



Spring 2015



Inside this issue:

Latest News from angelhands	2
Latest Retreat	3
Upcoming Events	4
In the news	5
Mindfulness	6
When you need help	7
Inside Story	6

Welcome to the Spring 2015 Edition of the angelhands newsletter. We hope you find it both entertaining and informative.

It has been a big year for angelhands. Our Annual General Meeting in October amended the Rules of Incorporation. There is an article inside which summarises these changes. A Board of five directors was elected for 2015/16. Two of the directors are new to angelhands and we welcome them on board in this newsletter.

As we continue the long slide to Christmas and the New Year, we are mindful that it can also be a very lonely and difficult time for those who are suffering grief and loss. We hope that the suggestions in this edition about coping across the Holiday Season are helpful to those in need.

We remain deeply grateful for the support that we receive for the delivery of our unique services and programs. Our supporters are acknowledged in the newsletter.

Please consider volunteering for the annual charity collection in the Perth CBD on 4 December. You may also consider assisting with the sausage sizzle at Bunnings Malaga on 28 December.

angelhands survives and thrives through the efforts of our supporters and volunteers who are the backbone of the organisation. Thank you to all of you.

And to all our readers, our very best wishes for a safe and peaceful Christmas and New Year Season.

*Tony Cooke
Executive Officer*

On the 6th of October, our angels Amy and Julie went to the Womens Council Breakfast with Australian of the Year for 2015, Rosie Batty. What a wonderful advocate in the fight against Family and Domestic Violence. She shared her experience; and spoke of the need for information and resource sharing amongst agencies for prevention and support of victims, and acknowledged the great steps that are being taken towards recognition of ALL forms of violence - the first of which is penetrating the masculine ideals and recognising FDV as a gendered issue. As stated, 'not all disrespect of women ends in violence, but all family violence begins with the disrespect of women.'

"To the women and children who are unsafe, in hiding or living in fear, who have changed their names, left their extended families and moved from their communities to find safety, you do not deserve to live a life that is dictated by violence. You are not to be blamed."

-Rosie Batty



Victim Awareness Training

angelhands has recently delivered very successful Victim Awareness Training workshops in various locations around Perth at various Community Law Centres, Multicultural Centres and Hospitals. The VAT Program is designed for organisations in the criminal justice system, educational facilities, social services, mental health sector and any other community stakeholders. Anyone who will likely come into contact with victims of crime are encouraged to attend and learn from our organisation which has been delivering innovative specialised services to people affected by trauma associated with violence for over 10 years.

The program consists of two components.

1. Keynote Speeches: These presentations discuss real-life experiences of how trauma impacts upon individuals. They are designed to be delivered to a large audience, made of representatives from the community.

2. Workshops: The workshops are delivered to a smaller audience from a single organisation. The workshop is a combination of "lived- experience" and theoretical base for effective methods for dealing with victims of trauma. These will be a half day in duration, plus networking time. Workshops are to be scheduled on agreement between angelhands and the organisation.



Lead & Adapt Seminar

October, angelhands Founder Ann and our new Executive Officer, Tony, were excited to attend the Lead and Adapt seminar. They joined John 'Woosha' Worsfold, Mike House, Rabia Siddique and Andrew Horabin for an afternoon of stories and powerful insights into leading, adapting and thriving through difficult times. angelhands is a very grateful beneficiary of a \$5,000 donation from the event.



Latest News

Rules of Incorporation

At the Annual General Meeting on 21 October, the Rules of Incorporation of angelhands Inc. were amended. As a registered association under the *Associations Incorporations Act* Angelhands is required to ensure its Rules are maintained to reflect changes in legislation. Some of the changes made at the AGM were for these purposes and were quite simple and straightforward.

A major change was made to the Objectives of angelhands. Whereas angelhands had focused in its Rules on assisting recovery from violence associated with homicide and serious crimes, the services and programs have evolved to focus on recovery from trauma generally and without emphasis on a link to criminal activity. While we recognise that sadly serious assault and criminal activity still occurs too frequently and is a major source of the trauma suffered in the community, it was about time that the Rules were changed to reflect our practice. This has now been done by agreement of the membership. Now the Rules provide for angelhands to provide services and programs to promote recovery from “extreme trauma *including that involving violence*”

Another major change, again agreed unanimously by the membership, was to emphasise a separation between the *governance* and the *operations* of Angelhands. The Board of Directors now has power to appoint Executive Management and retains its crucial role in overseeing the financial viability of the service; developing and monitoring performance against the strategy for the organisation; and, agreeing policy. The Executive Management is responsible for giving effect to the strategy and policy set by the Board and the day to day management of the organisation. These changes demonstrate a maturing of the agency and the modern governance settings common across industry. It makes the Board more a true *Board of Directors* and embodies the evolution of the senior governance body from a *Committee of Management*.

The Annual General Meeting

on 21 October 2015 elected a Board of five directors. The Returning Officer declared all five elected “by acclaim” at the meeting. The Board will meet on 23 November and will appoint/elect a Chair, a Deputy Chair, a Secretary and a Treasurer.

Three of the directors were returning to the role after serving as directors in the past:

Dr Ann O'Neill is the well known and highly respected founder of Angelhands who served on the Board for many years until stepping down in mid 2015.

Ms Jule Japhet is another tireless supporter of angelhands and has been a director in the past and was a member of the interim Board which oversaw the agency in September and October 2015.

Mr Kevin Flynn is also a long serving director and held the Treasurer position on the Board in 2014/15.

Two new members were also elected to the Board:

Ms Emma Luck is a barrister at the Francis Burt Chambers in Perth. She has long held interest and involvement in issues affecting migrants and refugees and women.

Mr Dean Pike is a senior partner with charter accountants Pike Skinner in Subiaco. He comes to angelhands after five years as a director with the Association for the Blind of WA (Inc.)

We hope the next edition of the newsletter will carry shiny new photographs of the directors.

angelhands has been running weekend residential retreats up to twice yearly since 2007. Men and women are asked to express their interest and are notified once funding is available. After the assessment and intake process is complete, 10-12 people are given the opportunity to join the group.



The latest retreat was located 50 kilometres North-East of Perth on a large plot of beautiful private land. It offered exclusive access to the property for the weekend which provided maximum safety and privacy. Therapeutic qualities combined with a tranquil and picturesque location and other practical issues were considered when deciding on a suitable location.

The objective of angelhands “From Surviving to Thriving” weekend residential retreats is to provide participants with an opportunity for respite, reflection, reconnection and redirection. The retreat provided a safe, nurturing environment and allowed time to rest and/or participate in calming group activities designed to facilitate the retreat objectives.



Ann, Doctor of International Health, Social Worker and Founder of angelhands was the lead facilitator and coordinator for the retreat. Her knowledge, experience and careful consideration of participants individual needs made the retreat a big success on a therapeutic and aesthetic level.

Julie, a Social Worker who is the main support worker at angelhands, co-facilitated the group sessions with Ann. She provided logistical support and was involved in participant recruitment and planning. Her pre-existing working relationship with several of the clients and her warm disposition meant that clients felt safe and therefore more willing to participate fully.

Group activities were both planned and spontaneous and were inclusive of all participants. Activities aimed to build trust and restore faith that the world can be an unconditionally kind and accepting place.

Many thanks to Melville Rotary who gave a very generous donation of \$7500 to support the cause and thanks to Peter and Christine for the care and attention they gave to meeting all the needs of our guests.

“I am very grateful for the funding angelhands has provided which has enabled me to have a rest, I would otherwise not have received. I am hoping that the retreat will be a turning point for good in my life.” -Participant



“Thank you so much for this wonderful retreat and to feel loved and wanted was so much needing care and love, and this wonderful venue the best thing that has happened to me for a long time” -Participant

Street Appeal—4 Dec On Friday 4 December, angelhands volunteers will be ‘shaking tins’ for their annual street appeal.

The fundraiser will see collectors hitting the streets of Perth’s CBD for Western Australians affected by extreme trauma as a result of violent experiences.

Emily Guidea will participate in the fifth annual street appeal



and said she was looking forward to raising vital funds for the charity to continue its work.

“This year we are hoping to

raise \$15,000, which would cover the salary of one of our support workers for six months,” Ms Guidea said.

“Our free service, the only one of its kind available in the state, aims to lessen the feeling of isolation people feel after experiencing a serious assault and help them find the strength to deal what they’ve been through.”

***If you would like to volunteer at this event, please refer to pg. 9 for more information.**

Tree of Angels—11 Dec Our annual “Tree of Angels” sundowner will be held on Friday, 11 December 2015. This “Hope and Healing” event is a wonderful opportunity for our friends and families to celebrate all the angels around us. This special event is a time to remember and feel supported, a symbolic event to prepare for the holidays. We ask our friends to bring an angel ornament to hang on our tree. Your angel symbolises all the angels in your heart, on earth and in heaven. Our tree symbolises growth, hope and recovery. We love to see as many of our friends and family join us for an evening of refreshments, children’s entertainment and beautiful music to celebrate the hope and healing that comes from togetherness this holiday season. For more information and to reserve your place at this beautiful event, please contact angelhands via

Coping strategies for the holidays

- ◆ Do something special in memory of the person who has died.
- ◆ Light a special candle to burn during the day or during the Christmas meal.
- ◆ Make or buy a decoration to hang on the tree in memory.
- ◆ Make a toast to the person, share anecdotes.
- ◆ Don’t be afraid to laugh as you remember some of the good times.
- ◆ Play a special song or music to remind you.
- ◆ Write a letter or a card to the person who has died, don’t be concerned if you want to talk out loud to them...do it.
- ◆ Some bereaved parents buy a small gift for the age their child would be had they lived and donate it to children in need.

- ◆ Some people like to visit the graveside or a special location to sit and remember. Plan your time so that you are under as little stress as possible.
- ◆ Plan your ‘escape’ if need be, don’t over commit.
- ◆ Rehearse a simple explanation of why you may not attend a function.
- ◆ You may need to change the routine and the traditional way you do things. Perhaps have a picnic lunch, go bush, go to the beach, change the venue, spend it quietly, or help out at a charity lunch.
- ◆ Let your friends and family know that you need to take things slow and that may mean taking each day as it comes.
- ◆ Share the memories with someone else, the photos and the stories.
- ◆ You may cry and you may laugh, it is much healthier for you to express your feelings than push it all down. .
- ◆ Seek professional help if needed.

Mindfulness Practice in the Treatment of Traumatic Stress

What is mindfulness?

Mindfulness is a way of thinking and focusing that can help you become more aware of your present experiences. There are some things you might do every day without even thinking about them, like brushing your teeth in the morning. Mindfulness involves paying attention to the feelings and sensations of these experiences.

It has been shown to help with symptoms of PTSD and Anxiety Disorders

Mindfulness practice has two key parts:

- Paying attention to and being aware of the present moment
- Accepting or being willing to experience your thoughts and feelings without judging them

How can mindfulness help reduce trauma reactions?

Mindfulness might increase your ability to cope with difficult emotions, such as anxiety and depression. Practicing mindfulness can help you to be more focused and aware of the present moment while also being more willing to experience the difficult emotions that sometimes come up after trauma. For example, mindfulness practice might help you to notice your thoughts and feelings more and to be able to just let them go, without labeling them as "good" or "bad" and without acting on them by avoiding or behaving impulsively.

Mindfulness practice can also help you develop more compassion toward yourself and others. You may be less likely to sit in judgment of your thoughts, feelings, and actions. You may become less critical of yourself. Using mindfulness can help you become more aware and gentle in response to your trauma reactions. This is an important step in recovery.

Recent research indicates that with as little as 20 minutes of mindfulness practice daily the brain actually changes. With frequent practice, the part of the brain that sends messages of anxiety and distress slows down, and the part that sends messages of calmness and comfort to the body becomes more active.

Exercise: Mindfulness of Difficult Thoughts

Start with a mindfulness of the breath. Allow your breath to clear your mind, before you begin.

Now bring your awareness to something that is difficult for you in your life. It may be thoughts of an event in the past that was painful or distressing, it may be something in your life in the present time that is causing you painful feelings, or it may be something you are worried about in the future. Allow yourself to bring your attention to focus on one of these worrying thoughts.

Notice what is happening in your body right now as you have these thoughts. Are there places or tension or tightness? What is happening to your breathing? Don't try to modify the sensations in your body, just allow yourself to notice them with curiosity.

Notice now the thoughts that are going through your mind; just notice them as thoughts. Remember, thoughts are not facts, they are simply what your mind is saying or creating at any given moment. They may be based in factual events, but they are simply the mind thinking. Think about the thoughts you are having. Notice them as they change and notice each new thought as it replaces the previous one.

As you continue to notice the sensations in your body, see if you can put words to some of the feelings that come with these difficult and painful thoughts. They may be feelings like sadness, hurt, anger, loneliness, fear or pain. Feelings may be difficult, they may be deeply uncomfortable, but they are not wrong or right. They are simply part of your present moment experience.

Allow your awareness to move between the thoughts you are having as you notice them, the physical sensations you are having as you notice them, and the feelings and emotions you are having as you notice them.

Finally, bring your awareness and attention back to your breathing for a while, noticing the physical sensation of taking breath into your body and releasing it.

Let's honour domestic violence victims

Victims of domestic violence needed to be recognised in the same way Australia honours the sacrifice of soldiers in war, a former chief of army says.

David Morrison, speaking at the launch of a national framework to address violence against women and children, says Australia does not celebrate the victories of women.

On Wednesday - Remembrance Day - the hundreds of thousands who died in war over the past century would be recalled, he said.

"We will honour the courage of those men and women," the retired lieutenant-general, who made headlines with his 2013 video calling out sexist soldiers, told the audience.

"And yet we don't do that for the millions of women and children who throughout that century have been the victims of domestic violence."

They faced the stripping away of dignity and the imperilment of their safety in many of the same ways as soldiers, sailors and airmen and women, he said.

"It's just happened away from the lense of the war correspondent, behind the door, ignored by neighbours or friends, ignored by us as a society."

The framework, by Our Watch, ANROWS and VicHealth, entitled 'Change the Story' finds gender inequality is the core of the problem.

Our Watch chair Natasha Stott Despoja said the framework is the first of its kind in the world.

"It is time to stop this slaughter in our suburbs," she said.

Social Services Minister Christian Porter recalled his story representing a victim when he was a crown prosecutor in Western Australia.

After she decided not to take the stand to give evidence, Mr Porter headed back to his office feeling "utterly despondent" about the situation.

"Very regrettably, men in Australia, too many and far too often, have a strangely permissive attitude towards violence," he said.

KEY ACTIONS TO PREVENT VIOLENCE AGAINST WOMEN:

- * Challenge condoning of violence against women

- * Promote women's independence and decision-making in public life and relationships

- * Foster positive personal identities and challenge gender stereotypes and roles

- * Strengthen positive, equal and respectful relations between and among women and men, girls and boys

- * Promote and normalise gender equality in public and private life

- * Challenge the normalisation of violence as an expression of masculinity or male dominance

- * Prevent exposure to violence and support those affected to reduce its consequences

- * Address the intersections between social norms relating to alcohol and gender

- * Reduce the backlash by engaging men and boys in gender equality, building relationship skills and social connections

- * Promote broader social equality and address structural discrimination and disadvantage

ONE DEATH IS TOO MANY!

The Women's Council for Domestic and Family Violence Services (WA) invites all community members to attend the

25th Annual Silent Domestic Violence Memorial March

To honour all those who have lost their lives as a result of domestic & family violence

Friday, 27 November 2015

Stirling Gardens (cnr Barrack St and St Georges Tce)

10.30am: Rally with speakers, 12 noon: Silent March through the City

Free morning tea and information stalls

MC - Verity James • Welcome to Country - Doolann-Leisha and Walter Eatts
Didgeridoo - Samuel Pilot-Kickett

Guest Speakers: The Hon Helen Morton MLC, Minister for Child Protection
Dr Allan Wade PhD, Centre for Response Based Practice.

For further information contact Carolyn at: 9420 7264 or carolyn@womenscouncil.com.au
View our website at www.womenscouncil.com.au

Western Australia

Women's DV Helpline (24 Hours)
(08) 9223 1188 or 1800 007 339

Men's DV Helpline (24 Hours)
(08) 9223 1199 or 1800 000 599

Crisis Care Helpline (24 HOURS)
Telephone (08) 9223 1111
1800 199 008 (country free call)

National

Domestic Violence Hotline – 1800 200 526:

National Domestic Violence Hotline provide highly trained advocates who are available 24 hours a day to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

MensLine – 1300 78 99 78:

MensLine Australia is the national telephone and online support, information and referral service for men with family and relationship concerns. The service is available from anywhere in Australia, 24 hours a day, and is staffed by professional counsellors, experienced in men's issues.

PERSONAL SAFETY APP

Life is unpredictable and safety cannot always be guaranteed. You just never know when you might need help...

MyWitness has been designed for those times when you're in danger, feel threatened or need help. Once installed MyWitness sits silently in the background of your phone ready to record details in such circumstances. The data you record is sent to a secure storage facility in the cloud for safe-keeping. Team can respond to the data captured and coordinate a response if need be. MyWitness ensures your loved ones can help if you need it.

Activate 	15 seconds 	30 seconds 	Action
Feeling Nervous The moment you feel nervous you can discreetly trigger MyWitness through either the Quicktrigger or Quick Launch function on your smartphone.	Record your Surroundings Once activated, MyWitness instantly records and sends video, audio and GPS location to your Private Cloud Storage for safe-keeping.	Alert Data Sent To Your PRT After 30 seconds, or when sent manually, alerts are sent to your nominated contacts (Personal Response Team) via email and SMS.	Action Taken Your PRT can then review your recordings and take necessary actions to help you, whether it be sending police to your location or simply coming to get you.

*A one off charge of \$9.99 applies to activate the app. Other fees and charges may apply from your phone company (dependant on data/SMS restrictions). Please visit <https://mywitness.co/> for more information.

crisis care

telephone crisis care when...

- You need someone to help sort out a serious problem.
- You are concerned about the wellbeing of a child.
- You are escaping domestic violence and need help.
- Arguments are causing unhappiness and problems in your family.
- You are homeless.
- You need counselling, information or other support.

9223 1111
1800 199 008
(COUNTRY FREE CALL)

Contact Us

PO BOX: PO Box 1348, South Perth, WA 6951

PHONE: (08) 9272 2242

EMAIL: admin@angelhands.org.au

FACEBOOK: facebook.com/angelhandsinc.au

TWITTER: [@angelhandsInc](https://twitter.com/angelhandsInc)



Our wonderful angels went to the Orange Seed Award Finals on October 22 in the City. angelhands won \$25,000 to use toward advertising and a \$1000 donation, Thanks to *The West Australian* and *Jack in the Box Marketing*. Congratulations to Kanyana Wildlife Rehabilitation Centre for winning the major prize of \$125,000.

Donate

Make a Donation



Using the secure engine
of GiveNow.com.au

<https://www.givewow.com.au/angelhands>

Donations can be one off or regular and we are grateful for all donations, no matter how small or large.

Volunteer with angelhands

We are currently seeking expressions of interest for volunteers to help 'shake tins' in the Perth CBD on Friday December 4th.

Volunteers will be paired up and placed in high traffic areas in the city. You will be given a collection tin, an ID badge to clearly identify yourself, angel wings and a halo to help you stand out in the crowd.

Collectors are asked to assist over 2 shifts between 7am – 11am and 11am -2pm. This will help cover the majority of major traffic on the day.

If you are interested in helping us, please email Emily at support@angelhands.org.au with your name, contact details and what shift you would prefer. If you would like to volunteer with a friend, please include their contact information and we will make sure you are both rostered on at the same time.

If you are unable to assist on the day, but would like to be put on our records to receive any information in regards to upcoming events, again, please just email the above email address.



Supporters



ERNST & YOUNG