consequences.

The role of the WRG is to provide a voice on domestic violence and family violence issues that is representative of Women's Refuge Services and of the women and children they serve.

The WRG recognises the *herstory* of the Refuge movement in Australia generally and particularly in Western Australia. Specifically WRG acknowledges the critical role that Refuge workers and the Refuge movement have played in raising community awareness about domestic and family violence and in developing practical and effective responses to assist women and children in escaping violence. .

*The following principles guide the actions of the WRG:*

- ◇ a commitment to access and equity for all women and children escaping domestic and family violence;
- ◇ a commitment to sustaining and developing a gendered analysis of domestic violence
- ◇ a recognition of children as primary victims of domestic violence and therefore as primary clients of Refuges and a commitment to building trust and collaboration amongst Western Australian Refuges.

WRG has rural, remote and regional West Australian contacts that may be of benefit to women living in these particular areas of WA. To find out what types of services and organisations are available to you in your area please contact WRG on the contact numbers provided.



**Ph:(08) 9420 7264**

**Fax: (08) 9486 8744**

**E-Mail: [wrgofwa@space.net.au](mailto:wrgofwa@space.net.au)**

**Website: [www.space.net.au/~wrgofwa](http://www.space.net.au/~wrgofwa)**

# Coming Events....Coming Events....Coming Events



*Australian*  
**CRIME AND VIOLENCE  
PREVENTION**  
*Awards*

The annual Australian Crime and Violence Prevention Awards (formerly the Australian Violence Prevention Awards) are sponsored by the heads of Australian governments and the members of the Australian and New Zealand Crime Prevention Ministerial Forum as a joint Commonwealth, State and Territory initiative. They include monetary awards totalling \$130,000.

The awards are designed to reward the most outstanding projects for the prevention or reduction of violence in Australia, to encourage public initiatives and to assist governments in identifying and developing practical projects which will reduce violence in the community.

Projects may address specific groups such as women, children, youth or the family, or specific problems such as excessive alcohol consumption, violence in the media or violence in sport. An award may also be available for initiatives of great merit or for outstanding projects which have recently ceased operation.

Nominations forms for the 2005 Australian Crime and Violence Prevention Awards will be available in early 2005. Contact the Department of Justice for more details.



Government of  
Western  
Australia

## **Multicultural Awards 2005**

Multiculturalism unifies us all as Australian citizens. It is based on the principles of democracy, equality and respect for all its members. These principles are the foundation on which we are all striving to build a society that is inclusive and free to of prejudice and discrimination. The Minister for Citizenship and Multicultural Interests' Multicultural Awards applaud the efforts of individual Western Australians in upholding these principles. Nominations are invited from individuals and community organisations in Western Australia.

There are two categories:

- ◇ *The Multicultural Ambassador's Award which recognises the contribution of one adult and one young person in promoting multiculturalism and eliminating racism; and*
- ◇ *The Multicultural Community Service Award which recognises excellence and innovation in enhancing access to and equity in service provision and empowering minority communities. Up to five Awards will be presented in this category.*

The awards will be presented during Harmony Week, which takes place from March 14 - 21 next year. Nominations must be received by  
January 28

WA Multicultural Communities  
Office of Multicultural Interests  
26th Floor, 197 St George's Tce  
PERTH WA 6000  
Tel: 9222 8800  
Fax: 9222 8801



## Free Website Development for NFP Organisations

In early 2005, Murdoch Multimedia will be running a course which involves 3rd year Bachelor of Multimedia students having to work with clients towards the development of multimedia content/products. This might include website design and construction, interactive DVD / CDrom authoring and educational product development. The production and design comes at zero cost. They are looking for a not for profit or social service organisation that may benefit from this exercise.

*For more information contact:  
Mark Cypher, School of Media  
Murdoch University  
tel:(08) 9360 2240  
fax:(08) 9360 6570*

## Office Space to Spare

Frontier Services has extra room in its office in Midland which it is willing to look at sharing either on a short or medium term basis.

The office is located on the 1st floor and there is no lift so it would not be suitable as a 'shop front' for clients. Probably best suited to someone working on a project who basically needs access to a desk, chair and phone.



**Enquiries can be directed to  
Marion Bom  
Tel: 9274 7544**



As you may be aware Infoxchange Australia runs the not for profit enterprise Green PC which aims to bridge the digital divide - ensuring that the community sector and people on low incomes don't miss out on the advantages of information technology. We are offering a special in the lead up to Christmas.

Computers start from just \$225 and include:

- Pentium Computer
- Windows 98 SE
- MS Works 8
- 17" Monitor
- Internal Modem
- CD Rom
- Sound card and speakers
- One months free internet access
- Three months warranty.

Feedback from low income individuals and families indicates that access to a PC at home can make a big difference to children at school, to those looking for employment and to elderly people wanting to learn new skills and keep in touch with children and grandchildren.

A Green PC is an affordable, high-quality second-hand computer that has been fully refurbished by skilled technicians, many of whom were formally long term unemployed. Each PC is ready for Internet use.

The only qualification for an individual or family to access a Green PC computer is that they be holders of current Health Care Cards or are able to verify their low income status.

Internet connections are also available through Infoxchange Australia in a range of plans from \$19.99 for unlimited Dial up to \$29.99 for ADSL.

Please check the Green PC website for what is available:

Website: [www.greenpc.com.au](http://www.greenpc.com.au)  
Email: [wa@greenpc.com.au](mailto:wa@greenpc.com.au)  
Tel: 9434 0530 to place an order.

## NATIONAL COMMUNITY CRIME PREVENTION PROGRAMME

Crime and the fear of crime consistently rate amongst the highest concerns of the Australian public. The Australian Institute of Criminology has estimated that crime costs Australia around \$32 billion per year.

The Australian Government shares the community's concern about crime and violence and their impact on people's lives.

Although the States and Territories have primary responsibility for the criminal justice system, since 1996 the Australian Government has undertaken a range of substantial initiatives aimed at reducing the incidence of violence and other crime in Australia.

The second round of grants under the National Community Crime Prevention Programme will be advertised on Saturday 13 November. The closing date for applications is 7 February 2005.

The National Crime Prevention Program's objectives are to identify and promote innovative ways of reducing and preventing crime and the fear of crime. The program includes both research and practical initiatives including, national pilot projects, local prevention activities, communication and training initiatives. The key priorities for Crime Prevention and Community Safety are :

Indigenous justice and crime prevention

- Alcohol, drugs and other substances and crime prevention
- Crime prevention for the built environment
- Role of communities in crime prevention
- Evidence base and evaluation for crime prevention
- Workforce development.

**Application kits may be downloaded from:  
[www.crimeprevention.gov.au](http://www.crimeprevention.gov.au)**

**Alternatively, please contact the  
Attorney-General's Department to arrange to  
have a kit sent to you.  
Ph: 02 6250 6711 or**



## THE RUCSN SCHOLARSHIP HELPING INCLUSION TO HAPPEN

Applications for the seventh annual RUCSN Scholarship are now open. The RUCSN Scholarship (awarded to the value of \$5000) is aimed at young people with disabilities entering post secondary education for the first time in 2005.

By providing funds that are used to cover costs incurred by having a disability, the RUCSN Scholarship enables recipients to engage with their studies more effectively and pursue dreams of further education.

Past Scholarship funds have been used to purchase equipment such as tape recorders, voice recognition software and laptops as well as travel costs associated with having a disability.

Applications close on 10 January 2005.  
Application packs can be downloaded from the  
RUCSN website  
[www.rucsn.org.au/scholarship.htm](http://www.rucsn.org.au/scholarship.htm)  
or by contacting Stephanie Brozicevich on  
08 9212 9821  
[stephanie@rucsn.org.au](mailto:stephanie@rucsn.org.au).



ARAFMI is starting a support group for family & friends of people who have either anorexia or bulimia.

To find out more about the group please call Nerrida on  
Tel: 9402 7022 or  
Email: [nerrida@arafmi.asn.au](mailto:nerrida@arafmi.asn.au)



## 2005 World of Difference Program

**Are you passionate for the world around us?**

**Do you want to make a real difference?**

**The Vodafone Australian Foundation is giving you the chance!!!**

Vodafone Australia Foundation is offering four Australians an opportunity to fulfill their passions by spending a year working for their favourite Australian registered charity - and get paid to do it – through the 2005 World of Difference program which opened this month.

A salary of up to \$50,000 and expenses of up to \$25,000 will be supplied to the winners, who will also be supplied with the latest Vodafone technology such as wireless data cards for laptops and mobile phones to help them make a difference for the cause of their choice and keep in touch while they're on the job. Before the winners are chosen, Vodafone will liaise with the nominated organisations and seek input on their applications.

Entries close on 31 December 2004 and winners will be announced in February 2005, with the new jobs beginning in April.

The World of Difference program is open to all Australians.

**To enter, simply log onto [www.vodafone.com.au](http://www.vodafone.com.au)**

follow the links to World of Difference and submit an application of 3,000 words or less.



Microsoft makes monetary grants and in-kind donations of software to nonprofit organisations around the world to help people and communities realise their potential.

Microsoft Unlimited Potential (UP) is a global initiative that focuses on improving lifelong learning for disadvantaged young people and adults by providing technology skills through community technology and learning centers (CTLCS). Microsoft believes that by providing technical skills training to disadvantaged individuals, we can partner to create social and economic opportunities that can change peoples' lives and transform communities.

Microsoft seeks to remove the limits to individual potential around the world by eliminating technology illiteracy.

Nonprofit organisations are welcome to submit proposals for our giving programs if they meet our general eligibility criteria and giving guidelines. Microsoft also donates software to eligible nonprofit organisations around the world.

Microsoft accepts funding proposals from eligible organisations through Microsoft subsidiary offices located around the world.

To find out how and when proposals are accepted in each subsidiary, or to apply for a grant from Microsoft, please contact the Microsoft subsidiary nearest you.

**Microsoft Pty. Limited  
1 Epping Road  
North Ryde, NSW 2113  
AUSTRALIA (Sydney)  
Phone: 13 20 58**

**FREE TO WISH MEMBER SELF HELP GROUPS**

- 1 x Video Trolley*
- 1 x 14 inch computer screen filter*
- 1 x Dictaphone machine*
- 1 x Projector screen*
- 1 x White bookshelf (with four adjustable shelves)*
- 1 x preloved Ronson kettle*
- 4 x Quicken - Quickbooks Version 7 (Windows 95, 98 & NT)*

*Please lodge your expression of interest by contacting the WISH office.*

**Calendar Dates**

**December 2004**

- 1** *World AIDS Day*  
**WA Aids Council**  
Phone: 9482 0000  
www.waaid.com
  
- 3** *Motor Neurone Disease*  
**Street Appeal**  
**Motor Neurone Disease**  
**Association**  
Phone: 9346 7355  
www.mndawa.iinet.net.au
  
- 3** *International Volunteer*  
**Day**  
**Australian Red Cross**  
Phone: 9325 5111  
www.redcross.org.au
  
- 5** *Thank A Volunteer Day*  
**Office for Seniors**  
**Interests and**  
**Volunteering**  
Phone: 9220 1111

**January 2005**

No Events scheduled.

To have your groups or organisations event placed in this section please contact the WISH office on 9228 4488.



## SELECTION OF SELF HELP & COMMUNITY BASED GROUPS REGISTERED WITH WISH.

### **HOMICIDE VICTIMS SUPPORT GROUP (WA) INC**

PO Box 8435  
PERTH WA 6849  
Tel: Support Line 0500 805 806 (24 hour service)  
(THIS IS NOT A FREECALL NUMBER)  
E-mail: jan\_g@tpg.com.au

To provide support to people who have lost relatives or friends to homicide. Along with our groups main aim we also advocate for victims rights, perform community education and provide an information function.

### **ORCHARD GRIEF SUPPORT GROUP**

C/- Murdoch Community Hospice  
100 Murdoch Drive  
MURDOCH WA 6150  
Tel: Office (08) 9366 1366  
Fax: (08) 9366 1367  
E-mail: veronica.coombs@sjog.org.au  
Web Site: www.murdochhospice.asn.au

Our weekly group offers ongoing support activities and education in a social setting for anyone who has suffered a loss. Support group and activity programmes run weekly.

### **PARKINSONS ASSOCIATION OF WA INC**

Centre for Neurological Support - The Niche  
Suite B 11 Aberdare Road  
NEDLANDS WA 6009  
Tel: Office (08) 9346 7373  
Rural Freecall: 1800 644 189  
Fax: (08) 9346 7374  
Web Site: www.quartec.com.au/parkinsons

To provide support and information to people with Parkinsons and their families. To raise awareness of Parkinsons Disease in the community and educate health professionals in the needs of the people with Parkinsons Disease.

### **THE SPINA BIFIDA ASSOCIATION OF WESTERN AUSTRALIA (INC)**

Centre for Neurological Support - The Niche  
Suite B 11 Aberdare Road  
NEDLANDS WA 6009  
Tel: Office (08) 9346 7520  
Fax: (08) 9346 7519

E-mail: info@sbawa.asn.au  
Web Site: www.sbawa.asn.au

To assist parents and others associated with Spina Bifida to cope with and understand the problems arising from this condition. To educate the community and inform members of treatment and research developments.

### **PERTH CITY MISSION - (MISSION AUSTRALIA)**

PO Box 6363  
EAST PERTH WA 6892  
Tel: Office (08) 9421 1199  
Fax: (08) 9221 0362  
E-mail: westernaustralia@mission.com.au  
Web Site: www.mission.com.au

Tackles the wider social issues in our community, including substance misuse, unemployment and family crisis by operating a number of programs.

### **SALVO CARE LINE**

PO Box 8034  
PERTH BUSINESS CENTRE WA 6849  
Tel: Counsellor on duty (08) 9227 8655  
Fax: (08) 9328 3947  
E-mail: SalvoCareLine@aus.salvationarmy.org

Provides a listening ear for people in a crisis situation. Referral to emergency accommodation-twice daily update. Food and welfare referral. Information and referral to other material needs.

### **COMPASSIONATE FRIENDS, THE**

City West Lotteries House  
2 Delhi Street  
West Perth WA 6005  
Tel: (08) 9486 8711  
Freecall: 1800 628 118  
Fax: (08) 9486 8717  
Email: chuck@q-net.net.au  
Website: www.angelfire.com/co/compassion

A non-denominational support group for bereaved parents and their families who have lost a child at any age. Please telephone for group meetings and rural contact details.

**The Western Institute of Self Help (WISH) established in 1983 is a unique non-profit community based organisation.**

**ABOUT WISH:** WISH represents self help groups in Western Australia by advocating on their behalf and by maintaining the profile of self help within the community. WISH helps people help each. We:

- *Link people and information*
- *Assist groups to develop and run*
- *Support with resources & services*
- *Train individuals and groups*

**SERVICES:** A range of services is available to provide practical and personal support and information for individuals involved in new and existing self help and support groups as well as providing networking and linking opportunities for professionals, service providers and members of the community.

Some specific services include:

- Telephone Information Line***
- New & Existing Group Development***
- WISH Directory of Self Help Support Groups & Community Organisations***
- WISH News Exchange Newsletter***
- Resource Centre***
- Media/Promotion Assistance***
- Information Packages***
- Workshops***
- Web site***
- Register of Rare Conditions***
- Fully equipped Meeting Room & Display Boards for hire***
- Publications/Audio & Video Tapes***



## MEMBERSHIP REGISTRATION FORM

**Self Help Group/Individual (Unwaged)/ Student (Unwaged):** ----- \$16.50

**Individual (Waged)/Community Organisation/ Educational Institution:** ----- \$33.00

**Professional/Commercial/Government Department/Corporate:** ----- \$55.00

(Note: rates above are inclusive of GST)

I am interested in:

- Becoming a member of WISH**
- Please send me further information**

**Surname:**-----

**First Names:** -----

**Postal Address:**-----

-----

-----

**Actual Address:**-----

-----

-----

**Telephone No:**-----

**Facsimile No.** -----

**Email:** -----

**Website (if applicable):**-----

**Name & Description of Group if applicable:**

-----

-----

-----

**Please send your completed form with payment to WISH: PO Box 8140 Perth Business Centre WA 6849**

**ABN: 23 041 552 831  
This is a tax invoice**



**NEWS EXCHANGE**  
 Print Post Approved PP 602669  
 00311

**If undelivered return to:**  
**Western Institute of Self Help (WISH)**  
**PO Box 8140**  
**Perth Business Centre WA 6849**

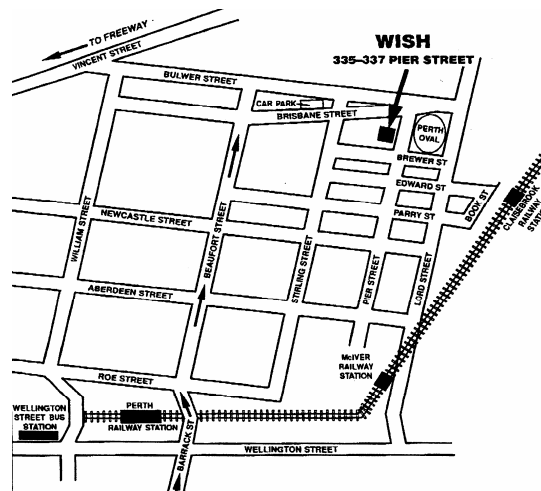
**SURFACE  
 MAIL**

**POSTAGE PAID**  
**Perth Business  
 Centre WA 6849**

INSERT ADDRESS LABEL  
 HERE

**CONTACT DETAILS:**

*Tel:* (08) 9228 4488  
*Freecall:* 1800 195 575  
*Fax:* (08) 9228 4490  
*Email:* info@wish.org.au  
*Website:* www.wish.org.au  
*Hours:* 9am-4pm  
 Mon -Thurs  
*Postal Address:* PO Box 8140  
 Perth Business  
 Centre WA 6849  
*Location:* 335-337 Pier Street  
 Perth WA  
 (opp. Perth Oval)



The WISH NEWS EXCHANGE is published in Western Australia by the Western Institute of Self Help (WISH). The views expressed in this newsletter, enclosed flyers or inserts are not necessarily those of the Editors or the Western Institute of Self Help (WISH).

**COPYRIGHT: Reproduction of the WISH articles is encouraged as long as the source is acknowledged. Should an article already state an acknowledgement then it is essential that you make contact with the original publisher.**