

Emergency Contacts

Eastern Suburbs Police Stations

Emergency	000	Mascot	83387399
Maroubra	93499299	Randwick	96971011
Waverley	93699899	Rose Bay	93626399

24 hour Hotlines

Domestic Violence Hotline (accommodation and support)	1800 656 463
NSW Rape Crisis	1800 424 017
Community Services Helpline (child protection reporting)	132111
1800 Respect (sexual assault, domestic and family violence)	1800 737 732
Telephone Interpreting Service	13 14 50
Lifeline	13 11 14
Kids Helpline	1800 55 1800
Link2home (homelessness support)	1800 152 152
Men's Referral Service	1300 766 491

Service	Contact Number
St Vincent's Community Health Jewish Care	83821450 1300 133 660
St Vincent de Paul Society Eastern Suburbs Women's Refuges	131812
Sydney Women's Domestic Violence Court Advocacy Service	92877505
Service	
Staying Home Leaving Violence Eastern Sydney	0439414673
Family Connect & Support – Barnardos	1800 066 757
The Ddi Women and Children's Centre	96674664
Bondi Beach Cottage	96674664
Warringa Baiya Aboriginal Women's Legal Centre	93651607
Kingsford Legal Centre	95693847
Holdsworth Community Centre	93659566
Botany Family and Children's Centre	93023600
The Junction Neighbourhood Centre	96665047
South Eastern Community Connect	93498200
Lokahi Foundation	83388596
The Equanimity Project	0451800562
Moving Forward www.movingforward.org.au	0490 338 100

**Domestic and Family Violence
Doesn't STOP for**

CHRISTMAS





Christmas is supposed to be a time of joy and celebration. Sadly, for many families this is not the case. Domestic violence incidents increase around the Christmas and New Year holidays.

The main reasons for this are:

- Increased drinking and parties
- Financial Stress
- Spending more time with family than usual
- Relatives coming to stay
- Contact with children and changes to normal arrangements

The impact of this is made worse by many domestic violence services closing over Christmas. These tips may be of assistance.

Christmas Safety planning (applied to all situations)

- Always keep your mobile phone on and call 000 if you are scared or in danger
- Use the information on the back of this brochure about service closures to know where you can go for help
- Tell someone that will be close by over the holidays about what is happening so you can call on them for help or go to their house if you need to leave
- Develop a code word with that person that tells them they should call the police
- Stay sober and alert of what is going on around you and trust your instincts (if it doesn't feel right get away)
- Talk to your children about what they should do in an emergency and develop a code word for them to know to leave, go to a neighbour's house or call the police

If you are currently in an abusive relationship

- Be prepared to leave: have a bag packed with important documents like passports, birth certificates, medication, money, ADVO
- Identify a room in the house you could lock yourself into and call the police if you are unable to get out

If you have left the relationship and are still experiencing abuse:

- Try not to be alone with your ex-partner
- If they have planned contact with the children arrange handover away from your home and with someone else present
- Think about home safety: talk to police or Staying Home Leaving Violence, change your locks, ensure windows and doors are secure, put in sensor lights
- Always keep a copy of your ADVO and report any breaches to police

Awareness of these issues is power

You can plan to keep yourself and your children

SAFER

Please read these tips and tick off what might work for you.

Talk to your local domestic violence service about general safety planning

- My local Police Station is _____
- 2 People I can talk about what is happening are:
1) _____ 2) _____
- If I am in danger at home, I will _____

- If I am in danger in public I will _____
