

NEWS

Striding out
for charity

FAITH TALK

A reflection
on love

MY STORY

You are
not alone

Behind closed doors

Exposing the myths of domestic and family violence

DOMESTIC AND FAMILY VIOLENCE PREVENTION MONTH

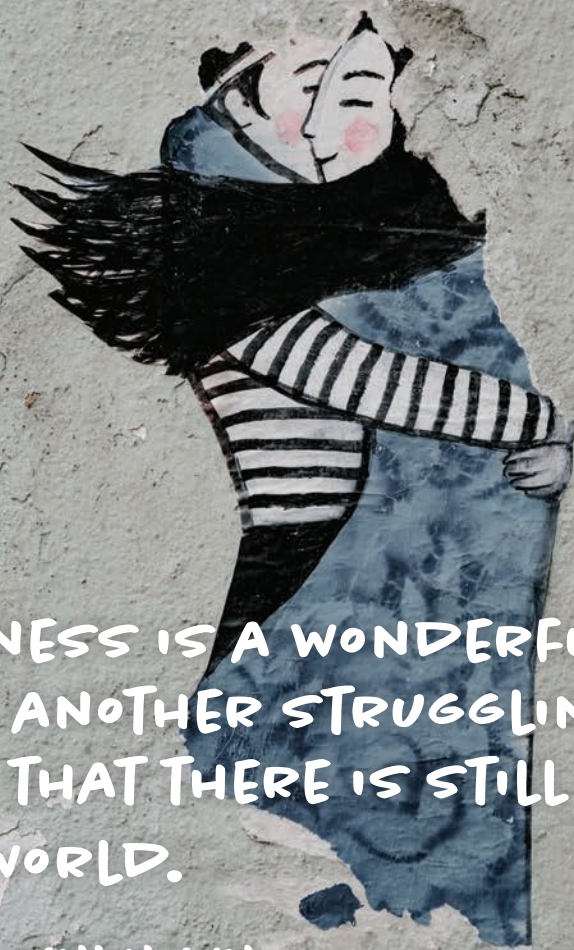


SALVOS

MAGAZINE

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KINDNESS IS A WONDERFUL WAY
TO LET ANOTHER STRUGGLING SOUL
KNOW THAT THERE IS STILL LOVE IN
THIS WORLD.

AUTHOR UNKNOWN



The Salvation Army is about giving hope where it's needed most.

What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice

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[04]
Feature

Behind closed doors

[10]
Faith Talk

A reflection on love



[11]
My Story

You are not alone

Safety denied

May is Domestic and Family Violence (DFV) Prevention Month. It's a time to raise community awareness of the social and personal impact of this devastating scourge and the supports available to the millions of people affected – overwhelmingly women and children. The high, and increasing, level of DFV in Australia is simply unacceptable.

In this edition, a Salvos case worker Sonya writes about DFV, some of the myths around it and how people can help those impacted to get the help they need.

Emily, another Salvos case worker and a victim-survivor of DFV, bravely shares her personal experience – how it started, progressed and how she managed to get the support she needed.

As we see in *Faith Talk*, God is on the side of the oppressed, abused, marginalised and unjustly treated. He refuses to play by the rules of violence and power and instead, teaches us to reflect his kindness, gentleness and unending love to all – especially the vulnerable, the powerless and the traumatised.

To read these and other articles, go to

salvosmagazine.org.au

Simone Worthing – **Assistant Editor**

Behind closed doors

Exposing the myths of domestic and family violence

May is Domestic and Family Violence Prevention Month – an annual event to raise community awareness of the social and personal impacts of domestic and family violence and the support available to those affected. The key aims of the month also include promoting a clear message of zero tolerance of domestic and family violence and encouraging people who use abuse and/or violence to take responsibility for their abusive behaviour and seek support to change.

Sonya Button, a family violence program manager for the Salvos in NSW, talks below about domestic and family violence, some of the myths surrounding this enormous issue and some practical ways in which you might be able to support someone experiencing violence and abuse.

WORDS SONYA BUTTON

Domestic and family violence can affect anyone. Remember when you met someone and were falling in love? Your heart started to race when that person walked into the room and you couldn't help but walk around in those heady, early stages of romance with a grin on your face. You felt lucky to have found the one. Somewhere along the way though – and you may not even know when it began – a pattern of controlling abuse emerges in your relationship and you find yourself alone, without access to your own finances, frightened, hurt and feeling worthless.

I am a family violence program manager in regional NSW, and every day I see the trauma faced by victim survivors when they reach our service, and their extraordinary courage to rebuild their lives.

The enormity of domestic and family violence and the impacts it has on ordinary Australians, and in every country around the world, can be overwhelming. Domestic and family violence is a crime often hidden behind closed doors. In Australia, approximately 1.5 million women and 528,800 men have

experienced physical violence from a partner from the age of 15. More than one million Australian children are affected by domestic and family violence. Seven out of 10 women murdered in Australia are victims of domestic and family violence and these murders happen almost on a weekly basis. They are staggering statistics and when you really think about it on a personal level, the chances are it is happening to someone you know.

“

... the chances are
it is happening to
someone you know.

”

MYTHS

There are many myths about domestic and family violence that include what domestic violence is and why people stay in the



relationship. For this reason, it is important to understand that this violence is a pattern of abusive behaviour through which a person seeks to control and dominate another person. Domestic violence does not take the form of a single incident. It is ongoing behaviour that gradually undermines the victim's confidence and ability to leave the violent person. The severity and frequency of violence often escalate over time.

The perpetrator can use many tactics to manipulate and control:

- **Physical abuse.** This could include hitting, shoving, kicking, choking, biting or hair-pulling. This could also include forced ingestion of drugs or alcohol. It includes reproductive abuse, when people are prohibited from taking contraception and intimidated into keeping a pregnancy or forced to terminate one.
- **Sexual violence.** This could include forced or coerced sex acts, rape or sexually demeaning treatment.
- **Emotional abuse.** This could include put-downs, name-calling, blaming, criticism and other efforts to diminish a person's self-worth.
- **Psychological abuse.** This could include threats of violence toward a partner, family member, pets or friends; keeping a partner from socialising or going to work or school. Threatening suicide or self-harm to control is another form of this abuse.
- **Financial abuse.** This could include controlling a partner's finances or restricting access to financial resources.
- **Spiritual abuse.** This could include denying someone access to religious services and/or coercing them to convert to a particular faith.

Yes, it is confronting, but if I know anything from working for the Salvos for the past five years, it is that we are a collective of people who are committed to fighting hardship and injustice. And for that reason, I would like to challenge you to think about if you have ever thought family violence is a personal problem? Or shared some ill-informed opinions that can be detrimental to survivors of domestic violence? ►

COMMON RESPONSES

Here are five common responses that are not constructive and could be harmful:

1. "Why don't you just leave?"

This is the most common question survivors are asked, and the one behind which immense pain is hidden. Leaving an abusive relationship isn't as simple as walking away. There are many things a victim must consider before taking this step such as their children, finances, housing and more. Leaving an abusive relationship is the most dangerous time for a victim.

2. "Relationships aren't perfect. All couples/families have problems."

Absolutely, no relationship is perfect. However, abuse, whether physical or emotional, is never part of a healthy relationship. This isn't a couple's problem, but rather a one-sided, hurtful infliction of power and control. A victim who is in an abusive relationship isn't seeking perfection, but rather respect, dignity and a life free of abuse.

3. "How can you let them treat you like that? I would never let this happen to me."

Another harmful response is to blame and stereotype the victim. Domestic violence is a global issue and is not bound to any particular types of people. It can happen to anyone.

4. "They always seem so nice though! They really don't seem that way to me."

Victims of domestic violence are often embarrassed by what is happening and this is another phrase that doesn't help the victim's suffering. Perpetrators of domestic violence aren't usually abusive in public and are



perfectly pleasant to everyone else around them. They can be very charming and well-liked by others, which can be blinding.

5. "I never liked them anyway. We all told you something was up."

Even though you may have sensed something was wrong, abuse can build over time for a victim. Perpetrators of abuse don't suddenly become abusive; it's a slow, blinding and complex process and can be hard to believe.

APPROPRIATE RESPONSES

If you find yourself in a situation where someone experiencing domestic and family violence has come to you for help, here are some appropriate responses:

If the person is in immediate danger: Remain calm and remember that safety should be a top priority. If the abuser is an immediate concern, call **000**.

BE SUPPORTIVE

These statements can assist when speaking with someone you are trying to support:

- You are not alone.
- You deserve to be safe – your children deserve to be safe.
- I'm so sorry that is happening to you.
- I'm glad you told me; I would like to help you.
- The abuse is not your fault – you are not to blame for someone else's violence.
- You have the right to make your own choices, including the decision to leave an abusive situation.
- Domestic violence is a crime.
- You have the right to receive protection.
- There are people concerned about you and they want to help.
- Help find a domestic violence support service.

Each year, the Salvos in Australia assist more than 7000 women and children experiencing family violence. We work with services such as the police, financial counsellors and courts to offer individualised support to women and their children, addressing particular risks while planning a course of action.

Find your local Salvation Army family violence specialist service for help to provide safety and support at [salvationarmy.org.au/need-help/family-and-domestic-violence/find-help-for-domestic-violence](https://www.salvationarmy.org.au/need-help/family-and-domestic-violence/find-help-for-domestic-violence)

Remember to look after yourself too – supporting a friend, relative, colleague or client who is being abused can be frightening, stressful and sometimes frustrating.



It is never okay to harm someone else. There is a range of ways we can prevent or interrupt violence. You can challenge gender inequality, not be a silent bystander and promote healthy relationships.

EMERGENCY CONTACT NUMBERS

National Domestic Violence and Sexual Assault Helpline (24 hours): **1800 737 732 (1800 RESPECT)**

Lifeline: **131 114**

Kids helpline: **1800 55 1800**

If you are concerned for the immediate safety of yourself or someone else, please call **000** for emergency assistance.



Scan here for more on family and domestic violence.

Safety: You should feel safe in your own home

Many of us tend to think of home as a safe place. That is sadly not the case for everyone. Unfortunately, Australia has an enduring problem with domestic and family violence.

According to the Australian Bureau of Statistics (2016 Personal Safety Survey), 2.2 million Australians have experienced physical and/or sexual violence from a partner, and 3.6 million Australians have experienced emotional abuse from a partner.

**2.2
million**

Australians have experienced physical and/or sexual violence from a partner

**3.6
million**

Australians have experienced emotional abuse from a partner

One in six women have experienced physical or sexual violence from a current or previous partner and one in four have experienced emotional abuse. In 2016-17, on average, 17 adults were hospitalised every day due to physical violence by a partner or other family member.

Family violence is one of the main reasons people need to come to The Salvation Army for homelessness services.

Exposure to violence is a form of child abuse. It can impact children's emotional, psychological and physical development.

Family violence is not always physical. Financial abuse, verbal abuse, emotional abuse or coercive control can be less obvious but just as harmful as physical violence. All these forms of abuse cause immediate and lasting harm to victim-survivors as well as others, especially children, who witness it.

WHAT CAN BE DONE?

As a nation, we can ensure that when victim-survivors seek help they receive the help they need.

As a nation and as individuals, we can hold perpetrators accountable.

As individuals, we can be careful how we speak about family violence and call out people and organisations that use language that minimises violence against women.

If someone tells you, explicitly or through subtle hints, that they are experiencing family violence, believe them. If you can, help them access support. If it is safe to do so you can ring **1800 RESPECT (1800 737 732)** or go to **1800respect.org.au** and use the web chat.

And always, if you hear or suspect someone is in immediate danger call the police on **000**.

The Salvation Army – A Pathway to Social Justice. To download this report, go to **salvationarmy.org.au**



Scan here for more on family and domestic violence.

Pair strides out for charity on Brisbane to Sydney walk

Fifteen-year-old Will Neisler and a family friend, former police officer Tim Koloj, last week began arguably the biggest adventure of their lives – a charity walk from Brisbane to Sydney to raise money for The Salvation Army's Red Shield Appeal.

Tim said his personal experience with mental health issues, and the situations he encountered as a police officer, such as domestic violence, meant he also hoped the Salvos could use the money to help in those areas in the community, too.

Will and Tim have been training for several months and aim to walk about 1200km in seven weeks. Will's mum, Anne, said she was not worried about her son being on such a long journey as Tim would be a reliable companion, and Will's father Basil would be "shadowing" them as a one-man support crew.

Will said he and Tim "love a physical challenge" and decided to take on the walk and, in the process, "raise some money for a really great charity". They aim to raise \$50,000 for the Salvos, "who are always there for people in need", says Tim.

The pair set off from Brisbane's Queen Street Mall and aim to follow the east coast all the way to the steps of Sydney Opera House.

The pair aims to walk eight hours each day and cover about 25-30km, passing through at least one town daily where they can pick up supplies or take a break if required.

They hope to take "every seventh day off" to rest: "We're not aiming to break any records.



With a confident thumbs up and walking poles in hand, Tim Koloj, left, and Will Neisler leave Brisbane last week.

"We're novice hikers," Tim said.

Tim said some of their journey would include "camping wild", which would give them an experience of what many homeless faced nightly and hoped the money raised would also be used by the Army to work in that space.

The two plan to document the trip with notes and photographs and post their adventures on social media.

To donate to Will and Tim's cause, go to fundraise.salvationarmy.org.au/william-neisler – Darryl Whitecross

A reflection on love

WORDS BELINDA CASSIE



“Love is large and incredibly patient. Love is gentle and consistently kind to all.”

This verse comes from the Bible’s book of 1 Corinthians chapter 13 and verse 4.*

I like that. No, that’s an understatement, I love that. Because if there is something that I would love to aspire to it’s that – to be consistently kind to all. I think that’s a great spin on what love is. And I appreciate even more the fact that that’s who God is.

We also read in the book of 1 John chapter 4, verses 1-7, that God is love. It’s almost a bit repetitive. Because maybe we need it repeated.

So knowing that God is love, we can substitute into the above verse – God is large and incredibly patient. God is gentle and consistently kind to all. To all.

I might just say that again, for those of us who need to hear something a few times to really get it – God is gentle and consistently kind to all.

That, my friends, is what we call good news.

**The Passion Translation*

Captain Belinda Cassie is a Salvation Army officer (pastor) in Tasmania.



Scan here for more
on finding meaning.

You are not alone

Emily is a long-term case manager at a Salvation Army crisis accommodation centre for women and children. She is also a victim-survivor of domestic and family violence. This is her story.

WORDS EMILY*



My partner and I were happily together for a number of years and had three beautiful children. After the birth of our third child, the relationship started to change.

We came from different backgrounds. My partner had arrived in Australia as a migrant, fleeing persecution in his home country. He had suffered from post-traumatic stress disorder but didn't seem to be obviously affected by it when we met. He didn't have steady employment but worked on and off as a labourer.

FINANCIAL ABUSE

That's when the financial abuse began. The first time I noticed it was when there was no money in one of my accounts when I went to use it. The money had been withdrawn from an ATM at a pub. My partner explained that he'd got the money out – a couple of thousand dollars – for gambling. He apologised and said it would not happen again.

But it did. He took my ATM card, withdrew ►

my money and gambled. He would promise and promise to stop but this went on and off for months.

EMOTIONAL ABUSE

When the baby was five months old, he angrily went through boxes of my old photos, demanding that I throw out all the photos of me with former relationship partners. From there he started to get agitated about me going to meet certain friends and family members. I stayed at home more often, isolated. He started to criticise my parenting, cooking and appearance. This broke my heart.

The aggression progressed. One night he was angry about me wanting to see my friends. He grabbed me by the shoulders and shook me really hard. It was a wake-up call.

PHYSICAL ABUSE

One night soon after, he came home really angry. He took my phone off me and told me that if I called the police, he would kill me. I felt he meant it. He threatened to take the kids overseas and never allow me to see them again. He beat me very badly this night. I knew I had to do something. It was terrifying.

He started shouting about getting money from my mum to invest in a business he wanted to start overseas. I told him I would call Mum to try to convince her, hoping a call at this hour would alert her that something was wrong.

Mum knew things weren't right and called my sister, who came early the next morning. She quickly told my partner that Mum was really sick, and she and I needed to go to her. She distracted him and I quickly packed the valuables and things for the kids.

We went to my sister's house and called the

police. I went through everything with them and applied for a temporary apprehended violence order (AVO). All the time, weirdly, I was worried about him. The police found him and the order was granted.

When I told my partner our relationship was over, he pleaded with me, said it wouldn't happen again. I knew now, though, what he was capable of and I couldn't risk that happening again to me or the kids.

NEW BEGINNING

In my role as a case manager at the women's crisis centre, where I have been for around 14 years, I support people who choose to leave violent situations and I advocate for their safety. I now had to do this for myself and separate myself from my emotions. I knew the system and what to do but still found it challenging to take those steps and get my family safe.

It was challenging to find a private rental being a single parent on maternity leave. Finally, one lady was prepared to give me a go. I was beginning to move forward.





One thing that still stands out to me now is the kindness of certain people during that time. The childcare staff were extra loving and supportive of the kids. They waived our term fees, which really helped. A friend insisted on coming to court with me for a breach of the AVO and assault charges. I said I was fine and didn't need support, but she came and I was so glad she did.

The Salvos were great. My manager at the time was very supportive and offered flexibility about returning to work sooner, or later – whatever I needed. I wanted to stay in this environment.

Now, in my current role working with women and children using trauma-informed and strengths-based practice, I can use some of my experience and insights to improve my practice. It inspires the work I do. I know first-hand how important it is to see that support is available in that situation.

My ex-partner hasn't seen the kids for 18 months now. They miss him and don't

understand, although I explain at their level what has happened. The impacts of family breakdown are still being felt.

SUPPORT IS OUT THERE

If you are in an abusive situation, reach out and talk to someone. You may not be ready to leave, but listen to what you say out loud when you talk to someone – this can be really helpful. You and your children deserve to be safe. That is the priority. It's hard, but support is out there, whatever you are deciding to do. And don't feel scared about crisis accommodation. You can be well-supported and it's a safe place to take your kids.

Always remember, you are not alone.

* Not her real name.



Scan here for more on family and domestic violence.

Passionfruit, lemon and mint iced tea



Ingredients

6 black tea bags, 1.5 litres boiling water, ½ cup caster sugar, ⅓ cup lemon juice, ⅓ cup orange juice, 3 passionfruit, halved (or 50g tinned passionfruit pulp), ⅓ cup mint leaves, 1 small lemon thinly sliced, ½ orange thinly sliced, ice.

Method

Place tea bags in a heatproof jug and add boiling water. Let stand for 3 minutes, then remove tea bags.

Add sugar and stir until dissolved.

Stir in lemon juice, orange juice and passionfruit pulp.

Refrigerate until ready to serve.

Add mint leaves, lemon slices and orange slices.

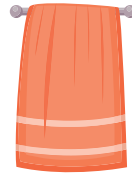
Serve in glasses filled with ice.

Have a laugh



What music frightens balloons?

Pop music



What's the leading cause of dry skin?

Towels



What is a plumber's favourite vegetable?

Leeks

Bible byte

"The Lord's loyal kindness never ceases; his compassions never end.

They are fresh every morning; your faithfulness is abundant!"

Lamentations chapter 3, verses 22-23

New English Translation

Wordsearch

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

- | | |
|------------|----------------|
| ACUTE | NURSES |
| BURNS | ONCOLOGY |
| CARDIAC | PATIENTS |
| CARE | PROFESSIONAL |
| CLINIC | REHABILITATION |
| COMMUNITY | SHIFT |
| EMERGENCY | SPECIALTIES |
| HEALTHCARE | SURGICAL |
| HOSPITAL | THEATRE |
| MEDICAL | TRIAGE |
| MIDWIVES | VACCINATION |

Answers: 1. 12 May 2. The contribution of nurses to the health of society. 3. 331,800 4. Finland 5. 92,000 (2017)
Tum-Tum: is hiding behind the glass of tea on page 14.

Quick quiz



1. When is International Nurses Day?
2. What does this day recognise?
3. Approximately how many nurses are registered in Australia?
4. Per head of population, which country has the most nurses?
5. Approximately how many students are studying nursing in Australia?

Tum-Tum



On which page of this week's *Salvos Magazine* is Tum-Tum hiding?

Did you know?

- Hawaii is the best place in the world to see rainbows.
- Playing dance music can help ward off mosquitoes.
- The average person falls asleep in seven minutes.

"I NEVER THOUGHT I'D BE HOMELESS."

At a time when she should have been enjoying retirement, Margaret* became homeless and for seven years, her only shelter was an old tent.

For every person you see on the streets, there are 13 more you can't. More Aussies just like Margaret are facing homelessness than ever before.

That's why this year's Red Shield Appeal is so important.



To watch our important message scan the QR code or visit salvationarmy.org.au/1in13



**RED
SHIELD
APPEAL**
LEAVE NO
ONE IN NEED

**Name changed for privacy*

