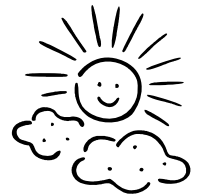


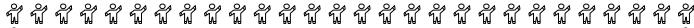


Free Spirits

Survivors Newsletter



Winter 2007
Issue 3



Put on your walking shoes and come and join us in the Yarrow Place Walking Group



WHEN:

Tuesday 7/08/07 at 9.30am

Thursday 9/08/07 at 2.00pm

Then Tuesday and Thursday each week at the above times.

WHERE:

The walk starts from Yarrow Place 2nd Level, Norwich Centre, 55 King William Rd North Adelaide.

Walks will take approximately 30-40minutes around the River Torrens and North Adelaide.

There will be options for all levels of fitness

Don't forget to wear comfortable shoes & depending on the weather: your hat, bottle of water, sun screen or umbrella.



Come back for coffee or cool drink @ Yarrow after the walk.

Staff from Yarrow Place will lead the walking groups and will ensure that the groups leave and return on time.

As the groups progress some walkers may wish to train as Walk Organisers and you can discuss this option with staff.



For more information Ph. 82268777

Run in conjunction with the Heart Foundation



“Many of us spend our whole lives running from feeling with the mistaken belief that you can not bear the pain.

But you have already borne the pain.

What you have not done is feel all you are beyond that pain” – Gibran Kahlil



Editorial Hello to all our readers. It's been an enjoyable experience putting together this newsletter. We hope you enjoy reading it and that the clipart makes you smile. The humour and beauty within this newsletter is in no way to make light of the horrific crime that sexual violence is. It is to help with the healing, as a coping mechanism. Survivors often find surrounding themselves with things that make them smile helps restore the balance between the ugliness and beauty in life.

Recently I had an email from a friend whom I met through the 'Discovering Your Strengths', DYS group. This letter went to the heart of why we put together this newsletter. She wrote...

“On the back of a friend's sister's tragic suicide after struggling with her abuse and situation in life I wanted to say to all of you ... It's awful to hear the loss of anyone but the tragedy is worsened by the fact this woman felt no one could help her in the darkest moments. I hope and I think what we have is a life line we can all turn to in those times - we are warriors. ... Warriors look after their own”.

Remember that **YOU ARE NOT ALONE**, many of us are living with the effects of sexual assault. I encourage you all to attend a DYS group and to use the internet and set up an email address. Your local library, women's health or WIS, Women's Information Service, all have free access and courses to help you use the internet. It is of great help to go to your email address and find uplifting emails from other warriors and to know that you are not alone. The internet can be a real life saver. Continues on page 2

We're here for you!



**Yarrow Place Rape and Sexual Assault Service
55 King William Rd
North Adelaide
Tel (08) 822 68777**



Country Callers 1800 817421

Email: info@yarrowplace.sa.gov.au

Disclaimer : Yarrow Place does not take responsibility for any information provided in this newsletter

We're on the Web!: www.yarrowplace.sa.gov.au

FUN ITEM



The following excerpt is from a 1949 manual on "Figure-training housework" Dusting is another good figure-training task. Here is the way dusting should be done for the greatest benefit: near each end of the mantel, desk top or sideboard, a table or tray-mobile should be placed, each reachable from a position in the centre. In the centre the woman stands squarely, feet planted about five inches apart and slightly turned out. The objects on the sideboard are divided into two halves and as each object is taken up and dusted, it should be placed upon the table farthest from it, the body being turned from the hips, but the feet remaining firm

This is a very profitable way to keep the middle-aged spread at bay, of retaining middle-line suppleness, keeping stomach muscles and colon healthy, and it will prevent "tyres" from encircling the waist.



WORD FIND:

Can you find the following words below?

Cafe Desert Menu
Entrée Dinner Wine

Y	S	E	N	I	W	D	B
P	C	T	R	E	S	E	D
D	D	Q	C	A	F	E	T
E	E	R	T	N	E	H	X
F	F	L	X	T	Z	Y	N
Z	A	O	M	E	N	U	T
L	I	S	K	M	O	M	O
E	D	I	N	N	E	R	S

Editorial continues: The newsletter team now has its own email address where contributions & ideas can be emailed to:

Newsletter Team: <freespiritsfww@yahoo.com.au>

At the newsletter meeting we discussed many ideas and issues including the inefficiency of work cover in assisting employees whose sexual assault occurred in the workplace. We will look into this and welcome any comments or experiences from our readers.

Perhaps I will meet you at the Newsletter meetings (21st September 2-4pm) or the Yarrow walking groups on Tuesdays and Thursdays

Greeting from Sally

The next 'Discovering Your Strengths' group begins on Monday 15th October 10.00am-12.30pm. Contact Yarrow Place for details or speak with your counsellor

Happy 23rd Birthday to the Southern Women's Health Service, celebrations on 16th August.

Laughter To Relieve Stress

Recommend Reading "Disorder in the Court" by American author Richard Lederer. Through laughter we cope with our fear and anger. Here are some funny and true statements about what people said in court. A laugh a minute, "Disorder in the Court" provides hours of reading enjoyment. Recently reported in the Massachusetts Bar Association Lawyers Journal, the following are questions actually asked of witnesses by attorneys during trials and the responses given by insightful witnesses:

Q: Doctor, how many autopsies have you performed on dead people?

A: All my autopsies are performed on dead people.

Q: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

A: Did you actually pass the bar exam?

Q: Do you recall the time that you examined the body?

A: The autopsy started around 8:30 p.m..

Q: And Mr. Dennington was dead at the time?

A: No, he was sitting on the table wondering why I was doing an autopsy

Q: Doctor, before you performed the autopsy, did you check for a pulse?

A: No

Q: Did you check for blood pressure?

A: No.

Q: Did you check for breathing?

A: No

Q: So, then is it possible that the patient was alive when you began the autopsy?

A: No

Q: How can you be so sure, Doctor?

A: Because his brain was sitting on my desk in a jar.

Q: But could the patient have still been alive nevertheless?

A: Yes, it is possible that he could have been alive and practising law somewhere.

Q: Trooper, when you stopped the defendant, were your red and blue lights flashing?

A: Yes.

Q: Did the defendant say anything when she got out of the car?

A: Yes, sir.

Q: What did she say?

A: What disco am I at?

Q: Did you blow your horn or anything?

A: After the accident?

Q: Before the accident.

A: Sure, I played for ten years. I even went to school for it.

Q: You say the stairs went down to the basement?

A: Yes.

Q: And these stairs, did they go up also!!!!



Statistics

Rape and Sexual Assault

Despite numerous research and statistics reports it is very difficult to know the true extent of sexual violence. Statistics show that females consistently record higher rates of sexual assault than males, irrespective of age. The majority of sexual assault victims are female (82% in 2003) and the highest victimisation rate for females is in the 15-19 year age group, followed by the 10-14 year age group (ABS Recorded Crime – Victims 2003). This reflects the high vulnerability of young people to sexual predators and the fact that professionals have to report sexual assault of young people under 18 years of age.

The Australian Bureau of Statistics (ABS) Personal Safety Survey 2005 found that 126,100 women (1.6%) experienced sexual violence in the previous 12 months. Further findings from this study indicate that 1 in 5 women (1,469,500) experienced sexual violence since the age of 15. Overall 45% of women sexually assaulted since the age of 15 had been victims of more than one sexual assault (ABS Women's Safety Survey, 1996).

The ABS Personal Safety Survey further found that 1 in 20 men (408,100) experienced sexual violence since the age of 15 and 0.6% (42,300) men experienced sexual violence in the past 12 months. Males are most likely to be sexually assaulted below 9 years of age, followed by 10-14 year olds and then 15-19 year old men (ABS Recorded Crime – Victims 2003).

Statistics for the prevalence of male victimisation indicate that between 5 and 10% of all reported rapes in the US and the UK per year are male victims (Scarce, 2001). This coincides with South Australian data with 10% of reported rapes in the year 2000 relating to male victims (Office of Crime Statistics, 2001). It is also known that male victims are even less likely to report the rape to police than female survivors because of the social stigma (a result of myths and misconceptions) that are associated with male survivors of sexual assault.

More information on statistics will be included in the next newsletter. Please contact Claudia at Yarrow Place if you require the complete reference list.

SURVIVORS VOICE

My Shadow

I look in the mirror and what do I see?
I see a shadow of who I used to be.
Someone who was cheerful and happy to live,
love overflowing with so much to give,
may be not pretty, but fair of face.
She loved to be singing, and so loved to dance,
head in the clouds, and full of romance.
Things happen in life, that has caused her much grief
and so in return it had caused disbelief.
But there always remained a small flicker of hope,
and that flicker in turn, was what helped her to cope.
That flicker grew brighter with each passing day.
The light it put forth kept the darkness at bay.
She began to crawl out of the shell she was in,
and in towards the light where she should have been.
I cleaned the mirror and I took one more peek
and see now the future isn't really so bleak.
I will keep looking until that day that I see
that the shadow is gone, and I am finally free.

*To the survivors of Yarrow Place,
Here's to us all
pulling our lives back together again
each piece one at a time*



Feel safe with the Red Cross



The Telecross service is a daily phone call from Australian Red Cross, just to check you're ok. Knowing that someone is scheduled to call and check on your wellbeing can bring a sense of security, independence and an improvement in quality of life. This service is available 365 days a year.

Telecross is not a counselling service but a potentially life saving service. If you do not answer your daily Telecross call, an emergency procedure is activated to ensure that a personal visit is made, to check on your well-being.

To find out about receiving a Telecross call or about becoming a Telecross volunteer please call Red Cross on 1800 246 850.

What's On in August 2007

August 2nd, 6th September & 18th October Royal Adelaide Hospital, Relaxation & Meditation Courses

Thursday from 12.00 -1.00pm, 6 weeks cost \$33.00 Enquires and booking ph. 82225193

Southern Women's Stretching & Relaxation Group

Mondays 10 -11.30 & Fridays 9-10.30 More info contact Sally 83849555

August 6th Reveal Your Inner Self

FREE Personal Development workshop @Fullarton Pk Ctr. Places limited. More info or register call 8226 1736

August 7th Reclaiming your Anger

Do you sometimes feel that as a woman you are not allowed to be angry or are you afraid to be angry? 6 wk women's course @Southern Women's Health Ctr. More info call 8384 9555. Free childcare if required.

August 8th 10.00am Reclaiming the Everyday

A group for women who have been to a sexual abuse survivor's group before or who have had some counselling on this issue @ Southern Women's Health Ctr. More info call 8384 9555. Free childcare if required

August 8th Support the Brave women of Afghanistan

Come to hear Sohaila of The Revolutionary Assc. of the Women of Afghanistan@Parkside. More info call 8333 3479 or visit [ww.wawa-australia.org](http://www.wawa-australia.org)

August 10th, 1pm Aromatherapy Workshop

Demonstrations and recipes for making your own creams, shampoos and oils. Southern Women's Health Ctr. More info call 8384 9555.

August 10th Planning & Creating "Learningful Conversations"

FREE personal development workshop@Mawson Lakes. Places limited. More info or register call 8226 1736

August 13th Therapeutic Writing for Women

A creative writing workshop for women who want to explore themselves and their lives. More info call Sally on 8384 9555

August 13th Women's cardiovascular health compared to men

At Northern Women's Health Ctr. Child minding available. More info call 8252 3711.

August 17th 9.30 Healthy Body Healthy Mind

Explore & experience the benefits of physical activity and other "stress less" ideas for your mental /emotional health and wellbeing. @ Dale Street Women's Health Centre Port Adelaide More info call 8444 0700 Light lunch provided.

August 19th Women in the Bush Walking Program

contact Myra on 8331 2992

August 21st Promoting Women's Health & Safety Colloquium

At Uni Hall, Flinders Uni. Cost \$77 \$55/ \$11. More info call Libby 8201 5095 or visit www.flinders.edu.au/conferences

August 22nd Making Effective, Dynamic Presentations

FREE personal development workshop@Oaklands Park. Places limited. More info or register call 8226 1736

August 30th Free Teleconference Family Law Seminar

At TafeSA Adelaide City Campus for Adelaide, Pt Augusta, Pt Pirie, Coober Pedy, Pt Lincoln, Ceduna, Whyalla, Kadina, Berri, Naracoorte, Barossa & Gawler. Please book Susan Gallina or Kristy Saunders on 8463 3528. The seminar will cover the role of a Family Relationship Centre, mediation family law and court procedures.

Useful Telephone Numbers

Adult Childhood Sexual Abuse Helpline	8419 2000
Country callers	1800 176 900
Crisis Care	131 611
Child Abuse Report Line	131 478
Domestic Violence Crisis Service	1300 782 200
Domestic Violence Help Line	1800 800 098
Men's Information Service	8212 0331
Women's Health Line	1300 882 880
Victim Support Service (includes Advocacy, Counselling, Court Companions, Library)	1800 182 368 or 8231 5626
Women's Information Service (Free service includes Internet access, training and Family Court Support)	8303 0590
Country callers	1800 188 158 SMS 0401 989 860
Women's & Children's Hospital	8161 7000
Women's Legal Service	8231 8929
Women's Working Centre	8410 6499



Next Newsletter Meeting will be held on Friday 21st September 2-4pm
Contact Claudia on 8226 8777 or
info@yarrowplace.sa.gov.au or
Newsletter Team via email
freespiritsfww@yahoo.com.au



Women's Information Service English Conversation Group

Where:

Women's Information Service
Station Arcade 136 North Terrace
ADELAIDE

Time:

1.30 – 3.30pm (Friday afternoons)

When: Fri 3 Aug – Fri 28 Sep 2007

This **free** group will be run by Libbie (WIS volunteer). Please contact us if you know of any women who can speak basic English, who would like to meet with other women and become more familiar with Australian culture and the resources in the city.

We plan to have **fun**, use the free bus and visit places around the city like:

- ζ Central Market & the Supermarket etc
- ζ Women's and Children's Hospital
- ζ Post Office, RAA
- ζ Library & the Festival Centre

Contact the Women's Information Service
8303 0590 for more information. 1800 188
158 (Rural toll free)
SMS 0401 989 860

Email: info@wis.sa.gov.au Web: www.wis.sa.gov.au

