

*Wishing You A  
Merry Christmas  
&  
A Happy New  
Year*



# **OUTREACH NEWSLETTER**

## **December 2017**

**Outreach Co-ordinator / Jocelyn Dhu**

**Outreach Worker / Brian McDonald**

**Outreach Worker / Nardia Bray**

**Outreach Worker / Brenton Forrester**



# A Note from the CEO

This is the last Outreach newsletter for 2017 and what a year it has been.

The team has been very busy dealing with clients, running BBQ's and generally connecting to the community as they need to do.

Our staff members, Jocelyn (manager) Brian, Nardia and Brenton have worked with a number of people this year and have been able to assist them with a number of issues stemming from a misuse of alcohol and other drugs.

But it's the end of the year and Christmas is coming fast. I feel this is a time when we reflect on how we see this time of year in our own lives and the different ways it affects us all.

Christmas is a wonderful time of the year for some as they prepare to get together with family and friends and enjoy the festive season. It is expected to be a time of happiness and connection, when we all eat too much, give and receive presents and generally have fun.

But for many this is not the case at all. For far too many it's a time of financial hardship, family conflict, disappointment, grief, loneliness and issues around excess. For some it is a time to just get through.

For those who are trying to reduce their alcohol intake and get their lives back on track, this is a time a great personal conflict and often conflict with family and friends and they are torn between what is best for their health and well being and what is expected of them.

Perhaps while we are still a few weeks out from Christmas, it may be a time to start planning how you are going to manage the season, the conflict and the expectations of your self and family. This is a time to sit down with one of the outreach team and work out how best to get through and how best to get something positive out of what could be a difficult time.

But whatever you do, talk to someone if this is a difficult time for you. We are here and so are the many services around Alice.

We wish you all the best and offer you our support.

Try and have a Christmas to remember and whatever you do stay safe.

Kindest regards

Carole Taylor CEO DASA

# Outreach



Picture Above: Brian McDonald, Nardia Bray, Brenton Forrester and Jocelyn Dhu

Our Outreach team work with a vast range of clients, linking them with DASA services as well as other appropriate services within the community.

The Outreach Program was established in 2004 and is an intervention and referral program based on the further case management of the relationships established in the Sobering-Up Shelter and other services between staff and clients. Outreach clients are encouraged to have further professional interventions to break the cycle of addiction. Our Outreach team work throughout the community with a vast range of clients, linking them with not only the services DASA has to offer, but also other appropriate services within the community.

Our Outreach workers are accessible to our client group, and make themselves available in places within the Alice Springs Community, including visiting town camps and other places of service provision. They link in with other service providers to conduct brief interventions and assist clients with a range of needs.



# Look Back On 2017



# White Ribbon Day



## Signs of violence

### National support services

1800 RESPECT – 24/7 service [1800respect.org.au](http://1800respect.org.au) 1800 737 732

Kids Help Line – 24/7 service [kidshelpline.com.au](http://kidshelpline.com.au) 1800 551 800

Lifeline – 24/7 service [lifeline.org.au](http://lifeline.org.au) 13 11 14

Mens Referral Service 1300 766 491

MensLine – 24/7 service [mensline.org.au](http://mensline.org.au) 1300 789 978

National Disability Abuse and Neglect Hotline 1800 880 052

Police and Ambulance 000

Relationships Australia 1300 364 277

Sexual Assault Crisis Line 1800 806 292

Translating and Interpreting Service [tisnational.gov.au](http://tisnational.gov.au) 131 450

It is not always easy to identify if you or someone you know is experiencing violence or is in an abusive relationship.

Below is a list of signs of abuse. These behaviours are typical of the jealousy, controlling behaviour, put downs, threats and violence that occurs in abusive, disrespectful relationships.

- Unfairly and regularly accuses her of flirting or being unfaithful
- Controls how she spends money
- Decides what she wears or eats
- Humiliates her in front of other people
- Makes sexist jokes against women
- Monitors what she is doing, including reading her emails and text messages
- Discourages or prevents her from seeing friends and family
- Threatens to hurt her, the children or pets
- Physically assaults her (hitting, biting, slapping, kicking, pushing)
- Decides what she uses for birth control
- Constantly criticises her intelligence, mental health and appearance
- Isolation in the workplace

These are some examples of unacceptable behaviour. If you or someone you know displays or experiences these signs it might help to seek professional support.



# A Christmas Message

It's that time of year again when friends and family think about the Christmases of the past and plan for the coming holiday with their loved ones in mind.

As we reflect on this wonderful holiday, we must keep in mind that Christmas is not just any holiday but may be the most important one of the year for some people.

It is a time for remembering, a time to share the goodness of your heart with others, and for expressing with words and gifts what someone means to you. It is a chance to make wishes come true and to give something from your heart. It is a chance to express love and caring to the ones we care about the most.

The DASA Outreach Team wish each and everyone of you a Safe and Merry Christmas and A Happy New Year.

Merry Christmas

&

Happy New Year

2018

