

January 2016

Pilbara Community Legal Service E-News

Welcome to the first PCLS newsletter for 2016!

We hope everyone had a very safe and happy Christmas break and a happy new year. All four of our PCLS offices are now open ready to start off for another great year!



We have now said farewell to our Roebourne Financial Counsellor, Sue Philpot. Sue left us at the end of November. We wish her all the best for the future.



We will also be saying farewell to our Community Migrant Service Worker Shirley Simpson. Shirley has been part of our team on and off for around 3-4 months. She will be missed but we wish her all the best on her new adventures.

As of 28 September 2015 PCLS is no longer authorised to provide Hardship Utility Grant Scheme (HUGS) assistance. If you are needing assistance accessing HUGS you should contact the utility provider directly.

Horizon Power: 1800 267 926

Water Corporation: 13 13 85

Please see pages 2,3 and 4 for events that were held by PCLS workers in the last few months and upcoming events.

PCLS Karratha and Roebourne office do not have any financial counsellors until further notice. If you are needing financial assistance please contact the Financial Counselling Helpline on 1800 889 364.

Pilbara Community Legal Service is a not for profit Government funded agency managed by a Board of Management and supported by a CEO and administrative staff. PCLS has four office locations, Karratha, Roebourne, South Hedland and Newman, however our services are delivered throughout the Pilbara region to isolated communities which include: Talka Warra, Yandiyarra, Marble Bar, Nullagine and Jigalong with occasional visits to Onslow, Tom Price and Paraburdoo.

Our goal is:

To make sure that cost or access isn't a barrier to people in the Pilbara receiving the advice they need.

We assist in the areas of:

Financial counselling— provide financial service information, budgeting, advocacy and support services for the purposes of assisting individuals who are in financial difficulty due to circumstances such as debt, over-commitment, unemployment, sickness or family breakdown.

Tenancy— provide tenancy advocacy, education and support services to tenants facing difficulties maintaining their tenancy. We assist and support people who are experiencing homelessness and ensure they are linked with mainstream services.

Legal— provide free education to the community as well as legal advice, primarily in the areas of Family Law, Criminal Injuries Compensation, Wills and Deceased Estates (we do not provide criminal law advice).

Domestic Violence- Provide support and advocacy for victims of domestic violence/ at risk clients, promoting safety planning to help ensure client wellbeing whilst helping to resolve crisis. DV assists with access to other related services such as legal advice, accommodation, health, income support and financial counselling.

To find out more about our service:

- Visit our website: www.pcls.net.au
- Drop by to make an appointment at one of our four offices.
- 8am – 4pm weekdays.





WHITE RIBBON DAY EVENTS



Football Match



On Friday the 20th November Hedland Family Violence Action Group invited our Hedland community to participate in an all ages Family Football match to highlight the 'Families Working Together as a Team'.

We recognise that sometimes not all families get an opportunity to come together to engage in fun activities and sought to provide community

Whilst our turnout could have been stronger we did field two teams of players and I believe that if we were to embrace this idea as an annual community event it would soon become a highlight of White Ribbon Week events.



Domestic Violence Forum



The White Ribbon Domestic Violence Forum was a one day event hosted at the Karratha Leisureplex on 27 November 2015. This was an open Forum for Community workers to network and discuss the services and experiences working in the Domestic Violence sector, and for the public to see what services are available for those who need it.



There were open talks from the Police, DCP, Mission Australia and Schools which enforced how we can all as workers build strong communication skills, which will increase the safety of Domestic Violence Victims and their children. The realisation of the number of reported DV incidents in the Pilbara was confronting to many attendees. Then there is also the number of unreported incidents to be considered.



PCLS Domestic Violence worker Janette Tallon shared her own personal story of being trapped in an abusive relationship and what the difficulties that it presented to herself and her family as well as sharing information on PCLS as the services we provide. Stories like Janette's really resonate so strongly with an audience. To put a human face on the issue is powerful.

All in all the forum was a great success & all involved should be proud of its breadth and professionalism.



Hedland March

The White Ribbon March is an annual event hosted by the Hedland Family Violence Action group (HFVAG). The March is currently in its 5th year and the aim of it is to recognise White Ribbon Day and highlight the issue of men using violence against women in domestic relationships.



This year HFVAG was supported by FMG who provided and cooked the community breakfast but importantly allowed their staff time off-site to attend and support the event which resulted in a significant number of men attending the march.

A compelling speech by Wayne Wood, secretary of the ASU saw the entire group come together, men in particular and women in support, to take an oath not to utilise violence and other forms of abuse against women.

approach in supporting families through violence.

Maria Borges, a worker at Anglicare WA in Karratha was the MC for the day. Maria provided slide shows and short videos on recognising the signs of family and domestic violence. Many young people in new relationships are not aware that things such as bullying, jealousy and controlling behaviour that is reoccurring are sign of abusive behaviour.

Lisa who is a survivor of domestic violence, shared her story with those who attended. She spoke about the trauma she endured not only at the hands of her abuser but also by the flaws that the legal system have when it comes to issues like family and domestic violence. Lisa explained that due to her abuse, she had to relocation and change her identity and the unfairness of how the perpetrator is still supported by the legal system with his rights.

The morning concluded with all community workers getting a chance to network and provide information about all of the support services in the community. The ending of the morning tea also gave members of the community a chance to find out what kinds of services are available for those who are experiencing or have experienced family and/or domestic violence and who they can go to for assistance.

Those who attended the event said it was a very positive day with good conversations and new working relationships between different organisations.

Morning Tea

The White Ribbon Day morning tea was held at the Karratha Leisureplex on 25 November 2015. The event welcomed all support agencies and interested community members to come together and lend their voices to the issue of domestic violence within the community and how they can take a collaborative



Australia's campaign to stop violence against women!

Community Migrant Service Events



Everyone in the community of Karratha was welcome to attend the event, however it is mainly aimed at migrants

A multicultural luncheon was held on 4 December 2015 at the Karratha Family Centre. Attendees were asked to bring a plate of food to share on the day. There was a wide range of different traditional foods such as Spanish omelette, curry puffs and sausage rolls, Japanese apple cake and fruit mince pies. Although there was

only a small turnout for 4 people, it was a successful day and our Migrant Worker will look at tackling ways to get more people and organisations involved.



SINDO Cooking Session



The SINDO (Singapore/ Indonesian) Cooking Session was held by two of our Migrant Service Worker Client's at the Frank Butler Centre on 7 December 2015. The event welcomed people of the Karratha community to come and learn how to make traditional



Singaporean and Indonesian dishes. The Singaporean/Indonesian cooking session was a huge success and the two women who had organised the session and taught the class were overwhelmed with the feeling of empowerment. One said she could not explain how good it had made her feel and she thanked the Community Migrant Worker Shirley profusely for giving her the opportunity to express

herself through displaying her traditional cooking abilities. It was a very humbling experience for Shirley as the magnitude of her clients gratitude was amazing



Modern Australian Cuisine Cooking Session

Our South Hedland Migrant Service Worker Viktoriia Mylak will be hosting a "modern Australian cuisine" cooking sessions. The session is being held at the Hedland Well Women's Centre on Friday 29 March 2016. This is a free event for any members of the community who would like to come and learn how to make some yummy Aussie foods. If you would like to take part please contact Migrant Worker Viktoriia on (08) 9140 1613 or pop into our South Hedland Office.



29/03/2016 10am-12pm

COOKING UP A STORM
Modern Australian Cuisine

Hedland Well Women's Centre
28 Leske Street, South Hedland

CALL (08) 9140 1613

Free event! All welcome!

PMG Fortescue
Well Women's
Pilbara Community Legal Service Inc.

This program is funded under the Settlements Grant Program through the Department of Social Services.

THEN ALL OF A SUDDEN... LIFE CHANGES...

Is it really as bad as you think?
What don't you know that you should?

Be Empowered by Awareness
Be Equipped by Knowledge
Be Encouraged by Connection



International Women's Day Luncheon

When: Saturday 5th March 2016

Time: 10:00am - 2:00pm

Where: Welcome Lotteries House

Morse Court, Karratha

We ask all attendees to please bring a gold coin donation along with them.

Keynote Speaker: Josie Alec

Speed Networking

Q&A Session

Please RSVP to suzannepilpot@gmail.com



a global voice for women

Federation of the South West Pacific



North West Shelf Project



Soroptimist



International

Karratha & Districts Inc.

Be Energy Efficient this



The following tips are a guide help you save on your power bills this summer!

- Set temperatures on the air conditioner between 24 and 25 degrees. Setting an air conditioner just one degree warmer than you normally would can cut cooling costs by 10 per cent
- Only cool the areas people are in by using zoned cooling or alternating between separate units
- Add window coverings such as drapes or roller blinds that fit snugly around windows. This can reduce seasonal heat exchange by almost half. Blinds with light-coloured backings on window-facing sides deflect sun heat
- Get in early on a hot day and close windows, lower blinds and close off rooms not in use to reduce heating inside
- Plant shade trees, wall vines and thick shrubs. Think about shade covering for not only windows but walls and roofs as well. Planting smart for summer can cool a home by up to 12 degrees
- Add exterior shades or awnings. This can decrease the temperature in a room by up to 3 degrees
- Open windows both sides of the house to allow cool breeze to flow through
- Use fans to cool down. Fans are cheap to run, evaporating moisture from the skin and creating a cooling effect
- When buying a new air conditioner, consider the size of the room. A unit too small for the space will need to run constantly but one too big will run in short cycles, causing extra wear and tear
- Ensure air conditioners are in good shape by regularly cleaning or replacing the filter, keeping outdoor equipment for the system free of dirt, leaves and other debris, and covering the external part of the system when not in use during cooler months
- Check the insulation in ceilings and walls. The better the insulation, the more likely cool air will stay where it's needed
- Draught-proof your home if you use an air conditioner. This will further ensure refrigerated air stays inside to cool your home efficiently.*

Ideal Temperature for Thermal Comfort



Karratha

Unit 1: Head Office

PO Box 132

Unit 1/7 Morse Court
(Lotteries House)

Phone: (08) 9185 5899

Fax: (08) 9185 6633

Karratha

Unit 3: Legal Office

PO Box 132

Unit 2/7 Morse Court
(Lotteries House)

Phone: (08) 9144 1611

Fax: (08) 9183 8002

South Hedland

PO Box 2506

9/2 Leake Street
(Lotteries House)

Phone: (08) 9140 1613

Fax: (08) 9172 2333

Roebourne

PO Box 269

2 Padbury Road

Phone: (08) 9182 1169

Fax: (08) 9182 1180

Newman

PO Box 1

4/46 Iron Ore Parade
(Newman House)

Phone: (08) 9175 0148

Fax: (08) 9175 5298

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