



Positive Pathways



NEWSLETTER

Edition 4 May 2015

We would like to welcome our new staff

Esra

Esra is a registered provisional Psychologist who provides therapy sessions at 'no cost' from our Positive Pathways Bentley office. Esra is passionate about making a difference in each and every one of her client's lives. She believes that therapy is most effective when it is person centred and holistic, and that each individual is the expert of their lives. Esra feels privileged to have the opportunity to help empower women, helping them to recognise and utilise the skills within themselves, to overcome any issues they may be dealing with

Jayde

Jayde moved to Perth from Victoria 6 months ago and has experience working within community services with a focus on women and Indigenous communities. Jayde is passionate in overcoming the social and structural disadvantages women can face, working to empower women and supporting them with the tools and resources to take control of their lives. Jayde will be providing support at the refuge and is the Positive Pathway's Project Officer. Jayde has become active in the Community Development field in Perth, recently joining the United Nations Association of Western Australia's, Women's Committee as the Project Officer.

Changes

'Change is the essence of life; be willing to surrender who you are for what you could become'

We said goodbye to Mavis Steenson, Crisis and Transitional Accommodation Coordinator at Zonta House. Mavis's kind nature, knowledge, passion and commitment to women escaping Domestic Violence will be greatly missed.

Long term staff member Janet Howley-Cox also retired in March, Janet completed a number of roles for Zonta House over the years including support worker, House keeper and lovingly coordinated the clothing boutique at the refuge.

Congratulations to Angie Perkins

Zonta House Refuge Association is pleased to announce the appointment of Angie Perkins to the Crisis and Accommodation Coordinator role. Angie has worked for Zonta House for nearly 2 years and was vital in the development and service delivery of the Positive Pathways program. Angie has been working in the community service industry for 15 years and has worked in a variety of roles in the not-for-profit and Government sector. Angie has worked in areas focusing on drug and alcohol, pharmacotherapy, homelessness, mental health and domestic and family violence. Angie has comprehensive community service and social welfare qualifications and has a passion for women's and children's welfare and rights.



Funding

Zonta House Refuge Association were successful in obtaining seed funding for the Positive Pathways to Safety for Women and Children program from the Department of the Attorney General (DOTAG) through the Criminal Confiscation Grant in June 2013. As the program was a pilot the program has grown from the initial proposal and has been responsive based on community and consumer need. We have had great feedback from the women attending the services and the industry. Some of the outcomes we have seen include women moving onto tafe, returning to employment, seeking needed mental health and case management supports, women not returning to unhealthy relationships and families sustaining and gaining tenancies. As at 18th June 2015, we have facilitated the following services:

- Education Programs - 210 referrals and over 24 workshops for women
- Community Awareness - 40 sessions and over 900 participants
- Coaching - 100 one-one sessions
- Start Over Support - 105 referrals resulting in over 200 children also assisted
- Counselling - 90 sessions
- Safety and Wellbeing APP - 250 downloads

With the pilot coming to an end, we are having ongoing discussions with multiple government agencies and philanthropists and to date have been successful in obtaining 35% of the required funding for the next year of operation. Please contact us for sponsorship and donation opportunities to contribute to the innovative programs making positive impacts for women and families who have experienced family and domestic violence, mental health and homelessness.

Partnerships

OzHarvest is the only food rescue organisation in Australia collecting surplus food from all types of food providers. Zonta House Womens Refuge has recently partnered with OzHarvest and receives weekly food deliveries. Each week the types of foods change and on average we get two large crates of food delivered weekly. The food is used in the refuge and transitional houses. The quality of food delivered is of a high standard in particular the fresh fruit and vegetables and the delivery is a surprise every week. The women love the variety and favourites include dips, yogurts, snack foods and fruit.





Rebecca's Story

Rebecca was referred to Positive Pathways from a crisis accommodation service. Rebecca had moved between 3 crisis accommodation services within 6 months due to being located by her ex-partner. Rebecca described firstly feeling fear of attending the programs, getting to know people and sharing her story, Rebecca described "really not knowing what to expect".

Rebecca attended 100% of the Self Esteem and Self Confidence and Assertive Communication courses and has since returned to repeat them as she feels she has "gained so much". Rebecca found permanent accommodation whilst engaging with Positive Pathways, felt she became a "better mother to her little boy" and enrolled in a Tafe course, which she just completed. Rebecca describes now being able to look at people when talking to them, and walking with her head held high. Rebecca has been an active member in group sessions and an inspiration for other women attending.

Rebecca credits the Positive Pathway's programs for giving her stability and described it as "a little miracle". Rebecca would like to encourage other women to attend.

Upcoming Events

Zonta Quiz night

Zonta Club of Perth will be hosting a quiz night. Get your team ready for a great night out.

When: Friday the 7th of August

Time: 6pm for a 6.30pm start

Where: Cambridge Bowling Club, 39 Chandler Avenue, Floreat

Tables of 8 are \$160 per table with great prizes. Monies raised will support:

- Zonta House Women's Refuge
- Positive Pathways
- Starting Over Support
- Zonta Birthing Kits

Zonta projects help empower women locally, nationally and internationally.





Positive Pathways

City to Surf



Staff and supporters will once again be participating in the City to Surf run, raising funds for Zonta refuge and Positive Pathways.

Last year we raised over \$15,000 and had over fifty runners and walkers in our inaugural City to Surf fundraiser! This money enabled us to provide holistic services to women in our services, and contributed to our ability to provide over 24 education programs in one year. Save the date as this year's event is on 30 August 2015. We would love to grow the event and beat our 2014 numbers. We are aiming for seventy five runners and to raise over \$20,000.

To run on our behalf on the 30th of August please register using the following details:

Join an existing team

Team name: *Zonta House Refuge Association*

Password: *Positivepathways*

Select your event preference.

If you would like to fundraise on our behalf, under fundraising; Would you like to fundraise? Select *As a team* ; Please select your charity preference. Select *Fundraise for another charity*

Link:

<https://secure.tiktok.biz/register/default.aspx?EventID=perthcitytosurf&Edition=2015&Team=ZontaHouseRefugeAssociation&Password=Positivepathways>

If you would like to walk/run and fundraise or can't make it on the 30th and would still like fundraise please join our team.

Team name: Zonta House

Link: <https://chevroncitytosurf2015.everydayhero.com/au/team-kelda-oppermann>

If you are running or walking on the day and do not have one of yellow t-shirts please contact a member of our team.

