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## Winter 2016 EVENTS:

- Creative Recovery Emergence Workshops*
- Commencing Tuesday, 5<sup>th</sup> July
- Hope and Heal Evening*
- Every 4<sup>th</sup> Thursday, 6-8pm
- Supporting Trauma and Recovery (STAR) Training*
- After 1<sup>st</sup> July

Welcome to the Winter 2016 edition of the angelhands Newsletter. We hope you find it both entertaining and informative. We remain deeply grateful for the support that we receive for the delivery of our unique services and programs.

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 on behalf of our consumers with our very best wishes for the best of good health throughout this Winter of 2016.

Editor: Jim Jonas

**Congratulations to**  
**Julie Verley**  
for winning the *Communicare Rising Star Award 2016*  
at the *WA Social Worker of the Year Awards*.

angelhands is delighted that Julie is a valued member of our team!

## From: Dr Ann O'Neill, Founder and Chairperson

Greetings on a crystal, clear, blue, Winters Day!

It has been a busy time here at angelhands over the past few months of autumn, as always, and we are now prepared for the winter season – so much is happening in our service provisions and at board level.

Of course, we cannot overlook all the amazing fundraising activities and our heartfelt thanks go out to all the organisers and supporters. To all those members of our angelhands family who are struggling with ill health, grief and/or unemployment please know we are here if you need us – I send our warmest and gentlest thoughts to all of you.

Remember our Trauma Recovery Services are free and confidential. It doesn't matter what violence or abuse you, or your loved ones, have experienced, or when the experience occurred, we at angelhands do not want you to have to walk alone with any resultant challenges. Always, there are strategies available to manage trauma; and our team is happy to help you find the right strategies for you.

Our board members who with a variety of the necessary skills and a wealth of experience are working hard to develop and source our growth strategy – they are identifying and documenting a sustainable way forward with our partners, supporters and the government.

It is truly exciting for me as the Founder and Chairperson to see how unique is our organisation, and how much of a difference we make in our community through our efforts.

Take care and travel safely and gently,

**Ann**

# CREW

Creative Recovery  
Emergency Workshop



CREW, is a safe, heart focused space held weekly at angelhands.

Based on **angelhands'** principles and philosophy of self care and self awareness, this workshop is carefully structured for people who have experienced extreme trauma.

Designed with Jule Japhet Chiari, a professional artist, movement trainer and facilitator, CREW offers participants a fun, and supportive environment to heal.

Through gentle activities, learn skills, tools and strategies to identify and master the things you want to change about your responses to trauma and life.

Join our CREW of angels every Tuesday morning!  
Starting July 5th 2016 for 26 weeks.

- Cost:** Donation (Gold coin or more if you have).
- Bring:** A small plate of food to share (healthy is best).
- Wear:** Comfortable clothes. Some curiosity!
- Venue:** The Rise, Level 1, Office 6, 28 Eight Ave, Maylands, WA
- Creche on site:** Book: 9208 2414. Cost is \$ 5.10 for 2 hours.
- Free Parking on site:** Train & bus stops nearby. ACROD parking on site.

No high fitness level needed.  
Wheelchair accessible venue.

**Register!**

Contact us at **angelhands** 9272 2242 or  
email [support@angelhands.org.au](mailto:support@angelhands.org.au)  
Feel free to phone and ask questions.

Take your life back and regain your place in the community.

## Meet Jule Japhet Chiari our Creative Recovery Officer

### Interview by Jacqueline

When I first met Jule her genuine smile and aura made me feel very relaxed. Her Parisian accent revealed gentleness, kindness and a willingness to help. Jule has a passion for creativity and art which shines through when she is sharing stories.

When the opportunity to interview this lady came I didn't hesitate to seek her out and explore more of her interesting character.

### How long have you been in Australia?

A bit more than 7 years. I still travel a lot but try to create more adventures here now.

### Tell me about your history before coming to Australia.

Wow! Let's say I am an immigrant of French and Turkish descent who moved here for LOVE. I used to work in India while living in Berlin. I studied Drama and Literature in Paris. Life is a spiritual adventure and Planet Earth is a school and a playground. I am a French actress, director, musician and writer. I have worked across the globe and in missions.

### What made you become spiritual?

How can I word this without sounding like a raging hippie in a culture and a language carrying mental images and context so remote from mine?

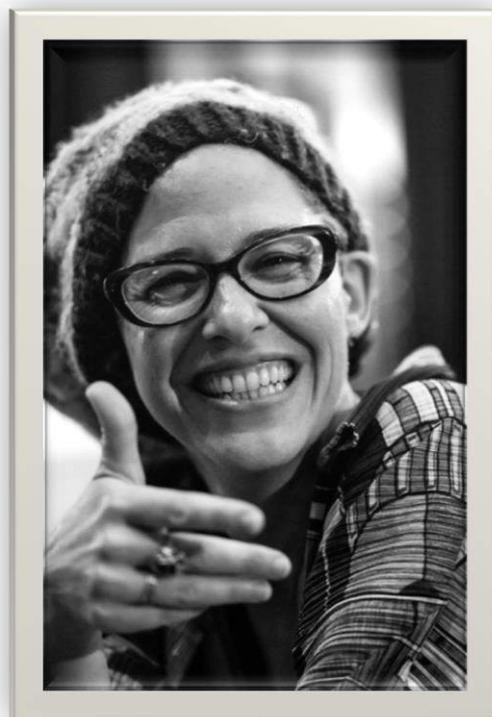
Not only was I born carrying the empathy virus but I also grew up close to nature, in the countryside, talking to plants, handpicking trees as my friends or protectors. To the kid I was, there was no separation between people, between people and animals, between us and the Universe.

I always was a silent witness of processes and cycles. I always wanted to "comprehend", literally to "take with", things and behaviours.

And the LOVE I felt was aimed at everything. And the PAIN I felt for the tenderness of creatures, for the voiceless, for the wounded, made me want to grow stronger and acquire a state of equanimity, i.e.: psychological stability and composure which is undisturbed by experience or exposure to emotions, pain, or other phenomena. Ah! The innocence of youth!

I could read from a very early age and found comfort in the company of books, of poets, of play writers, of philosophers, of travellers and rebellious thinkers from then on.

My grandmother was a painter. She used to take me to museums as soon as I could walk so, I guess, my entry point to the spiritual realm was the everlasting quest for beauty and emotional truth these artworks then triggered in my wide open heart.



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## What are you doing at angelhands?

I am the Creative Recovery Officer. I work in service delivery and am accountable to Julie Verley and Ann O'Neill.

When I am not busy trying to make them laugh, I am a hard working practitioner.

As a performer and an artist, I have always believed in and often experienced the importance of the Arts as the connective tissue between people as well as between communities.

I've had the joy to work: on stage, in prisons, schools and refuges; with adults, teenagers and children; with professionals and amateurs, with all-women casts, with people from all over the planet, and it's always been a somehow heart opening adventure.

Through art practice people learn life skills like courage, compassion and responsibility. But the trick is that to practice art, one would need to work on physical abilities which, though they are essential to life, are not taught in most schools or Universities. So bear with me because I am quite passionate about this stuff! (Jule gives a big smile)

To sing you need to know how to: breathe; project your sound; and how to listen.

To dance you train your: body; core muscles; resistance; and resilience when experiencing pain.

To act you need: a good memory; emotional intelligence; empathy; to read body language; to walk in someone else's shoes; and to not judge.

To paint, you need to: observe selflessly and to repeat the same gesture year after year. You need to become aware of textures, colours, movements, lights, shadows, perspectives and so on...

To write you need: patience; accuracy and imagination.

To be on stage, you need confidence and a sense of team.

The list goes on and on.

And to top the list, there is the immense JOY one feels when belonging to something bigger, wider, wiser, and richer... than oneself. The joy to be and the joy to be free because when people create together: the space is safe; there is no right or wrong; or ugly consequences. We are on a trapeze and there is a safety net so we can learn to fly.

I hope you comprehend what I am trying to convey.

It's about going back to the HEART. It's about LOVE made visible.

I joined the angelhands Board as I wanted to make a difference and continue to participate in the magic that I saw

angelhands providing in recovery and building a supportive community. I believe that art is the connective tissue between people and communities.



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My wish is to organise, develop and advise on arts workshops, programs, retreats and fundraisers. I will be starting a new programme Creative Recovery Emergence Workshops (CREW) on Tuesdays starting July 5<sup>th</sup> for 26 weeks (see Flyer on previous page - 3).

### What is the idea behind the programme?

The Creative Recovery Emergence Workshops aim is to enable people to stand up on solid ground - with their aches, their feelings, their weaknesses, their strengths and their visions.

Researchers have found that tools and techniques allowing you to shift your heart into a more coherent pattern enable the brain to find a match to a more positive feeling. The brain operates as a complex pattern-matching system as it builds a set of patterns in our neural architecture based on previous experiences.

Emotions are reflected in the pattern of heart rhythms –an incoherent pattern

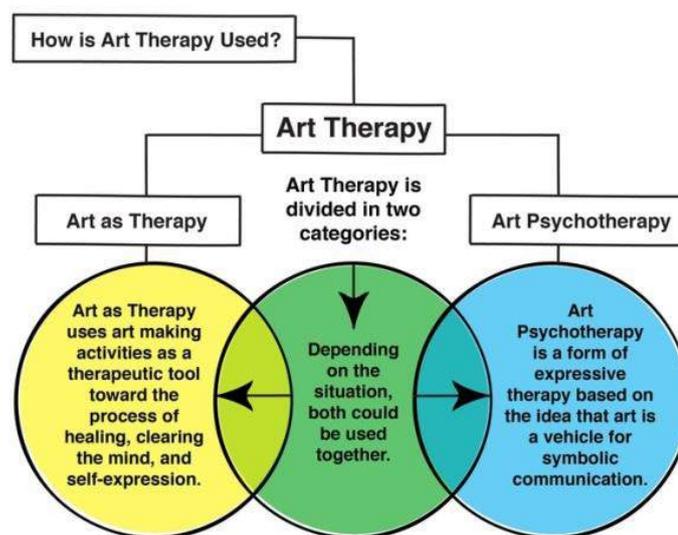
for disturbing emotions such as anger, frustration, and irritation, or an ordered and coherent pattern for positive emotions like appreciation, care, compassion, and love.

Love and related positive emotions not only increase coherent heart rhythm, they also increase synchronization between the heart and the brain, resulting in improved mental clarity and cognitive performance. (McCarty 2002).

The participants will be offered tools, skills and strategies to:

- better understand how and why anger occurs in their daily life;
- better understand how their body triggers anger and respond to it;
- learn and use fast acting tools to bring the rhythm of their heart into more coherence; and find and act on new solutions for situations involving anger or triggers.

Through being a witness of plays, books and artworks we connect on profound levels and experience a commonality not many of us have access to in our daily encounters; and through art practice we can heal ourselves. As we practice art we are made stronger while reconnecting to our: inner child; ability to heal; and our pure knowledge of how to overcome adversity!



Project by: Cathy Malchiodi & www.joshkale.com ©2015

## Interview with our State Services Manager, Amy Bowlay

### Interview by Jim Jonas

Amy was born in Adelaide, SA. She moved to Perth, WA with family and completed her education by graduating Bachelor of Law (LLB), Murdoch University. While in Law School at Murdoch, Amy, as a Court Support Officer and part of the Victim Support Services was involved with Restraining Orders and Support. Here she met with Dr Ann O'Neill – Family Violence Officer – and became aware that victims were being treated by the court as witnesses, only, rather than in a more comprehensive manner as victims.



Since when and while working at angelhands, Amy has been awarded a Postgraduate Certificate in Victimology, University of WA and University of Tokiwa, Japan; and is doing further studies in Criminology and Criminal Justice, Griffith University and Open University, Australia in 2016.

As the State Services Manager, Amy ensures that angelhands is compliant with all funding agreements entered into by angelhands and in her Services Administration role assists with training.

### Supporting Trauma and Recovery (STAR) Program:

The training programs run by angelhands were started specifically supporting all people affected by Homicide (secondary victims) and survivors of serious personal violence.

angelhands has expanded our focus to assist all people recovering from extreme trauma, including that involving violence.

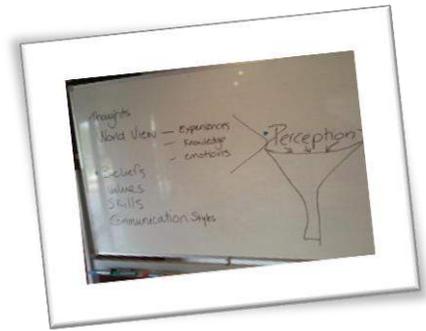
In order to further extend the professional expertise required within Perth and Western Australia, angelhands Victim Awareness Training (VAT) team of Dr Ann O'Neill and Julie Verley have provided the therapeutic content of a pilot program of four keynote presentations and twelve workshop presentations with the input of knowledge and understanding of victimology and Criminology; and the basic structures of our legal system by Amy. These pilot program presentations are to be completed by the end of June.

*angelhands has expanded our focus to assist all people recovering from extreme trauma, including that involving violence.*

The training (now known as the Supporting Trauma and Recovery) program is designed to be delivered to professionals that may come into contact with traumatized people. The program comprises of : a Lived experience survivor story, criminological data, grief theory, trauma theory, the criminal justice system, angelhands systems and practical ways to best support people affected by violence and crime.

The program highlights the successes of angelhands support system as a psycho-social model, based on the research of Dr O'Neill, into the best methods of support for traumatized individuals.

The program offers an opportunity for other professionals to learn from angelhands extensive experience and knowledge in trauma informed care and the experiences of victims in the criminal justice system.



The program is developed in order to be delivered to different sector groups, dependent on their service area. For example, with organisations involved in social support or welfare, the greater focus will be on the practical support techniques for clients; and the criminal justice system workings, such as basic legal structures, restraining orders and family court matters. For legal practitioners, the greater focus is on basic grief and trauma theory, and recognizing and allowing for these symptoms in their clients, and how best to manage them. The training sessions are delivered in-house to host organisations, for a maximum group size of 15-20 participants.

The VAT program was funded by the Department of the Attorney Generals' office as a pilot program. The program was very successful, with 100% satisfaction rating from participants. It will be offered as a new fee for service program - Supporting Trauma and Recovery (STAR) Training - after 01 July 2016.



Criminal Property Confiscation  
Grants Program

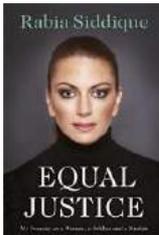
*Presented in partnership*



## Trauma: Educational Presentation

angelhands invites professionals and students, be you a nurse, lawyer, social worker, police officer, psychologist, doctor, teacher, counsellor, child care worker, or youth worker, to learn about

### Recovery from Extreme Trauma: Victim Awareness Training



*You will learn from*

***Rabia Siddique, Dr Ann O'Neill & A Survivor Advocate***

*will all speak on*

***The Challenges of Extreme and Complex Trauma  
Recovery for People Affected by Violence***



<b>Date:</b>	Thursday, 30 <sup>th</sup> June 2016
<b>Time:</b>	4-6pm presentation and networking. Welcome drinks and nibbles provided.
<b>Venue:</b>	The Function Room @ The RISE 28 Eighth Avenue, Maylands, WA 6051
<b>Cost:</b>	No charge – FREE

Please register by Wednesday 29th June 2016 : <https://trybooking.com/210059>

## Engaging with angelhands

### Specific Partnership and Sponsorship Opportunities: Programs or Participants

- LIFE Program:** The 10 module program is delivered to empower women transitioning from abusive relationships. Teaching women skills and tools to recognise what has happened to them, unhealthy patterns and behaviours abusers employ, and tools to avoid revictimisation. Prioritising women with children, it offers a child advocate and domestic violence legal advocate to assist with queries.

One round of this program costs approximately \$10,000 to deliver (\$1,000 per participant).

- Hope and Healing:** Monthly evenings gatherings provide an opportunity to learn holistic self-care and trauma recovery therapies. The program culminates with our tree of angels' event in November which offers people a preparatory ritual leading into the often challenging festive season.

The approximate annual cost for the 10 session Support Group and Hope and Healing is \$ 10,000

- Creative Recovery Emergence Workshop:** The CREW program is where Science meets Art – our new support group is facilitated by an artist with trauma training. This incorporates a number of artistic techniques, with calming techniques and physical response tools. The support group runs weekly and will complement the Hope and Healing evenings.

The approximate annual cost for the CREW Program is \$ 23,000

- From Surviving to Thriving : Weekend Retreats:** Taking people recovering from trauma away for a weekend in a safe, nurturing environment, delivers a program designed to help them **rest, reflect, reconnect and recover after trauma**. Consisting of good nutrition, gentle reflective, self-care and trust building activities, peer learning, and relaxation for people who typically have no healing time. All meals, accommodation, resources, and travel are provided for a nominal cost. angelhands delivers two retreats a year<sup>1</sup>.

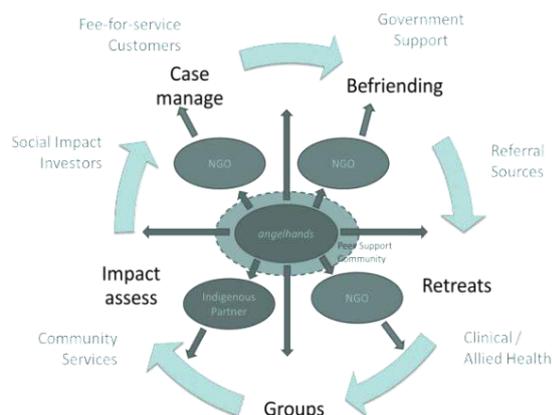
The approximate cost for a retreat is \$15,000 (\$1,500 per participant).

- Befriending:** Befrienders are volunteer mentors trained by Dr O'Neill, to walk alongside traumatised people on their recovery journey. Befrienders have often mastered their trauma. Typically, two Befrienders volunteer to support people over 6 months (12-14 sessions), providing trauma, grief and systemic education, empathy and support to promote people's mastery of trauma symptoms, maximising daily activities and social participation. Meeting in more casual surrounds or attending specific activities enhances people capacity to trust and recover.

Befriending, plus additional services costs approximately \$2,000 per client.

Training a befriender cost \$2,000 per participant

*"angelhands saved my life"*  
Elizabeth 78, violent home invasion survivor



<sup>1</sup> Where funding is available



## Research tells us 3 in 4 Australians report at least one potentially traumatic event in their lives; but most report two or more!

The unexpected death of a loved one (35% of pop.), witnessing someone being badly injured or killed (27%), or a life-threatening car accident (13%) being reported most often.

The community cost of violent crime is huge, but **it is the human cost of trauma caused by violence that we can impact.** While extreme and prolonged trauma can cost lives, relationships and livelihoods when we look at the economics of trauma, the typical or average cost to the community has been conservatively estimated at \$122,000 per person.

angelhands helps people recover from extreme trauma by providing specialised long-term post crisis trauma recovery programs after experiences such as domestic violence, sexual assault, abuse, sudden death (e.g. murder), assault, glassing, home invasion, culpable driving, extreme bullying or violence.

Currently, angelhands recovers 30-40 people each year; last count seeing more that 350 people per year. This **relieves a huge burden of misery for the individuals which is simply the right thing to do!** However, in economic terms, this is a typical cost saving to the community of \$60,000 each – this equates to a saving of more than ~\$2m.

Current **demand outstrips our capacity by 10:1** so please help angelhands raise \$50K in 50 Days.

**We CAN DO THIS with you** and other people each **giving a little**, if  
**50 give \$1k, 50 get 10 to give \$100, or 500 get 10 to give \$10**  
 then we'll meet our \$50k in 50 days target in no time at all!

This sum is attainable with the support of our donors; just by giving, a minimal donation leads us to being a lot closer to our target amount.

Partnering with angelhands will give you the satisfaction of giving and helping men, women, and children in your community and along with the opportunity for public acknowledgement.

Along with carrying out a good deed, there is an opportunity to be eligible for tax deduction because of a charitable gift recipient status. So please, become our partner and contribute now.



GiveNow will issue you with a tax-deductible receipt for your generous contribution.

Spread the word and share the flyer on the next page.

We thank you for your support.

Donate at <https://www.givenow.com.au/angelhandsinc50kin50days>.



## Did you know?

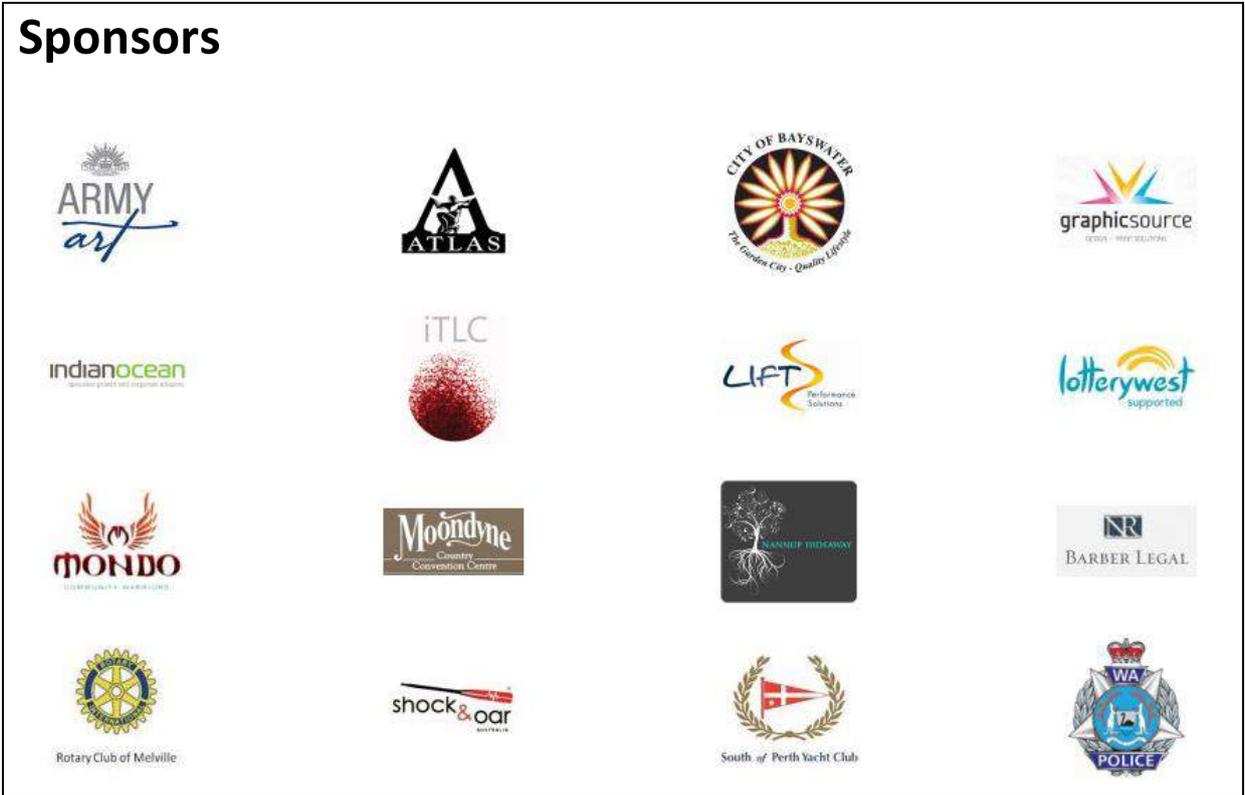
angelhands has a collection of digital and physical library resources free to the public. You can come by the angelhands office to view and take out our library books. CD's and DVDs. You can also go to our website and go to the 'Resources' section for our online resources. Under this section, we provide self-help information for victims for coping strategies, courtroom preparation, available support services, fact sheets, and newsletter form relevant organisation, among others. In addition, we have recently added a new subsection under 'Resources; especially for web and mobile apps, which has person safety feature, for example. We highly recommend you to have a look at our carefully chosen list by visiting <http://www.angelhands.org.au/resources/apps>.

**Congratulations to**  
**Julie Verley**  
for winning the *Communicare*  
*Rising Star Award 2016*  
at the WA Social Worker of the  
Year Awards.

angelhands is delighted that  
Julie is a valued member of our  
team!

**For details of how you can donate to angelhands, visit our website:**  
<http://www.angelhands.org.au/donate>

## Sponsors



## 3 in 4 Aussies experience traumatic events.



Founder Dr. Ann O'Neill,  
Parliament House Presentation, Nov 2015

angelhands offers recovery to extremely traumatised men, women and young people in our community.

They provide specialised trauma recovery programs after experiences such as sexual assault, abuse, sudden death (eg. murder), assault, glassing, home invasion, extreme bullying or domestic and family violence.

**They need your help.**



## Help us raise \$50k in 50 days

1 June to 21 July 2016

angelhands assists people to recover, regain trust and hope, whilst promoting strength, community and learning to overcome violence and traumatic experiences.

The most reported potentially traumatic experiences are the unexperienced death of a loved one (35% of population), witnessing someone being badly injured or killed (27%) or a life threatening car accident (13%).

### Donate today.

GiveNow issue tax deductible receipts.

Direct Deposit (EFT)

Bank: Bendigo Bank

BSB: 633 000

Account: 13454 9559

Reference: Your name

Email us your name and address for a tax receipt.



[www.angelhands.org.au](http://www.angelhands.org.au)