

Newsletter April – June, 2022

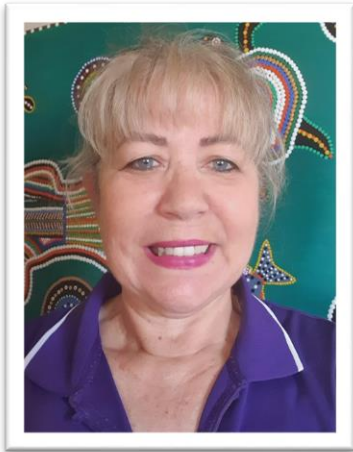
Contents

Message from the Manager, Janis Littleboy	2
WHIRSCQ Services	3
Human Service Quality Standards – Audit Outcome	4
Raising Community Awareness – 2022 Virtual Wellness Expo	4
Domestic and Family Violence Prevention Month	5
Homeless Connect	7
Women in the Spotlight - How online abuse impacts women in their working lives	8
What's on at WHIRSCQ?	9
CHC32015 – Certificate III in Community Services	10
Community Groups at WHIRSCQ	11
Recipe – Zucchini and Eggplant Gratin	11

MESSAGE FROM THE MANAGER

JANIS LITTLEBOY

“I would like to acknowledge the traditional owners of this land that we live the Darumbal people and pay my deepest respect to our Elders past present and future”



Hi all and welcome to our April Newsletter. The team has continued to be busy helping empower women and their families. We hope you enjoy reading and learning more about our Centre and what we have been up to.

In 2021, the Attorney-General and Minister for Justice, Minister for Women and Minister for the Prevention of Domestic and Family Violence, the Honourable Shannon Fentiman announced the Queensland Government would be providing an extra \$30 million funding over 4 years to domestic, family and sexual violence services. In January 2022 WHIRSCQ successfully received additional funding over a 2 year period in addition to our current funding to assist clients in two of our programs- (1) Women’s Health and Wellbeing Support Service and (2) -Sexual Violence Support Service (recent or historical Sexual Violence). The continued lobbying from our Alliance groups including the Women’s Health Alliance and Queensland Sexual Assault Service ensures the Government continues to listen to improve gender equality in Queensland and all of Australia.

The ongoing statistics have shown that since the COVID-19 Pandemic an increase in Domestic and Family Violence (DFV) where isolation and lockdowns forced families to remain at home. For the last quarter (January – March 2022) we have continued to have an increase in clients seeking counselling or information and referrals. New clients either self-refer or have been referred by other agencies for counselling, a family member or another source.

We also continue to see an increase in women that are homeless or at risk of homelessness every day and offer some assistance for a shower, food and clothing. We recommend that clients seek counselling to help them connect to the appropriate agencies. Domestic and Family Violence and Sexual Violence (recent or historical) continue.

We celebrated International Women’s Day on the 8th March and held our first Virtual Wellness Expo on March 10th.

The announcement of the easing of the COVID-19 has now allowed WHIRSCQ to see our groups return to the centre and our clients have the choice of face to face, phone counselling or linking in on zoom.

WHIRSCQ also was successful once again to commence Certificate 3 in Community Services in conjunction with CQUniversity and the Skilling Queenslanders for Work Initiative by the Queensland Government. Enrolments are currently underway so if you are or know anyone who is interested and may be eligible to contact Reception.

Stay safe and keep reaching out to us along your journey.

Kind regards

Janis Littleboy

WHIRSCQ SERVICES

WOMEN'S HEALTH INFORMATION & REFERRAL SERVICE CQ INC.



Counselling

Free service

- Confidential counselling, information & referral for emotional health & wellbeing
- (e.g. personal, family and relationships, historical domestic violence) **women from 14 years**
- Sexual violence counselling - **women, men & youth from 12 years** (recent or historical)
- Community education & training

Outreach to CQ locations by appointment

- Yeppoon & Capricorn Coast
- Gracemere
- Emerald & Central Highlands

Counselling options

- Face to face
- Telephone
- Video Conference

(Contact us if above options are inaccessible)

Dignity Hub

Women who are experiencing homelessness or at risk of homelessness can access:

- Personal hygiene items
- Bathroom and laundry facilities
- Information and referral to other services

For all enquires & bookings call:

(07) 4922 6585 or 1800 017 382

225 Bolsover Street, Rockhampton 4700

www.womenshealthrockhampton.com

Office Hours:

Monday– Friday 9am-5pm

Closed for lunch daily 12:15pm – 1:00pm

HUMAN SERVICE QUALITY STANDARDS

AUDIT OUTCOME

On the 6th and 7th of December 2021, WHIRSCQ undertook its 18 month Human Service Quality Standards (HSQS) maintenance audit conducted by assessment and certification organisation HDAA. I am pleased to announce HDAA has provided WHIRSCQ with confirmation that we are continuing to meet the requirements for Human Service Quality Framework (HSQF) and maintaining certification. This certification will carry us through to the 28th of September 2023 when we are due for recertification that will be carried out roughly 3 months prior.

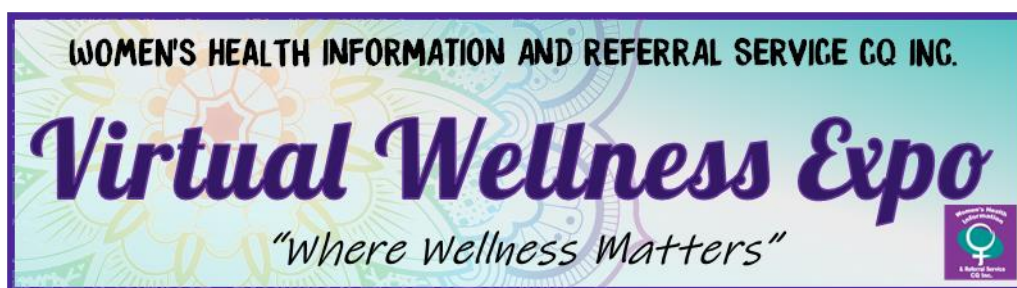


As a certified service, we are eligible to display our achievement of certification to the HSQS and display our Certificate, this means that you can be reassured that WHIRSCQ is has been and will continue to provide top quality service provision to the community.

- Ammie Andrews, Human Resources

RAISING COMMUNITY AWARENESS

2022 VIRTUAL WELLNESS EXPO



Due to the unpredictable circumstances that COVID-19 has presented in our community and worldwide, WHIRSCQ took the opportunity to deviate from the traditional face to face Wellness Expo, and instead hold the event virtually. Community organisations provided WHIRSCQ with a video about their services and how to access them. These videos were accessible to the community via a webpage, Facebook, YouTube and Instagram.

The Virtual Wellness Expo was opened with a Welcome to Country delivered by Aunty Ethel Speedy with Didgeridoo performed by Chase Farr. Whilst much of the content was about

connecting individuals to services and supports, additional videos with guided activities including making paper flowers, and mindfulness practice were included to encourage participants to take time out for themselves.

On the Webpage, community members had the ability to indicate whether they wanted additional information or resources from participating organisations that WHIRSCQ would organise and provide.

Overall, the event received positive feedback from both individuals and organisations. The webpage had over visits, the Facebook page had over interactions, and additional views came from the YouTube Channel and Instagram. It is too soon to determine how the next Wellness Expo will be held. The Virtual Wellness Expo was a good opportunity to continue upholding the aim of the event, which is to connect individuals, organisations, services and in general, the community to improve the wellness of all.

DOMESTIC AND FAMILY VIOLENCE PREVENTION MONTH - MAY

RAISING COMMUNITY AWARENESS OF DOMESTIC AND FAMILY VIOLENCE (DFV) AND SENDING A CLEAR MESSAGE THAT DFV IN FAMILIES AND HOMES WILL NOT BE TOLERATED.

Each May, Queensland marks Domestic and Family Violence Prevention Month. Organisations, including WHIRSCQ, work together to help prevent DFV and support those affected.

There are many types of domestic violence, including emotional, sexual, social, financial, spiritual and physical abuse. The abuser may try to control their victim by downplaying the seriousness of what they're doing, leading them to underestimate the danger they are in. It is essential for those experiencing DFV to have support, such as from a trusted friend or counsellor.

If you know someone experiencing DFV, it can be challenging to see how you can help. Some things you can do can include:

- Listen - believe the victim. Listen without judgement. Validate the victim's feelings.



- Help them create a safety plan - this is a plan that can be put into action if violence occurs again or if they decide to leave the situation. A safety plan allows the victim to visualise necessary steps and prepare psychologically to do so. It can include a safe place to go in an emergency, creating a list of emergency contacts, having an 'escape bag' with cash, important documents, etc.
- Additional support – Help the victim find support and resources such as numbers for legal information & advice, counsellors, DVConnect, etc.
- Encourage them to document – suggest they keep evidence, including photos of injuries, dated journal entries, and screenshots of harassing messages. As a witness, you too can record this information for later.

Become an active bystander

Bystanders can make a big difference in an individual's life. Intervening shows support for the abused person and could make an abuser stop and question their behaviour and actions and let them know that what they are doing is unacceptable. There is also the potential to reach out to get the help they need to stop being abusive.

First, you need to ensure that you are safe – always assess the situation first. There are lots of things that you can do that don't involve confrontation, including:

- Say something to the victim – keep calm, keep it simple. Suggestions include "I saw/heard/noticed... and I'm worried about you".
- Listen – having a voice and being heard can be crucial steps toward change and healing.
- Stand beside – sit or stand next to them and ask, "how can I help?".
- Say something to the person using abuse – if it is safe to do so, say something like 'Hey, what you are doing/saying is not cool'. Remain calm and unaggressive.
- Interrupt – do something unexpected, such as making a loud noise or dropping something accidentally. Directly engage the abuser, e.g. ask them to go for a walk and come back in a minute.
- Challenge sexist, violent and discriminatory attitudes.
- Call out disrespectful language and actions.



'Say It Out Loud' has additional information about healthy relationships and can be found online here: <https://sayitoutloud.org.au>

For more information about how you can be an active bystander, and recognise, respond and recover, you can locate the DFV bystander intervention toolkit here:

<https://sayitoutloud.org.au/wp-content/uploads/2018/06/ACON-DFV-BYSTANDER-INTERVENTION-TOOLKIT.pdf>

HOMELESS CONNECT

SUPPORTING HOMELESS AND DISADVANTAGED INDIVIDUALS AND FAMILIES



Held annually since 2010 by the Rockhampton Regional Council the Homeless Connect event aims to connect community members who are struggling, to organisations and services that can provide assistance. This year, Homeless Connect will take place on Thursday 19 May 2022 at the Robert Schwarten Pavilion, Rockhampton Showgrounds, Exhibition Road, Rockhampton.

WHIRSCQ attend this event to create awareness of our services and connect with other organisations and services for the continued support of our client. A representative from WHIRSCQ has attended recent Homeless Connect meetings arranged by Rockhampton Regional Council to assist in preparation for the event.

Homeless and disadvantaged individuals and families will be able to access food, dignity items, help finding accommodation, as well as health and financial advice. Councillor Drew Wickerson has called on the community to assist by providing donations of items such as non-perishable food items, toiletries and female hygiene products which will be distributed on the day. Donations can be dropped at the School of Arts Building at 230 Bolsover Street between 9am-4pm Monday to Friday until the 6 May 2022

Robyn - Counsellor

WOMEN IN THE SPOTLIGHT

HOW ONLINE ABUSE IMPACTS WOMEN IN THEIR WORKING LIVES

The Australian Bureau of Statistics (ABS) has released three articles that outline findings in research that has been conducted about personal safety, recorded crime and criminal courts. The aim of these articles is to explore the nature and prevalence of sexual assault, sexual abuse and sexual harassment in Australia.

35%

of women surveyed

experienced online abuse in their working lives

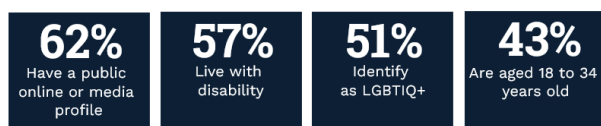
These statistics highlight their individual experiences*

Summary of key findings:

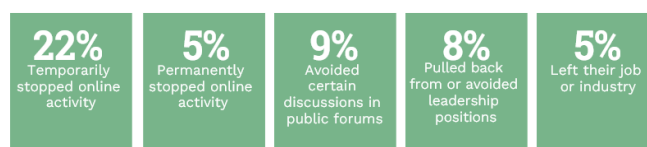
- One in three women surveyed experienced online abuse in a work context. Rates of abuse were even higher for women with a public online or media profile, women with disability, those who identify as LGBTIQ+ and younger women.
- The women reported different types of behaviour including harassment, doxing and trolling. Most of the abuse happened on social media and many talked about the negative impact it had on their mental wellbeing and personal confidence.
- Many women took a backwards step professionally, avoided leadership positions and stopped discussing topics they felt were inflammatory as a result of the abuse. Women retreated from online spaces and lowered their public profiles because of online abuse.

Who was targeted?

Some women experienced higher rates of online abuse



Impact on career behaviour



The ABS articles can be accessed here:

Sexual Violence – Victimization

Statistics about sexual assault and childhood sexual abuse, including characteristics of victim-survivors, victimisation rates, and police reporting. Released 24/08/2021

<https://www.abs.gov.au/articles/sexual-violence-victimisation>

Sexual Harassment

Statistics about sexual harassment, including prevalence, characteristics of victims, and intersections with other types of violence and abuse. Released 7/12/21

<https://www.abs.gov.au/articles/sexual-harassment#summary-of-findings>

Sexual Assault - Perpetrators

Sexual assault statistics for offenders proceeded against by police, criminal court outcomes for defendants, and prisoners in adult custody. Released 2/02/2022

<https://www.abs.gov.au/articles/sexual-assault-perpetrators>

WHAT'S ON AT WHIRS CQ INC.?

Mindfulness and Self Care

This session offers practical mindfulness skills and self care strategies. Places are limited/bookings are necessary.

When: Friday May 27th
9.30am—2.30pm

Where: 225 Bolsover Street
Rockhampton

Gold coin donation appreciated; lunch and resources provided.

To book your place, or for further information, please call:

(07) 4922 6585

Or email: reception@whccq.org.au

Women's Health Information and Referral Service CQ Inc.
225 Bolsover Street, Rockhampton



CHC32015

CERTIFICATE III IN COMMUNITY SERVICES

Anyone seeking to advance their skills and expand their career options can consider enrolling in the SQW CHC32015 Certificate in Community Services by the Women's Health Information and Referral Service CQ Inc. (WHIRSCQ) in partnership with CQUniversity. This VET qualification is fully funded and supported by the Queensland Government under the Skilling Queenslanders for Work Initiative. Scheduled to commence in April 2022 and complete by November 2022, this course will be held at CQUniversity North Rockhampton Campus. Due to ongoing COVID-19 restrictions and mandates, the course will likely be delivered through a virtual classroom using Zoom. Eligibility criteria apply.

If you enjoy working with vulnerable people, advocating for people's rights and you are a people person, then a career in Community Services is for you. Through this course, you will develop understanding and skills on holistic wellness approach for individuals, supporting family wellbeing, building capacity and resilience for vulnerable people.

CHC32015 reflects the role of entry level community services workers who support individuals through the provision of person-centred services in a range of community services organisations. Job prospects include support workers, caseworkers and client contact officers, generally, these positions have direct contact with clients, identifying presenting needs and refer to appropriate services and support. Participants will also receive additional training in job search assistance, employability skills and networking with employers.

To enrol or obtain more information, e.g. Training Plan, etc., please contact WHIRSCQ on (07) 4922 6585 or email reception@whccq.org.au.

The graphic is a promotional poster for the CHC32015 Certificate III in Community Services. It features a yellow and blue color scheme. At the top left is the logo for Women's Health Information & Referral Service CQ Inc. At the top right is the CQUniversity Australia logo. The main title 'CHC32015 Certificate III in Community Services' is prominently displayed in the center. Below the title, a blue box contains the text 'Advance your skills and expand your career options with this qualification!' followed by two bullet points: 'Role of entry level community services workers who support individuals through the provision of person-centred services in a range of community services organisations.' and 'Appropriate for support workers, case workers, client contact officers and generally have direct contact with clients, identify presenting needs and refer to appropriate services and support.' Below this, it lists 'Additional 'Ready for Work' Support: Job Search Assistance and Training, Employability Skills, Networking with Employers & Building Confidence.' At the bottom, there is a photograph of a group of people holding certificates, and the Queensland Government logo and text: 'This Skilling Queenslanders for Work project is proudly funded and supported by the Queensland Government.'

COMMUNITY GROUPS AT WHIRSCQ

With exception to Art and Craft, these groups are facilitated by external groups and are held at 225 Bolsover Street, Rockhampton. Registration is not necessary. For further information, please contact our office on (07) 4922 6585.



Art and Craft Group
9.00am – 10.30am
Mondays & Thursdays

Capricornia Dance Exchange
7.30pm – 9.30pm
Thursdays

Tai Chi
10.30am – 11.30am
Fridays (except 4th Friday of the month)

All groups at WHIRSCO follow COVID-19 SAFE plan.

RECIPE

ZUCCHINI AND EGGPLANT GRATIN

With Winter on the way, now is a great time to start thinking about easy to make, warm recipes. This vegetarian dish can be easily adapted for vegan diets, or can be used as a side dish with a protein based side such as chicken drumsticks or pork chops.

Serves 4

Ingredients

- olive oil spray
- 250 g zucchini (sliced lengthways)
- 370 g eggplant (sliced lengthways)
- 1 1/3 cups pasta sauce
- 1 cup mozzarella (grated)



METHOD

1. Preheat grill to medium-high. Grease a 4cm-deep, 4 cup-capacity, flame-proof dish.
2. Spray both sides of zucchini and eggplant slices with oil. Combine orange with cabbage, spring onions and capsicum in a serving bowl.
3. Heat a non-stick frying pan over medium heat. Cook the vegetables in batches for 2 minutes on each side or until lightly browned and soft. Transfer to a plate. Pour over salad and mix well.
4. Layer one-third of the eggplant, zucchini, sauce and cheese, then repeat with the remaining eggplant, zucchini, pasta sauce and cheese until you have three layers of each.
5. Grill for 5 minutes or until the mozzarella cheese is melted and lightly browned. Serve.

NOTES:

- This recipe works well on the barbecue or pre-baked and heated up when needed.
- This recipe can be varied, depending on what vegetables are in season.

This recipe was created by Sophie Hansen for Kidspot:

<https://www.kidspot.com.au/kitchen/recipes/zucchini-eggplant-gratin-recipe/dcq32n0q>