

**NEWS**

Community café transforming lives

**FAITH TALK**

A daily act of kindness

**MY STORY**

A life turned upside down

# The power of the bystander

Together we can help end domestic violence



# SALVOS

MAGAZINE

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**IF YOU GET TIRED,  
LEARN TO REST,  
NOT TO QUIT.**

**- BANKSY**



## 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

# Salvos Magazine

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**A life turned upside down**

## The power of one

It's so easy in our world today to be overwhelmed by the extent of the problems we see globally, in our local communities, and in our individual lives. It can often seem like there is little we can do to make a difference.

In this edition, we focus on domestic and family violence – the theme of The Salvation Army's annual Red Shield Appeal (RSA) that began last month and runs until the end of June. Petra Jenkins outlines ways in which every person can play a role in ending domestic violence, through awareness and using some simple tools to help victim-survivors.

In My Story, Gemma shares her personal experience of domestic violence, and how Salvation Army services, supported through the RSA, have given her and her daughter safety, security, and a safe place to recover and rebuild their lives.

In Faith Talk, James Burns again emphasises the power each one of us has to effect change in this world through kindness, awareness, and responding to a particular issue that breaks our heart. No act of kindness and love is too small.

For these stories and more, check out [salvosmagazine.com.au](http://salvosmagazine.com.au)

Simone Worthing **Assistant Editor**

# Domestic abuse and the bystander

Together we can help end domestic violence

**WORDS** Petra Jenkins

The bystander effect is a phenomenon where the greater the number of people present, the less likely people are to help a person in crisis. In an emergency event, community members are more likely to act if few or no other people are around. When part of a large group or crowd, the likelihood of an individual intervening and assisting is reduced as we will often defer responsibility to others.

So, what does this have to do with domestic abuse? We've all heard the saying 'hiding in plain sight'. This is a perpetrator's playbook. Coercive control 101.



There has never been a more important time for the bystander than now. The pandemic has made victim-survivors of domestic and family violence more invisible than ever. Services are reporting a decrease in referrals and a change in help-seeking behaviour. There are fewer safe exit options, reduced operating hours, reduced refuge capacity, and critical frontline staff shortages.

Over the past two years, domestic violence incidents in NSW increased by 9.8 per cent, combined with more complex forms of

violence occurring. Risks to victim-survivors increased dramatically as the impact of social distancing measures affected the ability of victims to seek help.

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**There has never been a more important time for the bystander than now.**

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We are now seeing a sharp rise in referrals. For many women, the pandemic coincided with the onset or escalation of violence and a marked increase in coercive and controlling behaviour as they spent more time at home with the perpetrator.

What does this mean for women, children and individuals experiencing or at risk of domestic abuse? It means it is time for the bystander to step up. To show up. To speak out. But how can we do this so that the victim-survivor is not at risk?

## **BYSTANDER IMPACT**

Research has shown that constructive bystander action has a proven impact on effecting real change in preventing violence. Societal attitudes shift as more people call out dangerous, controlling, and abusive behaviour.

The important thing to remember is how to intervene safely for all parties involved, including the perpetrator. Often what is



thought of as providing help and protection for the recipient of abusive behaviour can have the opposite effect when the perpetrator is alone with their partner. Their feelings of shame and embarrassment at being called out for their behaviour, made worse if in front of others, may have a backlash for the victim-survivor as the offending partner attempts to reassert their dominance, power, and control.

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**Preventing domestic,  
family, and sexual violence  
is everyone’s problem.**

”

**STEPS TO TAKE**

Bystanders, of course, want to help and not make the situation worse, so what can be done to mitigate this? The first step is to assess the environment. Is the person’s safety immediately at risk? If so, then call 000.

A more common approach, however, will be to talk privately with the victim-survivor. Express your concerns by saying you’ve been worried about them. Listen without judgment and validate their feelings. If they don’t want to talk, then let them know that you’ll be there for them if they ever do want to.

Education is also a powerful tool. Learn what specialist services are available and provide this information in a safe way if the victim-survivor is open to receiving it.

You can also be a bystander in your wider community to prevent harassment and gender discrimination. When intervening safely and calling out sexual harassment, racism, or bullying, remember the four Ds – direct, distract, delegate, delay.

**THE FOUR Ds**

- **Direct action**  
Call out negative behaviour, tell the person to stop, or ask the victim if they are okay. Do this as a group if you can. Be polite. Don’t aggravate the situation – remain calm and state why something has offended you. Stick to the facts and don’t exaggerate. ►

- Distract**

Interrupt, start a conversation with the perpetrator to allow the recipient of the abuse to move away, or have friends intervene. Or remove the victim physically from the situation – tell them they need to take a call, or you need to speak to them; any excuse to get them away to safety. Alternatively, try distracting or redirecting the situation.
- Delegate**

If you are unable to intervene yourself, ask for help. There should be zero tolerance for gender-based discrimination and sexual harassment in the workplace.
- Delay**

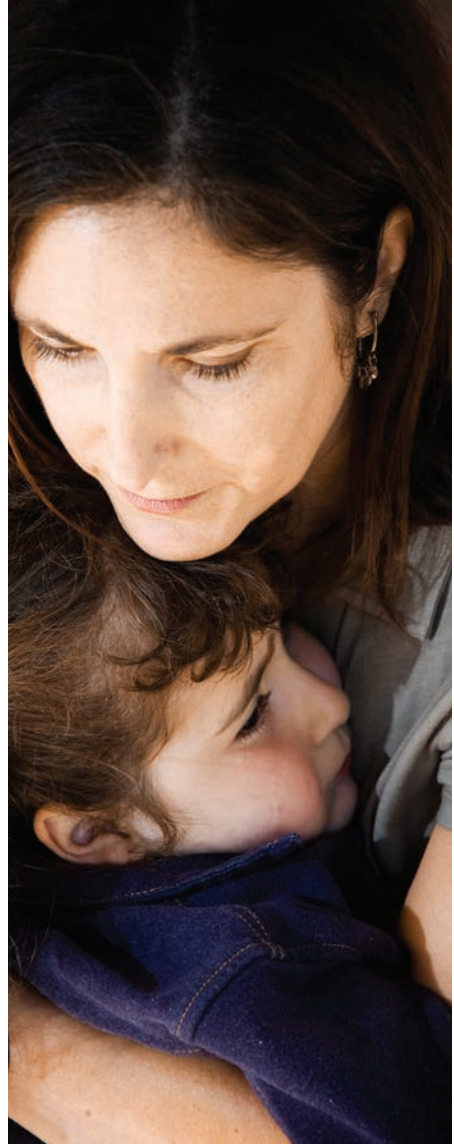
If the situation is too dangerous to challenge then and there (such as there is the threat of violence or you are outnumbered), just walk away. Wait for the situation to pass, then ask the person later if they are okay. Or report it when it's safe to do so – it's never too late to act.

Keep in mind bystander interventions are different for different situations. Intimate partner violence needs a considered and prepared intervention that must always keep the safety and security of the victim-survivor at the forefront. Calling out a person for wolf-whistling is vastly different to recognising the warning signs of coercive controlling behaviour in your friend's marriage.

Bystander intervention makes a difference. We can all be part of the solution. Preventing domestic, family, and sexual violence is everyone's problem. It's all genders, all ages, and all cultural backgrounds.

Together we can make a difference and end domestic abuse.

*Petra Jenkins is State Manager – Family Violence NSW/ACT, for The Salvation Army Australia.*



Scan here for more information on Salvation Army Domestic and Family Violence Services.

# Family and domestic violence



Family and domestic violence is a major health and welfare issue in Australia that can have lifelong impacts on both victim-survivors and perpetrators. It affects all people of all ages and from all backgrounds, but mainly women and children.

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 and others, especially children, who witness it.

Over the past year, family and domestic violence has been labelled as the 'shadow pandemic'. Gender inequality and inequity in Australia provide the underlying conditions for violence against women. Many of the drivers of family violence are 'societal', and how we, as a community and as individuals, respond to gender inequity and gender stereotypes can be a powerful force for change.



Almost a quarter of Australian women have experienced violence from a current or former partner. On average, in Australia, one woman is murdered by her current or former partner every week. One in three women with a disability experienced emotional abuse from a partner.



Aboriginal and Torres Strait Islander women are 35 times more likely to experience family violence than non-Indigenous women and 32 times more likely to be hospitalised because of injuries caused by violence.

## What we can do?

### AS A NATION

- » **We can ensure that when a victim-survivor seeks help, they receive it.**

This means that there is sufficient funding for supports and also that supports allow victim-survivors to be physically safe while continuing to be employed, pursue education, and be connected. When someone leaves a violent situation, they need somewhere to go.

### AS A STATE OR TERRITORY

- » **We can ensure that first responders receive the training and support they need to identify family violence and provide appropriate support.**

Sometimes family violence is difficult to identify. Sometimes victim-survivors are even misidentified as the perpetrators of violence. First responders have a difficult task, and they need sufficient support.

### AS A COMMUNITY

- » **We can have safe but challenging conversations about family violence.**

These conversations can equip us with the tools and resources to understand the nature of family and domestic violence as a pattern of behaviours over time. They can also demonstrate to victim-survivors that they are not alone and not to blame.

### AS INDIVIDUALS

- » **We can challenge our own ideas and language around family violence and question when others use language that minimises or excuses violence within the family or home.**

Everyone can call out negative behaviour. It's important to do so in a manner that doesn't shame the victim, but you can always say 'that's not ok'.

# Community café opens door to transformation

Red Shield Appeal funding connections in Adelaide

When Adelaide City Salvos officers (pastors) Sarah and Shane Healey arrived for work one morning recently, they found a man sleeping in the covered porch area of the building.

"It's not uncommon for people to sleep there," says Sarah, "because it provides protection from the elements."



The café is an inviting space where all are welcome.

Sarah and Shane offered the man a cuppa and had a chat. Over the next few weeks, they would repeat this routine as the man spent two or three nights sleeping outside the building, disappearing for a while, and returning. There was always the offer of a hot drink, food, and connections with other support services. Over time, the man offered to help set up the café tables and started to linger longer. He then took up the offer to speak with The Salvation Army's homelessness services.

"Now," Sarah says, beaming, "he's got housing through our homelessness services. Just the change in him because a group of people cared and believed in him. He's got a grin on his face he just can't shake. He's working his

way through recovery, but he feels valued. He's such a nice guy. It's been a privilege to be able to see that change and transformation."

Seeing that transformation may not have occurred if Adelaide City Salvos hadn't access to Salvation Army Red Shield Appeal (RSA) funding to set up a community café space this year. It's a partnership between Doorways (emergency relief), The Salvation Army's homelessness services, and the Adelaide Salvos 'DUO' (Do Unto Others) community meal (which is also Red Shield Appeal-funded).

The café is an inviting space where people can come on weekday mornings for donated food that is given away in partnership with Doorways. They can also access various support services, depending on their needs.

"It's been really good because the community can drive past and see that something is happening," says Sarah. "It's a much more inviting atmosphere for people to come, and



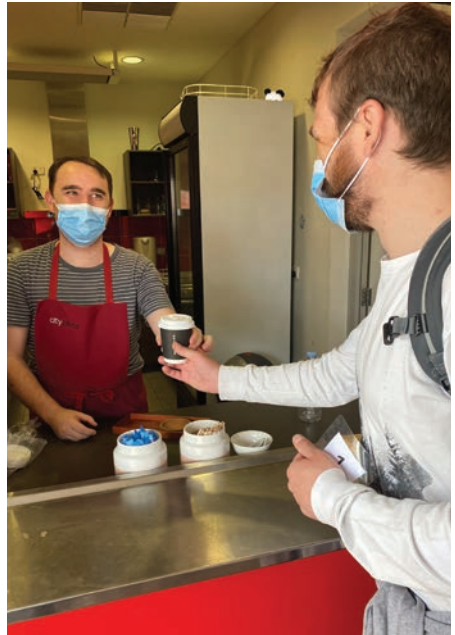


they don't feel like they have to queue up in an undignified way. They can find connection and conversation and then be able to ask in a safe place for the services they need."

The café space is also used to train local baristas in partnership with other services.

The RSA-funded café is an embodiment of The Salvation Army's mission. It works for justice by allowing people to come to a safe space and have their stories heard. It's building healthy communities because people attending feel a sense of belonging and significance and are encouraged to participate through service or other activities. And people are cared for.

"It's creating faith pathways because it's unapologetically a place where Jesus is honoured," says Sarah. "Here in Adelaide, our mission is to love the city like Jesus does, and we wanted to create a place of dignity and worth and the Red Shield funding makes that possible through our café."



Staff barista Michael serves coffee to community members.

## Red Shield Appeal 2022 launches

The 2022 Red Shield Appeal is now underway. The campaign focuses on family and domestic violence to tell the stories of people who have experienced a personal crisis and connected with the Salvos. Through this connection, they have then accessed a wide range of support that has helped them address the immediate issue of violence in their lives and the flow-on effects. This includes financial hardship, homelessness, and addiction.

Last year alone, Red Shield Appeal donations provided support and care to people in need on almost 1.9 million separate occasions. This year the Salvos aim to raise \$36 million in the campaign period from 1 April to 30 June to continue to provide support to those in hardship across our nation.

*For more information, see back cover.*



# A daily act of kindness

Making a difference to something that breaks your heart

How old do you have to be to start being kind? Or should that be, how young?

How does 11 years of age sound? Too young? Well, not according to Orion Jean of Texas, who was recently voted *Time* magazine's 2021 'Kid of the Year'.



Orion's motto is, "If you see a problem, fix it." And he sees himself as an ambassador for kindness. For Thanksgiving 2020, he organised the donation and delivery of 100,000 meals for families across America, and last (northern) summer it was the distribution of 500,000 books to children.

Watching the news during the pandemic, Orion wanted to do something, and the prize money he won in a speech contest was the catalyst that set him on his way. He had a lot of help from adults with logistics and, of course, from the people who supported his work both financially and by getting involved.

But it was his vision that started it all, and his view that kindness is a choice. His advice is to find something that breaks our hearts

and then, instead of wringing our hands, get out there and do something to make the difference. It needn't be a national project, for even small acts of kindness can make a huge improvement in someone's life.

Jesus said, "Do for others what you want them to do for you" (Matthew chapter 7, verse 12, *Good News* translation). This is called the Golden Rule and is even now a universal standard of how to treat others.

But Jesus also told a story about people who fed him when he was hungry, clothed him when he was naked, and visited him when he was in jail. This story ended with the statement, "I'm telling the solemn truth: Whenever you did one of these things to someone overlooked or ignored, that was me – you did it to me" (Matthew chapter 25, verse 40, *The Message* translation).

“

**If you see a problem, fix it.**

”

Can you commit to an act of kindness a day, knowing that you are pleasing God? Too old or too young? Definitely not.

*James Burns is a freelance writer from the Dunstable Salvos in the United Kingdom.*



Scan here for more  
on finding meaning.



# A life turned upside down

Gemma's\* joy at the birth of her baby daughter was shattered when soon afterwards her partner became addicted to the drug ICE, but with the help of the Salvos, she was given a fresh start.

**WORDS** Gemma

When our daughter Lily\* was born, my partner and I were a happy couple. We were young parents in our early 20s, and we had a little house by the water that we brought our baby home to.

Fast forward two months and my partner became someone I was very afraid of, especially after taking ICE. He would lock us in rooms, accuse me of cheating or stealing his money, physically and verbally abuse me, and threaten to run off with the baby. I knew I had no choice but to escape, so one morning after my partner left for work, I packed up all I could fit into my small car and left with Lily.

## SLEEPLESS NIGHTS

I tried to reach out to family as much as possible, but they were not able to offer us housing or financial support, so for many months, we couch-surfed at friends' homes. Some nights were harder than others, and I didn't want to overstay my welcome with friends, so there was mostly nowhere to go.

At our most desperate, I pulled over in a beach car park and took out a little foam mattress for us to sleep on. I often set up my car somewhere near a public toilet, the windows blocked out as best I could, but there were many sleepless nights.

I was also suffering from post-traumatic stress disorder after the violence I was subjected to at the hands of my partner, and I couldn't walk down the street or into a store without breaking down in panic. I was in a really dark place and wasn't sure I'd make it through.



Women like Gemma often resort to sleeping in their cars.

## A DOOR OPENS

The turning point came when I let down my guard and talked to my GP about my situation. He referred me to Orange Door, a support service for people experiencing family violence, and alerted Family Violence Services. I was terrified Lily would be taken from me but discovered that everyone was there to protect me and my daughter.

I was placed in the care of Salvation Army support worker Sandy at the height of the COVID-19 lockdown in March 2020, and my meetings with her were by phone at first. I felt really grounded and validated by Sandy's involvement and remember counting down the days between phone appointments.

Sandy supported me emotionally and practically and linked me with Katie from Salvation Army Housing. After being homeless for



Physical and emotional security help those like Gemma and Lily, to thrive and to rebuild their lives.

almost five months, we were approved for a transitional property within three weeks. Sandy was always calling, asking if I needed high chairs, cots, if my baby was good for clothes, and things like that.

### **A SAFE SPACE TO GROW**

Though safe in my home, the darkness of my anxiety and fear kept surfacing, and Sandy referred me to a trauma counsellor. I have also been linked with my local Salvos church. When things have been hard financially, I've been referred to the Salvos Foodbank, and I love all the girls there. I've felt so blessed by their generosity and understanding.

When my car broke down, and I was charged \$1000 for repairs, I was devastated, but Katie referred me to another Salvos worker who immediately arranged for the bill to be paid. There was no situation I presented that wasn't met with opportunities for support and outreach.

### **THE NEXT CHAPTER**

I truly believe that I wouldn't be alive if the Salvos hadn't picked up our case. My child is

a happy, confident, and emotionally secure toddler. We are so content where we are and have a wonderful support network in place.

I am now a completely different person, and I credit so much of that to my environment. Being in a safe and secure place has really fostered my growth and recovery. I'm currently studying an online course and have been receiving help for my mental health for over a year now, including regular check-ins with Sandy and Katie.

In the Bible, Romans chapter 8 verse 18 says, "The pain that you've been feeling can't compare to the joy that is coming" and that is exactly how I feel. We've been given a fresh start and a real chance at a better life.

\* Names has been changed



Scan here for more information on Salvation Army Domestic and Family Violence Services.

## Beef tacos



### Ingredients

2 cloves garlic, ¼ cup soy sauce, 2 tbs honey, 400g beef strips, 1 red onion, ½ cup white vinegar, sugar, salt, 2 carrots, 1 chilli (optional), mixed lettuce leaves, olive oil, 12 mini flour tortillas, mayonnaise.

### Method

- Finely chop garlic. In a bowl combine garlic, soy sauce and honey. Mix in beef strips to marinate.
- Thinly slice onion. In small bowl, combine vinegar and a pinch of sugar and salt. Add onion to pickling mixture, adding water to just cover onion. Grate carrots and slice chilli.
- In a bowl, add lettuce leaves, carrot and chilli, season with pepper and salt.
- Heat a splash of olive oil. Cook beef strips until brown and cooked through.
- Heat mini flour tortillas in a microwave, according to packet instructions. Fill tortillas with salad, beef and drained pickled onion. Top with mayonnaise.

## Quick quiz

1. What is the main ingredient in falafel?
2. What shape is chiocciolo pasta?
3. What is used to marinate raw fish in Mexican ceviche?
4. What type of vegetable is a pimento?
5. What does Violet Beauregarde transform into in *Charlie and the Chocolate Factory*?
6. Which flower does the spice saffron come from?



## Tum-Tum

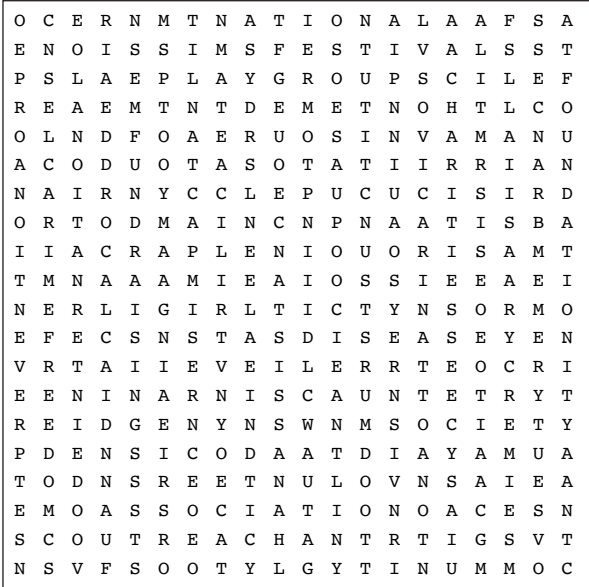
On which page of this week's *Salvos Magazine* is Tum-Tum hiding?



## Bible byte

"God blesses those who hunger and thirst for justice, for they will be satisfied."

Matthew chapter 5, verse 6  
New Living Translation



# Wordsearch

Words are hidden horizontally, vertically, diagonally, forwards and backwards. Enjoy!

- |              |               |
|--------------|---------------|
| Animals      | Impact        |
| Assistance   | International |
| Association  | Mercy         |
| Awareness    | Miracles      |
| Care         | Mission       |
| Charities    | National      |
| Community    | Outreach      |
| Conservation | Playgroups    |
| Disease      | Prevention    |
| Festivals    | Remembrance   |
| Foundation   | Society       |
| Freedom      | Support       |
| Fundraising  | Volunteers    |

## KIDS' LETTERS TO GOD

Dear God,  
In Bible times did they  
really talk that fancy?  
From Jennifer

Dear God,  
Are you really invisible  
or is that just a trick?  
From Lucy



Dear God,  
I wished on a star two times,  
but nothing happened.  
Now what?  
Anna

## DID YOU KNOW?

May is the fifth month of the year in the Julian and Gregorian calendars.

May (in Latin, Maius) was named for the Greek goddess Maia.

The Arietids meteor shower occurs from 22 May and the Virginids also shower during May.

The Eta Aquarid meteor shower appears in May, with its peak activity 4-5 May.

May's birthstone is emerald.

Answers: 1. Chickpeas 2. Shell 3. Lime juice 4. Pepper 5. Blueberry 6. Crocus  
Turn-Turn: is hiding on the fridge on page 9.

# FINDING A WAY OUT IS JUST THE START.

Many women who flee domestic violence have nowhere to go. Their only options are homelessness or returning to their abuser.

But with your generosity, the Salvos can provide ongoing support across multiple services, helping survivors find a way back into a safe and stable life.

Donate today.



scan to  
donate today:



**Red Shield  
Appeal**

Leave no one in need