



***Reclaim the Night -
what a great night it
was!***

***Other events and
activities for
Sexual Violence
Awareness Month***



The Women's Centre

North Queensland Combined Women's Services Inc

If Undeliverable return to
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Aitkenvale
Qld 4814

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Hello Women

It is the end of an exciting and eventful year for the Women's Centre. A great time to visit our vision and reflect on our achievements.

An integral base for our work at the Women's Centre is a feminist framework. In our practice this means we recognize male dominance in society and that it is normalized with systems and institutions that support and serve to maintain this dominance. The use of violence by men serves to maintain this position and is exacerbated by social inequities such as racism and poverty. It is vital that we do not pathologise and blame women for abuse and violence.

Every day we have the privilege of talking with women and hearing their stories however, it so often includes their sadness, the violence against them and the struggles to survive. The workers that speak to women in crisis are inspiring, creative and give so much strength to so many women. Last financial year 4000 contacts were had with women in crisis. This meant that anywhere between 8 and 15 women came in on any given day and spoke with a counselor or contacted our afterhours service. Counsellors have listened, advocated, reframed, provided practical support and just been there to all the women that have come to the Centre.

Behind the scenes activism has brewed, pamphlets and newsletters developed, training provided, finances maintained, policy consultations and collaborative work developed and maintained.

Some workers have left us and new ones have joined us. This year we said goodbye to Nyree, hello and goodbye to Theresa. Up for Rent ceased to exist due to lack of funding so Anna, Sandra and Karene conveniently finished their contracts and had babies. Well done women. Toni joined us at the beginning of the year and recently Kasey and Lynda have begun as counsellors. Our management committee said goodbye to Karla and hello to Di. It is a great team to be ending 2010 and starting 2011 with. Playgroups are a recent addition to the Women's Centre and are on Monday and Wednesday mornings. We are looking forward to them continuing next year. Thanks to Zonta a shaded area and toys and equipment will be completed in the New Year.

And there was Sexual Violence Awareness Month in October. With great determination and much planning by many women an extremely successful month of events and activities was held. What was that success? Well who did not know about some event at the Women's Centre or run by the Women's Centre during October? Some of the Highlights of the month were:-

- The launch of the car with our slogan was a huge success with many new people and organizations getting on board to help increase awareness of sexual assault in our community.
- The joint AGM with Sera's women's Shelter and North Queensland Domestic Violence Resource Service was well attended
- Five training events were held in Townsville and the hinterlands. The evaluations tell us these were very useful.
- Anna Bligh launched our display "Your Story, Your Choice" on the wall at the hospital and then spent time with the women at the Women's Centre. It was a great opportunity to have a say and the Centre was packed.
- Reclaim the Night march and rally was the biggest in many years. This was due to the government agencies, businesses, community groups and the non-government organizations all getting on board and buying banners and marching. It was a fantastic message to the community.

I say who

I say when

Sexual Violence has to end

I am looking forward to seeing more of you and your friends, family and acquaintances there next year ready to march.

On a final note I would like to wish you a safe and happy Christmas and New Year.

Cathy



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Women's Centre

OPENING HOURS

MONDAY 9AM - 4.45 PM

TUESDAY 9AM - 4.45 PM

WEDNESDAY 9AM - 4.45 PM

THURSDAY 9AM - 12.45 PM

FRIDAY 9AM - 4.45 PM

To All Our Readers:

To save trees and money, The Women's Centre would greatly appreciate your email address so future copies of our newsletter can be sent to you electronically.

Please email us at:

nqcws@thewomenscentre.org.au

Thank you to all those who have already registered for the email newsletter.

DUTY COUNSELLING

IS AVAILABLE ALL DAY BETWEEN THE HOURS OF 9AM AND 4.45PM MON-FRI THURSDAYS FROM 9-12NOON

To see a counsellor, please make an appointment with reception

Reclaim the Night

Reclaim the Night marches and rallies take place each year throughout Australia and the world on the last Friday of October. This is an opportunity for women the world over to stand up and reclaim the right to walk at night without fear of sexual violence.

For Townsville, this year's event was the biggest ever, and reflected the community coming together to say NO to sexual violence.

This year's Reclaim the Night march and rally was held at Strand Park. The event itself was a huge success, with over 300 women, men and children attending representing government and community organisations, local business, and community members. The crowd gathered together to listen to guest speakers and performers all speak about the issue of sexual violence against women in our community.

The event was supported by food and beverage stalls, and a face painter and balloon artist for children. For safety security guards and ambulance officers remained onsite for the evening.

Following the rally, approximately 250 women took to the street to march and protest against sexual violence. Government and community agencies carried banners in recognition of their organisation 'saying NO' to sexual violence. Other women carried banners which spoke about the issues of sexual violence. We were also fortunate to have about twenty female uniformed police officers show their support and join the march. The march headed south along the Strand towards Gregory street round-about, then returned to Strand Park. Women reported feeling thrilled to have had the opportunity to publicly speak out against sexual violence.

Following the march, Melbourne duo, the Stiff Gins put on an hour long concert.

Overall, the evening ran very smoothly, and was thoroughly enjoyable.

A considerable amount of project planning and development occurred behind the scenes which contributed to making this year's Reclaim the Night march a huge success.

Government and non government agencies and Townsville businesses who got onboard to support this event and to participate in the march helped to make this a real community event, and to promote Reclaim the Night to the broader community.

We hope to see an even larger group of women next year to:

RECLAIM THE NIGHT



**isay who
isay when
Sexual Violence has to end**



Reviews of Reclaim the Night...

The Reclaim the Night march took place in Townsville on The Strand on the evening of October 29. Approximately 300 people marched, rallied and listened to music in support of the annual protest of sexual violence against women. As strong supporters of the North Queensland Women's Centre and Reclaim the Night, Alex Lewis, Melissa Baker and Renee Turner from the Calxa team marched on Oct 29. It was a powerful evening, with this year's message "i say who, i say when, sexual violence has to end" coming through loud and clear.

Throughout the month of October the centre put on events in support of Sexual Violence Awareness Month. Some highlights included the launch of the Mazda 2 "message" car with the words "i say" on it,



Anna Bligh visiting the Centre and speaking with women, and the involvement of the defence forces and the police in certain activities.

<http://www.calxa.com.au/news/reclaim-the-night>

The 16 Days of Activism Against Gender Violence

is an international campaign that seeks to raise awareness at the local, national and global levels, calls upon governments to honour their commitments to eradicate violence against women and demonstrates the solidarity of international activists who state the such violence is a violation of human rights.

The 16 Days of Activism Against Gender Violence commences on November 25, which is the International Day for the Elimination of Violence Against Women.

Other significant dates are :

November 29 – International Women Human Rights Defenders Day

December 1 – World Aids Day

December 6 – The Anniversary of the Montreal Massacre

December 10 - International Human Rights Day, the anniversary of the adoption of the Universal Declaration of Human Rights (final day of the campaign)

Reference <http://16dayscwgil.rutgers.edu>



Hi Cathy and Organisers.

Congratulations on a wonderful Reclaim the Night! I really enjoyed the pre-march speeches and dancing, and I was rapt to be able to see the Stiff Gins free and live by the beach surrounded by women and children- who could ask for a better Friday night? I thought Ebony and Niori did a great job whooping everyone into their chants during the march. I did my best to shout at the top of my voice as it seems to be infectious and instil others with confidence to do the same. I noticed that when Niori was near with the megaphone, everyone picked it up two notches in response. I think if the same size crowd or bigger turns up next year that two more megaphone chanters could be put to great use 'maintaining the rage' for the middle and back end of the march. I noticed a few supportive men had taken up their posts in front of the watermark, and when we marched past their supportive and celebratory response seemed to set the tone for the rest of the crowd (rather than being leery and jeery). I will certainly be able to get the men from work down to support us next year if I tell them that their post will be at the watermark drinking beer in red shirts, and cheering us when we walk past. I loved it when the march snaked through the roundabout and turned to see & hear itself! How great we looked! My daughter and I really appreciated the face painting and balloon animal people there, the hot food and slushies, the other children, the big grassy area to runabout in, and a playground within eyeshot -- It made it really family friendly, and the woman next to me from Emergency services said that she would have bought her kids down too had she known. I will definitely be bringing my daughter with me again. It was great.

I did my best to whip up support at work, and our representation was a little underwhelming, but I will start earlier and louder next year.

I spent \$20 on merchandise and will order one of those fearless and free calico bags and few stubby coolers if there are any left... I just didn't have any more money on me at the time. !

Great strategy to get corporate and community support on board. !

I hope the march received good coverage.

Congratulations and thank you for a lovely night.

Rachel



Objecting to objectification: Collective Shout celebrates a year of wins

Collective Shout, a dynamic grassroots campaigning movement against the objectification of women and sexualisation of girls, celebrated its first birthday in Brisbane last month

Collective Shout: for a world free of sexploitation, was founded to target corporations, advertisers, marketers and media which objectify women and sexualise girls to sell products and services. The movement has established itself as a serious agent for change.

In its first 12 months, the movement has achieved a number of significant wins. These include:

- Getting Bonds to withdraw bras for 6-year-old girls
- Getting supermarket chain Woolworths to disassociate itself with a sexist Lynx promotion
- Getting Calvin Klein billboards suggestive of sexual assault removed

Collective Shout co-founder and spokesperson, Melinda Tankard Reist, said the campaign had helped remind companies of the importance of corporate social responsibility.

"What Collective Shout has achieved in its first year is extraordinary," she said.

"We have seen inappropriate clothing, toys and games removed from sale, billboards taken down, sexist ad campaigns stopped.

"We have helped people recognise they have a right to object and equipped and empowered them to take action. We have put corporations on notice that if they do the wrong thing, they will be exposed and boycotted. The bodies of women and girls should not be seen as fodder for companies to exploit for profit."

November 19, 2010

<http://collectiveshout.org/>

The Facts About Child Sexual Assault brochure featured on the next two pages was developed in September 2010 by The Women's Centre.

For copies, please email nqcws@thewomenscentre.org.au

05 www.thewomenscentre.org.au

A comment about pornography

Studies link porn consumption and violence against women - *Presentation by Ines Zuchowski, lecturer at JCU on October 22, 2010 and quoted from Dines, 2010, p63*

"It is especially important for the pornographers to shred the humanity of women in the (pornographic) images, as many porn users have sustained and intimate relationships with women in the real world (Dines, 2020, p63)

"Men may think that the porn images are locked in that part of the brain marked fantasy, never to leak out into the real world, but I hear over and over again from female students how their boyfriends are increasingly demanding porn sex from them" (Dines, 2010, p67)

"As boys grow to be men, they are inundated with messages from the media that both objectify women's bodies and depict women as sex objects who exist for male pleasure" (Dines, 2010, p86)

<http://gaildines.com/>

Quotations

"As feminists, we do not believe that rape is inevitable, but rather that rape and other forms of men's violence are a result of learned attitudes and behaviours which are reinforced by a society that often defines manhood or masculinity through domination.

Too many men make choices to exert power and control over others by using sexual violence. Men who rape CHOOSE to rape and must always be held accountable for their actions. Other men can and do choose non-violence."

"Recent research shows that approximately one third of young men believe it is OK to force a young woman to have sex if she has "led him on". In other words, they believe they have the right to use violence to make a girl do what they want, regardless of the girl's wishes, rights or needs".

"The ever-present threat of rape can act to control women's behaviour. It can **limit how she dresses, when and where she goes, how she behaves...**"

From BRISSC website www.brissc.org.au

New 24 hour helpline

The Hon Kate Ellis MP, Minister for the Status of Women, and Minister for Employment Participation and Child Care while launching a new national 24 hour, 7 day telephone counselling service 1800 RESPECT (or 1800 737 732)

"The next time you go to the movies, the next time you're shopping at the mall, the next time you're at the gym – think of this: Every woman you meet is more likely to have experienced some kind of physical or sexual violence than to have watched the finale of the last season of Masterchef".

"Every woman you meet is more likely to have experienced physical or sexual violence than to have divorced parents. Than to have been born overseas. Than to have more than two children."

"The horrible reality is that nearly one in three Australian women experience physical violence and almost one in five women are victims of sexual violence. In any one calendar year nearly half a million Australian women experience physical or sexual violence, yet sadly we know that fewer than one in ten of these women who experience sexual assault will seek professional assistance and support."

"These are shameful, disturbing figures... we must make it a priority to reduce the incidence of violence against women and take a zero tolerance approach to all forms of violence".

"... the best efforts to prevent the occurrence of violence must be coupled with work to deliver justice for victims and to improve the support services which are available in our community."

"While we know that speaking out can assist coping and recovery there are literally tens of thousands of Australian women suffering in silence, bottling up their feelings or too scared and ashamed to ask for help".

"The statistics of violence against women overall are staggering and shameful. They are worse for Indigenous women and women with disabilities. The Australian Institute for Health and Welfare reports that Indigenous women are 35 times more likely to be hospitalised due to family violence as other women."

"The incidence of violence in our community and our households and neighbourhoods is staggeringly high and must be reduced. We must also let the tens of thousands of Australian women who are suffering in silence know that they are not alone. From today they have one more avenue to speak out, to get support and to start the process of healing as we work to break the cycle of violence."

References:

Response to Question Without Notice, House of Representatives, 19 October 2010, <http://www.kateellis.com.au/speeches/171/>
<http://www.mamamia.com.au/weblog/2010/10/1800-respect-a-national-free-24-hour-helpline>



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Funded by Queensland Health and Department of Communities

Facts About Child Sexual Assault

Fact: The perpetrator is always responsible for his behaviour. Child sexual assault is not the child's fault. No child ever invites sexual assault. Child sexual assault is a crime.

Fact: In the vast majority of situations the perpetrator is a member of the child's family or someone the child knows and trusts, such as a relative, family friend or neighbour.

Fact: Children are usually very frightened and intimidated by the perpetrator, making it almost impossible for them to tell. Children may also feel guilty, ashamed and responsible for the sexual assaults. Perpetrators usually threaten children ensuring they remain silent and available.

Fact: Many children who are sexually assaulted are very young, including babies and toddlers. Children of all ages, girls and boys, are sexually assaulted.

Fact: A child's appearance or behaviour does not cause child sexual assault or excuse the perpetrator.

FREE Services

Counselling Service
Women's Health Service
Sexual Assault Support Service

24 hour support line
Information and Referral
Shelter Referral
Health Promotion
Ongoing Counselling
Therapeutic Groups
Workshops
Community Education
Drop in service
Internet and Telephone facilities
Donations - bread/clothes

No appointment needed to see the daily counsellor

Feel free to come in, relax and have a cuppa
For further information please contact the Women's Centre 4775 7555

Other Important Numbers
NQ Domestic Violence Resource Service (NQDVRs)
07 4721 2888

NQ Women's Legal Service
07 4772 5400

Women's Health Information Line
1800 017 676 Free Call

DVConnect Women's line
1800 811 811 - 24 Hrs Free call

NQCVS-08

What is child sexual assault?

Child sexual assault is any sexual act or sexual threat imposed on a child or young person. It occurs when an adult, adolescent or older child uses his power and authority to involve a child in inappropriate sexual acts.

Child sexual assault is a crime

Perpetrators plan and deliberately target children

All children are vulnerable

The perpetrator is fully responsible for his actions



The Women's Centre acknowledges
the traditional custodians of the land

50 - 52 Patrick Street Aitkenvale
ph 4775 7555 Free call 1800 65 75 01
www.thewomenscentre.org.au

Child sexual assault may include sexual touching, exposing genitals, engaging a child in pornography, and sexual intercourse, involving penetration with a penis, finger, tongue or object.

In the majority of cases, the perpetrator is someone known and trusted by the child, and includes family members, relatives and friends of the family.

Immediate Impact Includes:

- Emotional isolation and feeling different
- Self blame – children may feel responsible, and that they deserve and have caused the sexual assaults
- Guilt – children may believe the sexual assaults are punishments for wrong doings
- Betrayal of trust – perpetrators of child sexual assault manipulate children's innocence and exploit children's vulnerability and need for protection

Impacts Continuing Into Adulthood Can Include:

Relationships – Some survivors experience difficulties in developing intimate relationships in which they feel safe. Sexual contact may trigger memories of childhood sexual assaults.

Anger – Survivors often report feelings of anger and rage towards themselves for being unable to stop the sexual assaults, towards the perpetrator, and/or towards parents/caregivers for not protecting them. It is not uncommon for survivors to believe they told an adult, or an adult knew what was happening. This may or may not be the case.

Sometimes children may disclose information about child sexual assault using language which does not alert a trusted adult to the danger they are in.

Fear, anxiety and depression – Many survivors continue to live with these effects and experience high levels of anxiety. These are normal responses to trauma.

Self-harming and suicidal behaviours – In coping with the overwhelming impacts of child sexual assault, some survivors may engage in cutting or burning themselves, or experience repeated thoughts of, and/or attempts to, commit suicide.

Fear of becoming a perpetrator of child sexual assault – This

belief has no basis in fact. No link has ever been established between experiences of childhood sexual assault and becoming a perpetrator of sexual assault against children.

Perpetrators of Child Sexual Assault

The vast majority of child sexual assault perpetrators are adult or adolescent males who are known and trusted by the child. He may be the child's father or stepfather, grandfather, older male cousin, brother or brother in law, uncle or someone else within the family. Perpetrators of child sexual assault come from all walks of life, and could also be a trusted family friend, neighbour, sporting coach, teacher or priest. While children may also be at risk of sexual assault by a stranger, this occurrence is less likely.

Perpetrator Tactics

Child sexual assault is planned and occurs when perpetrators deliberately select children to target them for sexual assault. A wide range of intentional behaviours are used by perpetrators to groom and involve children in sexual acts. Based on their adult power and status, perpetrators of child sexual assault use trickery, manipulation, threats and force to target children, who by their very nature, are powerless and vulnerable.

Grooming

Grooming involves the perpetrator developing a special trusting relationship with a child or children through:

- the giving of gifts and compliments
- providing special favours
- engaging the child as a confidante
- gradually desensitising the child to sexual language and sexual touching
- pretending this is all a game
- pretending sexual touching is accidental
- breaching the personal boundaries of a child under the guise of "normal" bathing, bed time routines etc.

The child is gradually entrapped in a sophisticated web of deceit and manipulation enabling the perpetrator to escalate his control and the severity and frequency of the sexual assaults.

In many cases, the perpetrator also actively grooms others who are close to the child, with the deliberate intention of deflecting any possible suspicion.

On-going Impact for the Child:

Secrecy and Silence

The child is now further subjected to

- emotional abuse
- blackmail
- manipulation
- intimidation
- bullying
- threats about what might happen if she tells

The perpetrator convinces the child that she consented to the sexual acts and that she is in fact in a "relationship" with him. He may imply that the child initiated the "relationship".

Responsibility

Recovery from child sexual assault can be a long journey.

If you have never talked about how this has affected you, you may decide now is a good time to begin.

**There is hope
You can heal**

The launch of the interagency display

"Your Story, Your Choice"
at the Townsville Hospital on
October 22, 2010

The Sexual Assault Regional Response Group (SARRG) is an interagency group which meets regularly at The Women's Centre.

Members of the group include Queensland Police Service, Forensic Medical Unit at the hospital, Sexual Health Services, Victim Assist and The Women's Centre.

For the third year during Sexual Violence Awareness Month, SARRG has developed an exhibition to raise awareness about sexual violence, which is displayed for two weeks on a wall at the hospital near the main entrance. This year "Your Story, Your Choice" utilised visual images and brief information to demonstrate how victims of sexual assault can access support from the above services. A powerful metaphor highlighting streamlined access and support for victims was represented by photographs of open doors, sending the message that any door (service) which victims of sexual assault approach will enable appropriate support to be offered to victims, and facilitate referral to additional services.

Of particular note, The Women's Centre successfully negotiated for Anna Bligh to launch "Your Story, Your Choice". The launch was attended by a number of local politicians and other official guests as well as staff from the various agencies involved and the media. The exhibition was a high quality representation of the theme and included the launch and display of an information package available to the public and developed to replicate the theme of the exhibition. This package will prove to be an invaluable resource for the future.

Following the launch, Anna Bligh attended The Women's Centre for morning tea and engaged with many women at the centre. This was quite an informal occasion with many women having an opportunity to have a conversation with her.

Some of the comments made by women included:

- *Informing Anna that The Women's Centre needs bigger premises and more money*
- *That the centre "does an amazing job"*
- *That "I'd be lost without the centre"*
- *"Anna was really nice, and I was so excited to be able to speak to her"*
- *"I didn't vote for her last time, but after meeting her, I'm going to."*



At the Launch of the "Your Story, Your Choice" exhibition: Member for Townsville, Mandy Johnstone; Assistant Commissioner of Police, Clem O'Regan; Queensland Premier Anna Bligh, Coordinator of The Women's Centre, Townsville, Cathy Crawford and Member for Mundingburra, Lindy Nelson-Carr.



Some members of the Sexual Assault Regional Response Group who organised the exhibition

You can talk about sexual assault to:



They will give you information and support

It's Your Story It's Your Choice

Launch of Sexual violence awareness month.

Sexual assault is a significant issue in the community and in Townsville alone there have been 106 sexual assaults reported this year.

We know that most sexual assaults go unreported and that one in four women are sexually assaulted in their lifetime.

October is about increasing people's awareness and encouraging all people to be involved in eliminating sexual violence.

To launch Sexual Violence Awareness Month a pancake breakfast was held in the Women's Centre forecourt.

The Key Motors marquee was festooned with red, white and purple balloons, two barbecues were busy turning out piping hot pancakes, (with all the trimmings) and a croud of women, men and children gathered, listening to music by Eve Bolton.

The launch was opened by Nonie Harris, president of the Women's centre Management committee, followed by a welcome to country by Gracelyn Smallwood.

Police inspector, Sheryl Scanlon spoke about the one year anniversary of the sexual assault fax back partnership, and Betty McLellan gave the key note speech.

The winner of the iphone competition was announced by Lindy Nelson-Carr, and the Women's Centre's new "isay" mazda was unveiled. The ribbon was cut by Townsville City Councilor Jenny Hill, Key Motor's Renee, and president of the Women's Centre, Nonie Harris.

The signwriting on the car was sponsored by the Townsville City Council and BHP Billiton through the Safe and Healthy Townsville Safety Grants.

The launch also was the chance to show our new street signage to the world.

We were very excited by all the events which made up the launch. Women were also encouraged to stay after the launch for activities in the backyard.



Write a song - Win an iphone Competition winner announced

The winner of the iphone song competition was announced by Lindy Nelson-Carr during the launch.

The Highly deserving winner was Eve Bolton with her song "Insane Love". To hear this you can visit her website on

<http://www.myspace.com/eviesmusic24>.

The entries received for the competition were all wonderful, creative expressions of women's thoughts and feelings. We have published some of the lyrics in the following pages.

Congratulations

*to all the women who
entered the competition.*

**isay who
isay when
sexual violence has to end**



SET THE WOMEN FREE

By Vivienne Laterre

A child born so beautiful, innocent and free to grow
For some its not that way for long
At first a young age rape and violence is all they know
Taught to believe that it is right and they are wrong

Chorus:

*Speak out reach out there are those who care and know
how to help change your life into a
Dream from a nightmare*

The sweet, the smell
The reminders of a living hell
The silence, the anger building, festering under layers
of guilt and self-loathing
Made worse if you don't tell

Chorus:

Led to believe that there's no-one who'll listen
No-one to understand your plight
So you cry tears of blood
Alone on your pillow at night

Chorus:

The words who we were and what we could've been
Play over in your mind
A sad and tragic drama with no end it might seem
But women its time and its up to us
To change the scene

*Speak out reach out there are those who care and know
how to help change your life into a
Dream from a nightmare*

LOVE STORY

By Alison Saylor

I would like to tell you a story, a story about love.
Bout a girl who lost her life, how she lost her life
though love.
She was such a sweet little thing, she was as fragile as
soft glass.

To the friends that knew her, she was a special kind
of lass.

Does it matter any way, for her love could not be
found, wishing she walked out the door one day, she
wouldn't turn around, turn around, turn around.

She sits down in her eyes she's alright, but her mind
think of something else, no-one know what she's
thinking about, no-one really cares.

She turns to man in her life, but does he really care.
No-one knows what she's thinking about, and no-one
really cares.

She looks around she's scared what she see's that
wasn't her dream.
She's gone to the edge alright but does it matter
anyway for her love could not be found, she walked
out that door one day she never turned around turned
around turned around.

She sits down in her eyes she's alright but her mind
thinks of something else, No-one knows what she
thinking about no-one really cares.

I SAY WHY?

By Lorraine Durs

You don't know me or really care
You've abused my body, you're standing there
I say who are you to hurt me so
I say when did you get the right, you know,

Chorus:

*Sexual violence has to end
How can you do this then pretend
That you're not a monster, you're ok
You make me sick, so go away*

There is no kindness shown to me
How can I ever feel I'm free
I say what are you, you hurt me so
I say why do you feel your right, you know,

Chorus

Don't you understand it's not right
Even if I didn't struggle and fight
I say I was trying to survive
I say I was trying to stay alive

Chorus

My feelings for you are only sad
You've hurt me so much I feel you're bad
I say who are you to hurt me so
I say when did you get the right, you know,

Chorus

Your friends think that you're ok
if they only knew the truth today
I say who do you think you are
I say why did you go so far

*Sexual violence has to end
How can you do this then pretend
That you're not a monster, you're ok
You make me sick, so go away*

*Sexual violence has to end
How can you do this then pretend
That you're not a monster, you're ok
Let me be free, just go away.*



INNOCENCE LOST IN SOCIETY

By Yasmin J. Al-balroni

You left me naked
So violated
Stripped of my senses
And now I can't eat or sleep
Seems I'm somewhat incomplete

'Cause you raped me
Not just raped my body
But stole my soul and sanity
Put me in a different state of reality
Reality I hadn't seen before
Seems I had that innocence of a child before
Not so innocent anymore

Now that you left me
Cold and naked on the floor

This a child talking
And screaming out about
What happened to her before

She is not a child anymore
But now a very strong lady

But her strength was built from sadness
And finally enough a little madness
Seems we all have some in us
When we are faced
With the harsh reality
Shame reality has to be so harsh
Where is the sense of family?
Where is the sense of society?

Seems its lost
In the world today and
Along with it goes our children

Yeah they are slowly taken away
Or lost into space
Seems that's where our society falls short
What good is it if it can't protect our children anymore?
Sometimes sadly not even with the law.

I WILL NOT BE SILENCED

By Joy Manly

I've had a story
Long long time inside me
Time now to release it
Time to set it free
Now I will not be silenced
This song will not be silenced
My story will haunt you
Remind you of me

You may think I've gone
Or that I've forgotten
It's all still here
In my memory
So I will not be silenced
This song will not be silenced
My story will haunt you
You will never be free

You blackmailed me with shame
To try and buy my silence
You said you did nothing wrong
You not to be blame
But I will not be silenced
This song will not be silenced
My story will haunt you
Whatever your name
'cause it knows your name
That is its aim

Whether you need help
Or whether you need justice
Not for me to judge
What happens to you
I will not be silenced
This song will not be silenced
My story will haunt you
Whatever you do

Won't let you hurt my sisters
My brothers or my children
My story will protect them
From bearing these scars
I will not be silenced
This song will not be silenced
My story will haunt you
Wherever you are

You know who this song's about
You know who I'm pointing out
I don't have to spell it out
You know what you have done
I will not be silenced
This song will not be silenced
My story will haunt you
Wherever you run



SWEET SWEET BUTTERFLY

By Raelene Maree Sloman

Oh, such sweet, sweet butterfly
Do not cry
I know how broken and disappointed you are
But you are forgetting one thing.
Dry your eyes sweet, sweet butterfly
Remember your name
It's butterfly
Forget your worries, shames and guilts
You are a new beginning, a new creation.
So spread your wings wide, sweet butterfly
Fly and hold your head up high
Oh sweet, sweet Butterfly

3.00PM 11.03.97 TUESDAY

By Raelene Maree Sloman

I was nearly dead, I should have died
Everyone keeps telling me that
Yelling I think they are trying to get the message through
Well I wish they would all stop now
Because I know I should be dead
But for some unknown reason I'm not
I feel all alone here
The counselors gave me such a hard time
They told my dad that they just hurt me but
Had to and I believe that
But even the doctor today
Gave it to me
Told me I did it to easy last time
Didn't try hard enough
If there is one thing
I'm sure of and that is that
This addiction will try and get you
Whenever and however it can
It is not easy to beat
I know in my heart
I was serious last time
And tried I was honest bit somehow
I didn't stay focused
The last few weeks
I was confused lonely mixed up
I'm only here for me
I just wish everyone knew that
And would behave knowing that.

10.00AM 12.03.97 WEDNESDAY 3RD DAY...

By Raelene Maree Sloman

My head spins round and round
My eyes, wow, they roll in and out from the back of
my head
They water something bad
And then when their not, their crying anyway
I think i'm hungry so then I eat
My stomachs all cramped up anyway
But the food feels like its some sort of
Evil shit in my gut
But I don't want to vomit
I just did a couple of hours ago
I thought id be good this morning
I had eggs for breky and coffee
Have you ever vomited eggs and coffee?
Now that's the evil im talking about
It's horrible
Sp that's why I just lay here
And go to sleep
Sleep it all over...

10.15AM 11.03.97

By Raelene Maree Sloman

I feel like its all going to end
Existing
That's all I was
Existing well I could say
Somehow miracle surviving as well
With Gods doing
No energy
I can feel my heart
Slowly beating through
My chest
It's all I can feel
And then pain and hurt
Inside
Its feels like somehow
All the pain and the hurt
I've caused others
Has ended up somehow
Inside of me twice as bad
My body feels numb
I can barely move
I try and walk out of my sick bed
Down the corridor for a smoke
And my eyes can barely be lifted
To see anything, somehow I have
To tell my body to move to walk and get
Me there
Tired, oh so tired
My belly is sick just wants to throw
Up again and again but I won't let it
I'm to slack that's another mission like
Trying to have a smoke but way more energetic
I just wonder why I am alive?

5.00 PM 11.03.97 TUESDAY

By Raelene Maree Sloman

Someone once told me
One day your parents
Are going to find you dead
And they are going to say
Thank God
At least it's all over now
Well, why am I alive?
How can I be alive?
You know I don't think
It's fun hurting them
The way I do, but I do
Hurt them over and over again
I never thought of dying
Never thought it will be good
But at least I wouldn't be here
To hurt them anymore

12.30PM 12.03.97 WEDNESDAY STILL IN SICK BAY

By Raelene Maree Sloman

There's my blood in my eyes
I'm not scared of death anymore
The cross that follows me
Is the only thing that keeps me alive?
I should be dead
For there's my blood in my eyes
I'm not scared of death anymore
I've lost my nerve
I know in being used
Drugs I love them and my addiction loves me
But I have no self-esteem
So I like being used
For there's blood in my eyes
I'm not scared of death anymore
I know I should say no
But I hurt so badly
From hurting others
I'm such a bitch
So I give myself a hit to knock all the
Other shit out
For there's blood in my eyes
I'm not scared of death anymore
I was killing myself the counselors
They keep in telling me I should be dead
You know that drives me mad
Why aren't I dead???
For I've put blood in my eyes
And in others, in my parents heart
I keep tearing their heart apart
I'm not scared of death anymore.

Finding medical help

If you are looking for a doctor in Townsville-the Townsville General Practice Network may be able to help.

To find a list of medical practices, contact details, their doctors and any special interest go to the website:

<http://www.tgpn.com.au/programs.shtml>

Did you know...

Townsville General Practice Network has a new program?

Closing the Gap – Indigenous Health Incentive-tackling Indigenous chronic disease.

You may be eligible to participate in this health program with your doctor.

If you are Aboriginal &/or Torres strait Islander , 15 years of age or over and your Doctor determines that you have a chronic condition he/she may ask you to register and consent to be involved in the Indigenous Health Incentive.

This means that you would like your Doctor to provide better management of your chronic condition and help you to make better choices to improve your health.

Your Doctor and/or Practice Nurse will be asking you to attend regular appointments to monitor your health and support you in taking part in your own health care.

Combined with access to cheaper medicines; your basic health and wellbeing should improve!

CONTACT YOUR Choice of DOCTOR at your MEDICAL CENTRE TODAY!!

For more information contact Robyn Illin on 4725 8915 at The Townsville General Practice network.

New Staff

Kasey

Hi Women,

My name is Kasey and I started work with the Women's Centre on the 22nd of November as a Counsellor.

During my first week I had orientation after orientation to get me up to speed with the running of the Women's Centre. I must admit, I was a little overwhelmed by how much happens here!

I was very interested and impressed to find out about all the fantastic (and free) groups that are run here for women, the services that can be provided on an individual and family level and the continued commitment by all the workers.

The Centre Resource Support Worker's were so helpful to me in my first week as I was able to sit at reception and learn about the daily tasks such as answering the phones, logging into computers and the packing of all that bread.

Although I have only been working here for a short time I already feel like part of the team. I have been welcomed with open arms and feel that the Women's Centre is a life changing environment for all women who enter our front door.

I look forward to getting to know you all better in the new year.

Kasey

Lynda

Hello,

I would like to introduce myself to those who have not yet met me. I am Lynda Jelley who has been employed at the Women's Centre since the 5th November 2010 as a Social Worker/Counsellor. My partner, dog and I have moved over from the neighbouring land of New Zealand to join you all in this tropical sunshine. Yes, I am yet to fully appreciate the summer as you know it!!

I am thoroughly enjoying working alongside such a diverse group of women, who have all made me feel very welcome. I was fortunate to be here for 'Reclaim the Night', so was able to walk and chant the night away with all the other women, which was a great introduction to the Women's Centre philosophy. I look forward to the year ahead and participating more within the Townsville community.

Happy festive season to you all.

Lynda



Every Dollar Counts

Search for concessions

- **Search by card type**
- **Search by category**
- **Search by department**

Every dollar counts is a comprehensive guide to concessions, retail discounts, rebates and assistance available to families, pensioners and Queenslanders who may be financially stretched, or want to save on future energy expenses.

You might be pleasantly surprised at the types of assistance available - if you're wanting to buy a home, save for a rental bond, save on power, invest in solar panels, or take advantage of the many concessions offered for travel, rates and even car registration - this is the website for you.

Every dollar counts (PDF 481 KB) lists concessions offered by the Queensland Government on services such as ambulance, public transport, electricity, motor vehicle registration, council rates, health, recreation and education.

For online information see overview of available concessions or search for a concession below.

<http://www.communityservices.qld.gov.au/community/concessions/>



Groups at the Women's Centre - Forecast for 2011

Yoga

Yoga with Meredith has been running at The Womens Centre since June 2008. This popular group will continue in 2011. The last session for 2010 will be held on Friday 17th December, and yoga will recommence in 2011 from Monday January 31st.

Due to wet weather, and no indoor facilities available on Fridays, Friday Yoga will recommence from April 2011

Meredith even brings along mats for new comers to use.

Donations are gratefully accepted to keep this activity running.

It is held in the back yard under some orchard and mango trees and is a lovely environment in which to practice yoga.

Mondays 12 noon to 1pm

Fridays 11am - 12 noon (Not until April 2011) except for school holidays

Senior Women's Support Group

This group is for women over 50. It is a friendship group with, support, communication and companionship as its core objectives. It is free to attend but some outings may involve a small cost from time to time. Examples of some of the activities of this group are trips to get together for coffee, outings to Pinnacles Gallery and coffee afterwards, guest speakers on a variety of topics from Ikebana to Seniors Legal Info and some weeks simply morning tea and chat. Wednesdays 10.00am - 12 noon. transport is available for this group to some areas.

Call Amanda or Mandy on 4775 7555 for more information.

Craft Group

Craft, create, chat, coffee, cake.

In this group we learn different crafts; exploring various techniques such as decoupage, drawing and painting, knitting and crochet, flower arranging, patchwork, mosaics, collage, and cross stitch.

The activities are suited to beginner and experienced levels, and able to be worked on at your own level. Women can attend every week, or just once in a while.

We focus on each activity for a whole month, allowing ample time to complete each project.

All materials are supplied, and the cost is free, however as always, donations of money or materials is appreciated.

The Craft Group meets on Friday Afternoons from 1pm to 3.30pm except for school holidays. For more information call Sari on 4775 7555 or sari@thewomenscentre.org.au

Gardening Group

Nurture yourself in the Garden. Get your hands dirty on

Tuesdays 10.00 - 12.00pm

Sessions for 2011 will begin from Tuesday 1st February

Call Amanda for more information on 4775 7555.

Tai Chi for Beginners

Beginners Tai Chi with Maria.

Last session for 2010 on 8th December, Recommencing for 2011 on 9th February. On Wednesdays, from 1.00pm - 2.00pm. except School holidays

Creating Choices

This group is held on Tuesday mornings from 10.00am to 12.00pm for women who have experienced domestic violence.

The sessions cover topics including:

- What is domestic violence?
- Information on services and safety
- The effects on children and significant others
- Self esteem
- Assertiveness
- Creative expression
- Self care

The sessions will run in a seven week loop. Women can begin to participate in any week, and continue until all topics are covered.

For more information call

Vicki on 4775 7555 or

email: vicki@thewomenscentre.org.au

Playgroup -s!!

We have two playgroups now running at the Women's Centre.

Save the Children are facilitating a group on Monday Mornings from 9.00am - 11.00am.

The last session for this will be Monday 6th December resuming for 2011 from January 25th.

Playgroup Australia run a group on Wednesday mornings from 9.30am - 11.30am. The last session for 2010 will be Wednesday 8th December and will be resuming on Wednesday 9th February, 2011

Mothers are invited to bring their children to play in a safe, supportive environment.

Music Group for Beginners

This is a proposed group for 2011.

Please contact Amanda on 4775 7555 or email: amanda@thewomenscentre.org.au for more information.



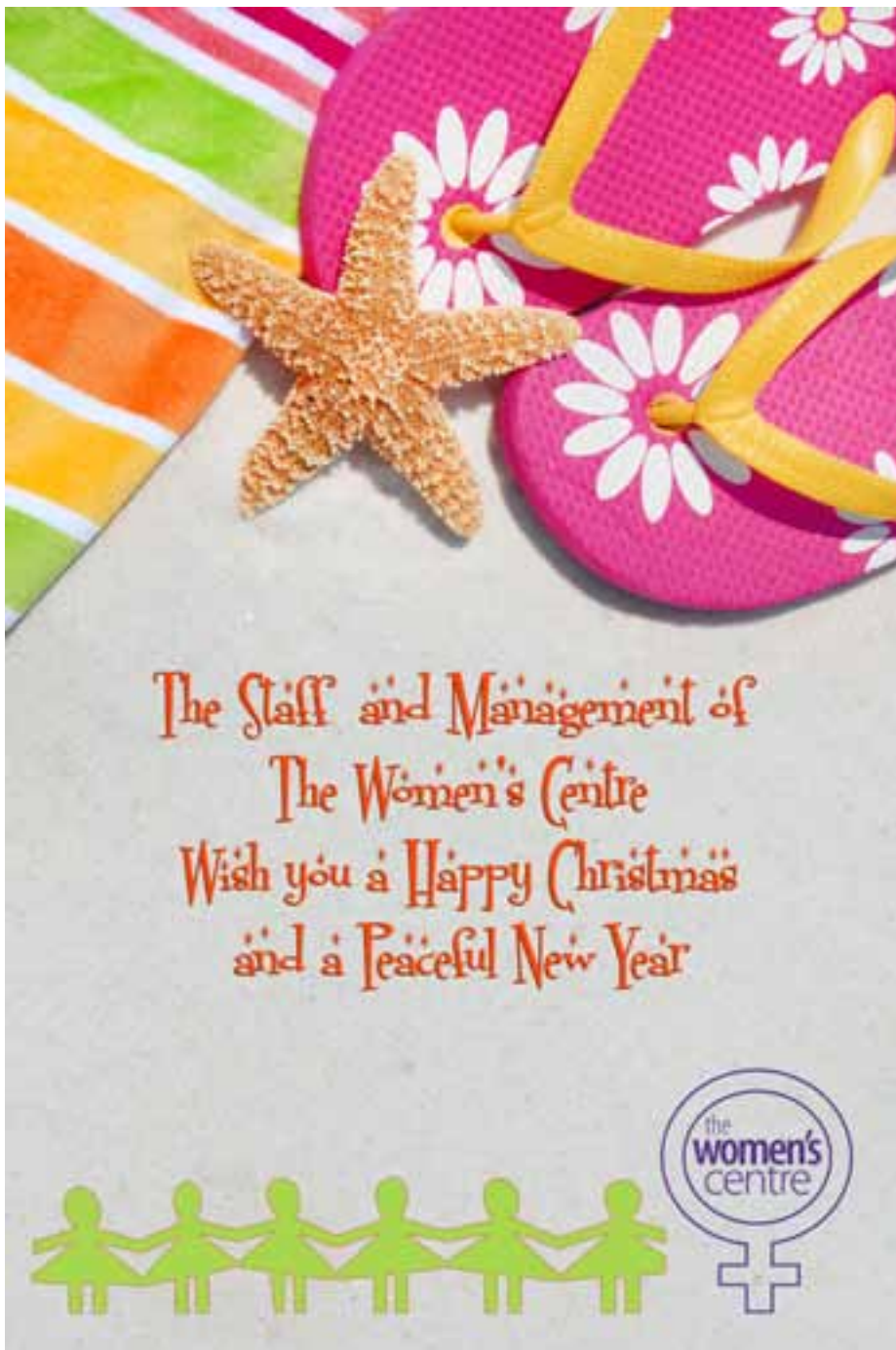
Senior Women's Support Group

**Meets each
Wednesday**

**10 am to 12 noon
for activities and
social interaction**

**Transport is available
to some areas**

**call Amanda for more
information on
4775 7555**



New Group

Balancing Life

starting on

7/2/2011

Mondays

10.30-12.00pm

Topics covered will include:

- Stress management and relaxation
- Healthy Relationships
- Communication
- Assertiveness
- Self Esteem
- Problem Solving
- Goal setting

for further information call Kasey on 4775 7555

Women's Centre outreach dates for 2011

Venue	Place	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Charters Towers	Charters Towers Neighbourhood Centre		21st	21st	18th	16th	20st	18th	15th	19th	17th	21st	19th
Ayr	Ayr Neighbourhood Centre		1st	29th	26th	24th	21st	19th	16th	13th	11th	8th	6th
Ingham	Ingham Hospital Community Health	28th		25th	22nd	20th	17th	15th	12th	9th	7th	4th	2nd

Confidential Professional Counselling is available in Charters Towers, Ayr and Ingham on the above dates. If you are interested in talking to a counsellor, please contact Belinda on 4775 7555 or email: belinda@thewomenscentre.org.au

Creating Choices

Creating Choices

A group for women who
have experienced
domestic violence

Tuesdays
10 am - 12 noon

Morning Tea provided

Topics Covered in this 7 week programme are:

What is Domestic Violence?

Information, Services and safety plans

Domestic Violence and the effects on children and significant others

Self esteem

Assertiveness

Healing through creative expression

Self Care

Send the message
donate your old mobiles

Donating your old mobile phones helps
The Women's Centre to reach out to
women and children in distress.

Every mobile phone donated for
recycling helps raise funds for The
Women's Centre to provide
community services for women, and
protects the environment from
hazardous waste going to landfill.

Your nearest collection box is:

The Women's Centre
50 Patrick Street
Aitkenvale
ph 4775 7555



FREE

legal help

A team of
volunteer female
lawyers
will provide
confidential
respectful
assistance

**every second
wednesday**
9.30 - 11.30am at
The Women's Centre
50 Patrick St Aitkenvale

For appointment phone
4775 7555

A project of
Queensland Public Interest Law
Clearing House

**HOMELESS PERSONS'
LEGAL CLINIC**

for assistance with:

DEBT
HOUSING
CENTRELINK
GUARDIANSHIP
TICA



Craft Group

Meets Every Friday

1.00 pm - 3.30pm
(except School holidays)

Where: The Women's Centre
50 Patrick Street
Aitkenvale
Phone 4775 7555
for more information



TAI CHI FOR BEGINNERS

WEDNESDAYS - 12.00-1.00P.M

Free BBQ Lunch



The 1st Friday of each month join us for a healthy and delicious BBQ lunch from 12 noon - 1 pm

Computer Room

The Centre has computers available for use by women. Book in at reception to use the computers for internet access, or writing your resume, etc..



yoga

Yoga with Meredith is now offered twice a week in the garden

Mondays 12.00 - 1.00pm and
Fridays 11.00 - 12.00 noon (not until April 2011)
Bring a towel and wear comfortable clothing
please note - no yoga during school holidays

This program is free, however, donations are gladly received so we can continue to offer this popular activity.



Gardening Group

Tuesdays 10.00am - 12.00pm



Women's Centre Calendar

monday

All Women's Centre activities are FREE, however, donations are gratefully received

tuesday

The Women's Centre
50 Patrick Street
Aitkenvale
phone 4775 7555
www.thewomenscentre.org.au
email: ngcws@thewomenscentre.org.au

wednesday

9.30 - 11.30
Homelessness Legal Clinic
9.30 - 11.30
Playgroup - with playgroup Australia
10.00 - 12.00
Senior Women's Support Group
1.00 - 2.00
Tai Chi for Beginners
2.30
Christmas carols

9.30 - 11.30
Playgroup - with playgroup Australia
Last session for 2010 resumes 9th February 2011
10.00 - 12.00
Senior Women's Support Group
1.00 - 2.00
Tai Chi for Beginners Last class for 2010 resumes 9th February 2011
2.30
Christmas Carols

9.30 - 11.30
Homelessness Legal Clinic
10.00 - 12.00
Senior Women's Support Group
Last meeting for 2010 resumes 19th January 2011
2.30
Christmas Carols

thursday

12.45 - 5.00
Women's Centre closed

12.45 - 5.00
Women's Centre closed

12.45 - 5.00
Women's Centre closed

12.45 - 5.00
Women's Centre closed

WOMEN'S CENTRE CLOSED

friday

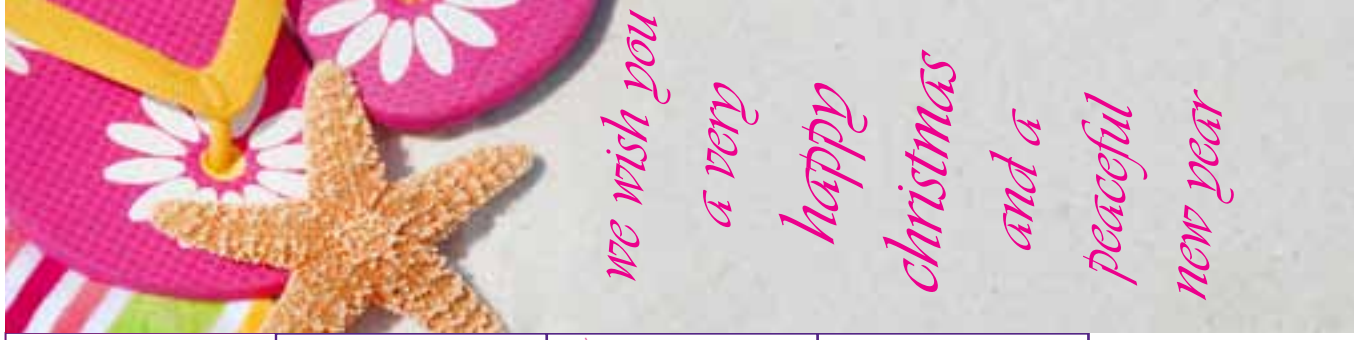
10.00 - 12.00
Women Beyond 2000
11.00 - 12.00
Yoga
12.00 - 1.00
Healthy BBQ Lunch
1.00 - 3.30
Craft Group Last class for 2010 resumes 28th January 2011

10.00 - 12.00
Women Beyond 2000
11.00 - 12.00
Yoga
12.00 - 2.00
Christmas Party

10.00 - 12.00
Women Beyond 2000 Last meeting for 2010 resumes 21st January 2011
11.00 - 12.00
Yoga last class for 2010 resumes January 31st

WOMEN'S CENTRE CLOSED
after hours service
telephone numbers
4775 7555
or 1800 65 75 01

WOMEN'S CENTRE CLOSED
re-opening Monday Jan 10th



9.00 - 11.00
Playgroup - with Save the Children - Last session for 2010 resumes 25th January 2011
12.00 - 1.00
Yoga

12.00 - 1.00
Yoga

Christmas Hamper pick-up day

Christmas Hamper pick-up day

WOMEN'S CENTRE CLOSED

WOMEN'S CENTRE CLOSED

WOMEN'S CENTRE CLOSED

27

28

29

30

31

NB. All activities are correct at time of printing but may change subject to circumstance



Women's Centre Calendar

January 2011

monday

tuesday

wednesday

thursday

friday

<p>WOMEN'S CENTRE CLOSED after hours service telephone numbers 4775 7555 or 1800 65 75 01</p> <p>3</p>	<p>WOMEN'S CENTRE CLOSED</p> <p>4</p>	<p>WOMEN'S CENTRE CLOSED</p> <p>5</p>	<p>WOMEN'S CENTRE CLOSED</p> <p>6</p>	<p>WOMEN'S CENTRE CLOSED</p> <p>7</p>
<p>Reopening 9.00am</p> <p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>9.00 - 11.00 Playgroup - with Save the Children 12.00 - 1.00 Yoga</p> <p>31</p>	<p>10.00 - 12.30 Creating Choices</p>	<p>9.30 - 11.30 Homelessness Legal Clinic 10.00 - 12.00 Senior Women's Support Group</p>	<p>12.45 - 5.00 Women's Centre closed</p>	<p>10.00 - 12.00 Women Beyond 2000</p> <p>1.00 - 3.30 Craft Group</p>

All Women's Centre activities are FREE, however, donations are gratefully received

The Women's Centre
50 Patrick Street
Aitkenvale
phone 4775 7555
www.thewomenscentre.org.au
email: nqcw@thewomenscentre.org.au

NB. All activities are correct at time of printing but may change subject to circumstance





the women's centre

North Queensland Combined Women's Services Inc.

50-52 Patrick Street Aitkenvale Qld 4814

p 07 4775 7555

f 07 4779 2959

Sexual Violence Awareness Month Survey

We would like to thank you for participating in Sexual Violence Awareness Month activities and events. We are seeking your valuable feedback to assist us with planning for next year. Please take a few minutes to answer some questions and email or fax back to us.

Please give us your feedback on the following events held during the month of October:

Click or Tick in all boxes that apply

	Launch - Pancake Breakfast	Women on wheels	Training in responding to Sexual Assault	Film and Food Night	The Hospital wall display "Your Story - Your Choice"	T-shirt & Banner Printing	Mosaic making	Reclaim the Night March and Rally	Stiff Gins Concert after the march
Events I attended or saw									
The event was on at a good time									
The event was at a good location									
The event was: Enjoyable									
Informative									
Fun									
Useful									
Not useful									
Boring									
I wanted to attend but was unable to									
I would attend this event next year									
I heard about this event through the media									
I heard about this event from friends/colleagues									

Please provide any comments or suggestions for next year

Please complete and mail to:
 50 Patrick Street
 Aitkenvale Qld 4814
 or fax to: (07) 4779 2959



www.thewomenscentre.org.au

nqcws@thewomenscentre.org.au