

NORWACS NEWS

News from women for women about women



norwacs
northern rivers women
& children's services inc.

Issue 4 | November 2024

NEWS

COMMUNITY

CULTURE

INTEREST

NOURISH NORTHERN RIVERS

We are excited to advise that NORWACS was recently announced as a recipient of the Northern Rivers Community Foundation Local Impact grant. This will enable our Health Promotions Team - Nerida and Rhiannon (pictured) to build on the foundation of the work they've instigated over the past couple of years which culminated in a jam packed resource booklet with recipes, wellbeing tips and resourceful ideas. If you are interested in knowing more or having your own copy of the booklet please contact us.



save the date

SATURDAY, 8 MARCH 2025

lismore women's festival

We are currently in full planning mode for the 2025 Lismore Women's Festival and are ready to accept your registration.

If you are a workshop facilitator, event holder, performer, stall holder or community service please register below.

We look forward to hearing from you

REGISTER HERE



E: ADMIN@NORWACS.ORG.AU | P: 6621 9800 | 60 URALBA STREET, LISMORE



We acknowledge the traditions and culture of the Widjabul Wia-bal People of the Bundjalung Nation, the First Peoples of Lismore, where we live and work. We respect and acknowledge their Elders, past and present. Always Was and Always Will Be Aboriginal Land.

We are in the 16 Days of Activism Against Gender Based Violence which starts on 25 November (International Day for the Elimination of Violence Against Women) and ends on 10 December (Human Rights Day). #16daysofactivism is a global action to call for the prevention and elimination of violence against women and girls. NORWACS honours and acknowledges our frontline workers who care and support for the women and girls who they see. One of those workers is our Domestic and Family Violence Specialist - Alice.

Alice has very graciously answered a few questions so you can get to know her a bit better.



What drew you to this field, and how did you get started?

I have always been very passionate about women's rights, so supporting women and children to be safe and have better futures has always been a motivation. During my time as a youth worker and family support worker, I realised how prominent domestic violence is and that there are simply not enough skilled workers in the field. I wanted to help women and children experiencing DV and do more to ensure they live free from violence. I went back to University to specialise in family and domestic violence and went straight into the field. This is my 5th year and I feel very lucky to be doing it.

Is there anything people don't understand about your job that you wish they did?

Working with risk can be challenging, but you have to learn that the risk doesn't sit with you. Having longevity in this field requires a learned skill to be able to separate yourself as a worker from the risk of the situation and understand that the only person responsible is the person using violence. It can be a tricky space to work in, as you, the client and the system can put all the right measures in place but the outcome is ultimately dependent on the person using violence and their actions, so sometimes its hard to make progress. Despite these challenges, it can be very rewarding.

Who would your ideal mentor be?

Jess Hill, Rosie Batty and Gez Bilston. I wish I could pick up the phone and hear their thoughts ... maybe one day.

What advice would you give someone just starting their career in your field?

Have great self care practices and support networks. If you can, take regular breaks even if its a long weekend here or there, because ongoing exposure to trauma can have its impacts, even if its not apparent. Make sure you share the risk! Always debrief and know that you never need to sit with something alone. You will always be supported by other skilled workers, managers and supervisors. Lastly, find a supportive workplace with other passionate and supportive people and it will be amazing.

If you could visit any place in the world, where would it be?

Western Australia or Brazil.

What is one thing you can't live without?

The beach!

How would your best friend describe you in three words?

Spontaneous, resilient and caring.

What type of books/movies do you enjoy?

Fantasy books with dragons and any autobiography books - they're just beautiful stories and take my mind off the heavy stuff.

Did you know you are able to support NORWACS by way of a donation? This helps us continue to expand our work with women in the Northern Rivers region.

DONATE
HERE

All donations over \$2 are tax deductible #donatethischristmas

FINAL GROUPS FOR THE YEAR

NUTRITION FOR LIFE

FOOD IN THE PERIMENOPAUSE & MENOPAUSE YEARS

PLEASE JOIN US FOR THIS INFORMATIVE 'FREE' OF CHARGE SESSION
HOSTED BY AN ACCREDITED DIETITIAN

Tuesday, 3 December
5pm to 6:30pm

@ Lismore Women's Health & Resource Centre
60 Uralba Street, Lismore

(FREE undercover parking across the road from Lismore Base Hospital)

All enquiries phone: 6621 9800

RESERVE YOUR SPOT NOW!

Green FLAGS

4 hour workshop for women to
identify healthy and unhealthy
relationships

3 December - 10am to 2pm
Kentwell Community Centre
20 Bangalow Road, Ballina

NO CHARGE however
Bookings are essential
Please register by email:
worth@norwacs.org.au or
phone: 0491 769 285

We'd like to thank you for your support this year

AND WISH YOU ALL THE VERY BEST FOR THE REST OF 2024
OUR OFFICE WILL BE CLOSED FROM 12:30PM TUESDAY, 24 DECEMBER 2024
AND RE-OPENING AT 9AM MONDAY, 6 JANUARY 2025