Thank you for participating!

The weave team wishes to thank each one of you for helping us make this world first project happen. We appreciate the time and effort you have put in so far, and look forward to working with you in the future!

Current Events

Did you know that recently it was “Say no to violence and silence” week? On the 25th of November, people wore white ribbons to signify their support for women experiencing abuse (White Ribbon Day). Hundreds of thousands of white ribbons were worn by men and women across Australia.

The White Ribbon Foundation of Australia aims to eliminate violence against women by promoting culture change around the issue. Domestic violence and abuse is a common, yet hidden problem for many women of child bearing age. One in five women who have ever had a partner have reported physical or sexual abuse in a relationship (Roberts, Hegarty & Feder, 2002—see overleaf for reference).

During No to Violence Week, various functions were held, including a breakfast with AFL players who have joined the effort in stopping violence against women and White Ribbon Ambassadors had their say at the Legislative Assembly at the Victorian State Parliament.

Each year, the support shown by those participating raises awareness about abuse and encourages people to speak out and realise that they are not alone and that there are people willing to listen and provide support.

For further information see www.whiteribbonday.org.au.

Changed address?

If you have changed address you could let us know by filling in your details below and sending this form back to us using the reply paid envelope. Alternatively you can update your address by emailing Annelies at weave-team@unimelb.edu.au.

Name: __________________________________________

Address: __________________________________________

Suburb: ___________________________ Postcode: ____________________________

Phone: ___________________________ Mobile: ____________________________
Resources for Women

Relationships Australia
1300 364 277
Provides relationship support services including counselling, family dispute resolution and violence prevention services, gambler’s help counselling, drought counselling, grandparents support group.

Women’s Domestic Violence Crisis Line
(03) 9373 0123, 1800 015 188 (24h freecall)
A 24 hour, 7 days a week telephone service providing support information and accommodation for women and children fleeing domestic violence.

DirectLine – Drug Information 1800 888 236 (freecall)
Free, anonymous and confidential telephone service which provides 24 hours, 7 day counselling, information and referral. You can talk to professional counsellors who are experienced in alcohol and drug related matters.

PANDA – Post and Antenatal Depression Association
1300 726 306
Offers support and referral to anyone affected by post and antenatal depression, including partners and extended family members.

Lifeline 131114
Offers access to a range of national and local services that support mental health, wellbeing, help seeking and suicide prevention.

Websites

Beyondblue www.beyondblue.org.au
Provides information about depression, anxiety and substance use and can help you find a GP with expertise in the relevant area of mental health and well-being.

Domestic Violence Resource Centre www.dvirc.org.au
Provides information and referral to specialist support services, pamphlets and websites, professional training courses, a library, quarterly newsletters and other publications.

Women’s Points of View

“I used to go to my GP, telling them that I cannot sleep. What I’m hoping is they are asking me what is wrong. I think I’m scared to tell them sometimes. I don’t say it’s hurting here, they don’t ask how the hurt came. And I think that was because of the fear of being denied that it’s happened.”

“I just wanted the doctor to take some time and listen to me. I was scared he wouldn’t believe me and would be angry with me.”

How weave wants to help

We believe every woman has the right to be heard. We hope to raise awareness with GPs so that women feel it is ok to speak out about relationship issues, that they will be listened to, not judged, and receive the support they need.

All participants in the weave project receive a resource card which lists a number of organisations offering professional advice about depression, relationship issues or other concerns you may have. Below is a brief outline of services.