

FRIENDS OF ORANA NEWS

Edition 01 | Summer 2019

*Everyone has the right to
live free from family and
domestic violence in all
its forms*

Hi everyone and welcome to our first 'Friends of Orana News'. We are hoping to publish this newsletter every quarter to keep you all updated with our progress and programs.

We welcome contributions from our friends and supporters so please don't hesitate to get in touch via manager@orana.net.au if you have something you would like us to include.

Summary

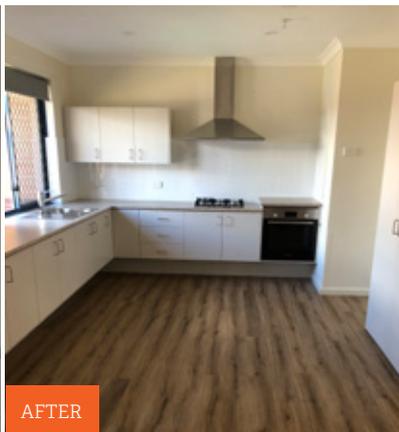
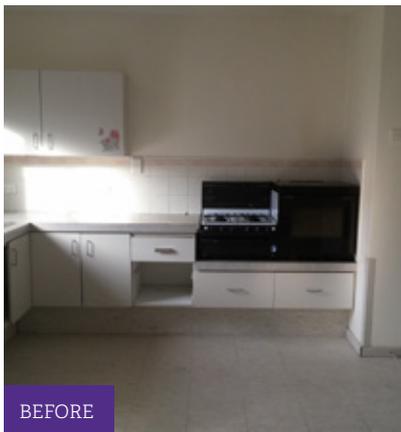
- Refuge Renovations
- Conversation That Matters
- Purple Benches
- 28th Annual Silent Domestic Violence Memorial March
- 2019 Term 1 SWitCH Program Dates
- Happy New Year and Thank You
- Useful Contacts
- Special Acknowledgments



RENOVATIONS

After almost 20 years, the Department of Communities have undertaken some major renovations of our 2 on-site units.

This is fantastic news as they were looking rather tired and shabby. We are really pleased with the initial works and thanks to donations from many of our supporters, we have been able to buy new lounges and curtains and supply new linen and kitchen equipment for both units. The renovations of the main communal refuge building will begin in early 2019. Stay tuned for future updates.



We have also created a new fairy garden for the children under the expert creative design skills of our assistant manager, Regina. Her project for 2019 will be to revamp the outside relaxation area for the women.



SWITCH GROUP PROGRAMS FOR TERM 1 2019

Women's Programs:

**My Understanding of Me:
Domestic Violence Education
and Art Therapy**

Thursday – 7th, 14th, 21st & 28th
February

**My Understanding of Me:
Self-Esteem & Art Therapy**

Thursday - 14th, 21st, 28th March
& 4th, 11th April

Parenting Effectively

(Tuesday – 19th, 26th March &
2nd, 9th April.

Children's Programs:

Me, Mum & Music

Tuesday – 5th, 12th, 19th, 26th
February & 5th, 12th March

Thank you to Bendigo Bank for their grant of \$5000 which will enable us to facilitate our Me, Mum and Music program throughout 2019.

Please contact Orana on **9370 4544** if you are interested in participating in any of these programs.



CONVERSATION THAT MATTERS 2018

November saw our inaugural “Conversation that Matters’ event held at Howdy Café in Bayswater.

The event was a great success and was attended by over 40 people including our local Member for Maylands, Hon Lisa Baker MLA and the City of Bayswater Mayor, Dan Bull, as well as several other local councillors and a myriad of local individuals and agencies interested in family and domestic violence and in supporting the work of Orana House.

The lived experience presentation by Helen was extremely powerful and really made everyone think hard about what they could do to help change the levels of family and domestic violence in our community so no more women and children have to suffer as she and her daughters had.

The main themes arising from the evening were:

- The overarching need for us all to listen, understand and be non-judgemental when someone is sharing information about their situation or experience.
- Many people committed to working together to take the conversation forward to their workplaces and places of worship, with their friends, families and social circles and to try and disrupt inappropriate or disrespectful conversations that they hear.
- To consider how we can increase knowledge and education about family and domestic violence in the community, promoting respectful relationships in schools and workplaces and making sure that everyone in our community knows where they can go to receive information and support when they need it.

Orana will be working with you all over the coming months to progress the conversation and address these themes in a number of ways.

HAPPY NEW YEAR AND THANK YOU

We have so many - frankly - amazing supporters who donate, assist and partner with us in our important work and we want to take this opportunity to thank them all and wish everybody a Happy New Year. We look forward to continuing to work with you all in 2019.

Useful Contacts:

Emergency	000
Police	13 14 44
Crisis Care	9223 1111
1800 Respect	1800 737 732
Women’s Domestic Violence Helpline	9223 1188
Men’s Domestic Violence Helpline	9223 1199
Kids Helpline	1800 551 800
Domestic Violence Legal Unit	9261 6254
Women’s Health and Family Services	6330 5400
Victim Support Service	1800 818 988
Lifeline	13 11 14





PURPLE BENCHES

In time for White Ribbon Day on 25th November, the City of Bayswater in conjunction with Orana House and the Women's Council for Domestic and Family Violence WA, unveiled two new purple benches at Nora Hughes Park and Halliday Park honouring victims of family and domestic violence.

This is part of a worldwide domestic violence awareness movement with the benches being a reminder to local people, that this is real, that it shouldn't be hidden and that as a society, we can make a difference.

As the only Family and Domestic Violence service within the City of Bayswater, we appreciate the City allowing Orana to add our contact details to the benches. We hope with your continued support, we can make a noticeable difference to our local community.

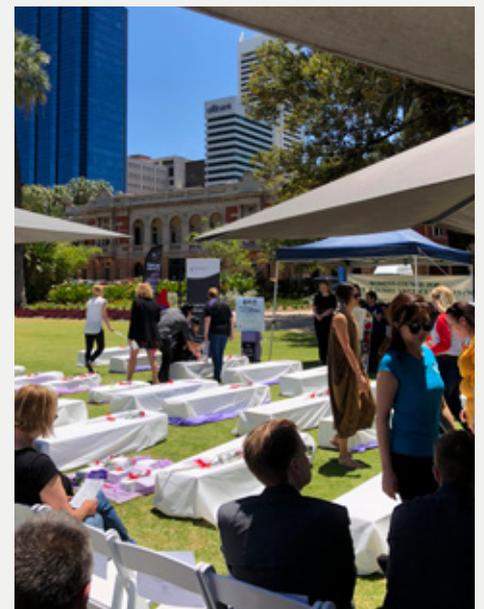
We look forward to adding more purple benches to the community in the future and thank everyone involved.

28th ANNUAL SILENT DOMESTIC VIOLENCE MEMORIAL MARCH

The 28th Annual Silent Domestic Violence Memorial March was held on the 23rd November in Supreme Court Gardens. Following morning tea and a variety of speakers, participants marched in silence through Perth City to honour the 28 people in WA who had lost their lives as a result of family and domestic violence this year. The event was probably the biggest to date with hundreds of people attending.

This was a very somber day for Orana and a much more poignant and reflective day for staff than any previous year as we regrettably paid our respects to one of our own, a former client who tragically, this year, became an unwanted statistic to this most horrendous crime.

You will be with us forever and your memory will empower us all to keep on advocating for the safety of women and children.



SPECIAL ACKNOWLEDGEMENTS

We are extremely grateful to all our friends and supporters. Here are a few we would like to highlight this quarter:

- City of Bayswater for selecting us as their Charity Christmas Food Appeal recipient and for inviting us to sell candles at their Annual Carols by Candlelight Concert.
- Myers Morley Galleria for choosing us as their Charity Partner and to all the volunteers who helped with the Gift wrapping service.

The following organisations for selecting Orana House as recipients of their grant programs:

- Bendigo Bank Bayswater & Noranda Branches to run our 'Me, Mum and Music' program
- Lotterywest for Emergency Relief Funds

- Streetsmart for funds to operate our School Holiday Program

The following groups and individuals for a variety of other donations and in-kind support:

- The St Quentin Apartment Residents
- Melville Spiritualist Church
- Maylands Spiritualist Centre
- Fremantle Sailing Club Ladies Luncheon Group
- Kathy and the Lotus Women's Circle
- Bayswater Country Women's Association
- Mirrabooka Human Services Social Club
- Sarah and Friends
- Lloyd Design for producing our inaugural newsletter

And a special thank you to everyone else who supports Orana House and our work.





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