



PeopleBank News

DOMESTIC VIOLENCE

Domestic violence is a significant public health issue. It affects the physical, psychological, and social health of sadly many families. In this edition we feature two local services that are helping rebuild the lives of women and their children in the Sydney North community.

'Safer Together':

Responding to Domestic Violence
Takes a Community Effort

WOMEN & CHILDREN FIRST (WACF)

Women & Children First (WACF) is an organisation providing refuge and recovery programs to those impacted by domestic violence and homelessness.

They offer many services to both women and children, and their refuges are always full, highlighting the pervasive nature of abuse, which affects individuals regardless of age, gender, socio-economic status, or background.

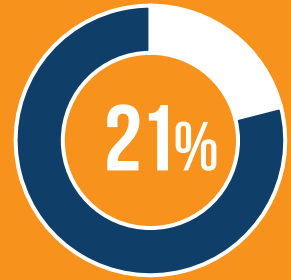


Gabrielle Morrissey Hansen Co-Chair
- Women and Children First

WACF emphasises that police reports alone do not reflect the true scale of domestic violence, due to significant barriers to continued >>

IN FOCUS:

DOMESTIC VIOLENCE IN NSW (ABS STATISTICS)



An estimated **4.2 MILLION ADULTS** (21%) have experienced partner violence or abuse since the age of 15, including:



1 in 4 (2.3 million) women



1 in 14 (693,000) men

DOMESTIC VIOLENCE (CONTINUED)

reporting such as fear, stigma, and potential repercussions. WACF receive calls and referrals for four times the number of women as those who report to police. This gap underlines the necessity for robust community-based support systems that offer accessible, effective intervention and assistance.

One crucial area of community support comes from GPs, who can be the first professionals to learn of abuse. Statistics show that more than one in five women disclose incidents of domestic violence to their GP first. Recognising this, WACF encourages healthcare professionals to refer patients directly to their services. This referral process is vital, as it facilitates the first step towards safety and recovery, and strengthens the support system through comprehensive, collaborative efforts.

WACF has launched Safer Together, a prevention and education initiative, focusing on eradicating domestic abuse through community engagement, education, and advocacy. It provides tailored sessions to diverse audiences, addressing the root causes of abuse and promoting positive social change.

If you or someone you know needs support, or if you have inquiries about the Safer Together program, WACF can be contacted during business hours at [02 9971 4499](tel:0299714499) or through email at admin@wacf.org.au.



WACF SERVICES AVAILABLE

WACF offers a range of services tailored to meet the immediate and long-term needs of those affected:

- **Crisis Accommodation:**
Secure, temporary housing for those escaping abuse.
- **Information and Advice:**
Empowering survivors with knowledge about their rights and the support available.
- **Advocacy and Referral:**
Connecting survivors with services to aid their recovery.
- **Case Planning and Case Management:**
Creating personalised plans that address immediate safety and long-term stability.
- **Assistance and Advocacy for Affordable Housing:**
Supporting survivors in finding stable, long-term accommodation.
- **Psychoeducation Workshops:**
Educating survivors on the dynamics of abuse and recovery strategies.
- **Support and Play Groups:**
Facilitating emotional support through community-building activities for women and children.
- **Legal Advice Clinics and Court Support:**
Providing essential legal assistance.

FIND OUT MORE



DOMESTIC VIOLENCE (CONTINUED)

NORTHERN BEACHES WOMEN'S SHELTER (NBWS)

Northern Beaches Women's Shelter (NBWS) is a safe haven, supporting women who become homeless so they can rebuild their lives, reclaim their independence and rejoin society.

Formerly Manly Women's Shelter, NBWS is a non-profit, community-funded charitable organisation providing crisis accommodation, support, safety and services for homeless women across Sydney's Northern Beaches.

The NBWS provides individual case management, including crisis accommodation, transitional accommodation, and outreach support to adult women.

The organisation is often the first point of call when people have nowhere else to go. CEO of the Northern Beaches Shelter, Narelle Hand, says staff walk side-by-side with each resident during their road to recovery, providing vital connections and support to help transform their lives.

"Our goal is identifying and addressing the underlying root cause/s of each individual woman's homelessness, so that their lives are forever transformed for the better through their stay, and the benefits to their health, well-being and prospects are enduring", said CEO Narelle Hand

There can be many factors leading to homelessness including physical, emotional and/or sexual abuse; family breakdown; financial strife; domestic violence; addiction; mental health issues and/or lack of affordable housing.

“ *I felt safe at the Shelter. The staff helped me in so many practical ways but also to realise I was not to blame, and I was not the victim he tried to make me into.* **”**
- A Former resident of NBWS

To learn more visit nbws.org.au >>

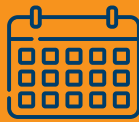
SOCIAL IMPACT:

NBWS 2023 REPORT CARD



9,409

Bed nights at shelter and in transitional housing



120

Average stay of a resident in days



78

Women assisted in crisis & transitional accommodation



574

Women helped since the doors opened in 2010

IMPORTANT INFORMATION & LINKS

IF YOU FEEL YOU ARE IN DANGER OR IN AN EMERGENCY **CALL 000**

- 24/7 NSW Domestic Violence Line: **1800 65 64 63**
- 1800 RESPECT (**1800 737 732**)
- [Women's Legal Services](#)
- [Domestic Violence Health Services](#)
- [Local Kind Northern Beaches](#)
- [DFV a workplace issue](#)
- [Northern Beaches DV Network](#)



COMMUNITY EVENTS

Celebrating 70 years!

Greenway 70th birthday celebrations

When it was built, Greenway in Milsons Point was the first social housing high-rise block in NSW. On 28 March 2024, members of the SNHN team joined residents, community members and dignitaries to celebrate Greenway's 70th birthday.



Guests celebrating at Greenway's recent 70th Birthday celebrations

The event was organised by the Greenway Tenants Group and was a showcase of the close-knit community that residents have created over the years, as well as of the building's heritage.

The program featured a great line-up of speeches, entertainment, and of course cake. Today Greenway is managed for Homes NSW by St George Community Housing and is currently home to 350 people from a diverse range of backgrounds. SNHN has helped the residents set up a wellness centre with visiting GPs, nurses, mental health clinicians and other allied health services to support keeping residents healthy.



Above: Bryce Gunn (President Greenway Tenants Group) and the Hon. Jill Skinner

Left: SNHN team chatting with guests



RECAP ON...



Street Side Medics is a not-for-profit organisation which provides a GP-led mobile outreach medical service for people that are either experiencing homelessness or are vulnerable.

Chemist Geoff from Malouf Pharmacy, Manly and Manly resident Louise



The clinic operates out of a van that has been custom fitted as a medical service. SNHN partnered with SSM to provide a free Covid/Flu clinic at their weekly Monday clinic in Manly. The SNHN Community Engagement team encouraged and supported community members to update their vaccinations.

FIND STREET SIDE MEDICS

CLINIC: 1 Darley Rd, Manly

HOURS: 5.00pm - 7.00pm
Monday - Friday

WEB: streetsidemedics.com.au

PHONE: (02) 8324 7531

AFTER HOURS Health & Medical Services

Getting the *right care at the right time...*
... in the right place

The Sydney North Health Network (SNHN) After Hours program is about improving access to primary health care in the after hours period

In the After Hours period you can phone for a home visiting doctor service that will visit you or a member of your family in your home. Some services offer bulk billing while others require a gap payment. Some Private Health Insurers may also provide a free GP-to-home service to their members

[Find out more about the After Hours Program >>](#)

Home Visiting Doctors Services



National Home
Doctors Service:
13 SICK (13 7425)

Sydney Medical
Service Co-operative:
02 8724 6300

Palliative Care
After Hours Helpline:
1899 548 225

SPOTLIGHT ON: SUICIDE PREVENTION *for* SENIORS

Would you know what to do if an older person you support was having thoughts of suicide?

Generally, when we hear of a suicide, older adults don't come to mind. But sadly men and women aged 85 and over have the highest age-specific suicide rates in Australia. Older adults are also the least likely to use mental health services. If you work with older people, are an unpaid carer or concerned family member and would like to learn how to support someone experiencing thoughts of suicide Anglicare run fully funded suicide for seniors program.

Training will cover:

- Warning signs of suicide
- Common risk factors for the general population and older adults
- Protective factors for the general population and older adults
- How to have a conversation with empathy
- How to identify whether someone is having thoughts of suicide
- Non-clinical support ideas and how to refer on.

[Find out more about Suicide Prevention >>](#)



LINKS TO USEFUL SERVICES

1300 MEDICINE (1300 633 424)

Staffed by registered pharmacists, 1300 MEDICINE is a free service for all Australian consumers. Staffed by registered pharmacists the service lets you ask questions and report adverse reaction to medicines and vaccines.
>> [Click here to find out more](#)

MOTHERSAFE (02 9382 6539)

Advice for women and their healthcare providers concerned about exposures during pregnancy and breastfeeding. This may include prescription drugs, over-the-counter medications, street drugs, infections, radiation, and occupational exposures.

POISONS INFORMATION CENTRE (13 11 26)

24/7 hot line for help on poisoning. The service provides poisons information to the public, and toxicology advice to health professionals on the management of poisoned and envenomed patients
>> [Click here to find out more](#)

HOME MEDICINES REVIEW

Your doctor can arrange for a trained pharmacist to visit you at home to help you get the most out of your medicines.
>> [Speak to your doctor or pharmacist](#)

TALK TO US

Do you live in the Northern Sydney region and want to keep up to date with local health and community news or have a question about the PeopleBank newsletter?

Email the SNHN Community team at Community@snhn.org.au and we'll be in touch.

