



Storehouse Seasons

Finding My Way Forward Through Domestic Violence

Family domestic abuse is a major national social and health issue that can have lifelong impacts for victims and perpetrators. It affects people of all ages and from all backgrounds, but predominantly affects women and children. The Australian Bureau of Statistics (ABS) 2016 Personal Safety Survey (PSS) estimated that 2.2 million adults in Australia have been victims of physical and/or sexual violence from a partner since the age of 15. (AIHW 2019 report).

It is a silent menace within our society, and apart from the cost of hospitalisations and medical care due to physical injury, more importantly is the unseen cost of the mental and emotional scars left by abuse.

Indeed, abuse sufferers can oft-times flee the physical violence, escaping to family and shelters but the feelings of guilt, hopelessness, loss of self-esteem, intimidation and depression can haunt victims life-long.

The Kogarah Storehouse has for some time recognised the need to provide specialist help for clients experiencing DV situations. As a result, a partnership has been established with a highly qualified, specialist DV counselling organisation called 'Moving Forward'. The new program is called 'Finding my Way Forward' and help is offered in three ways. The first is individual case management,

which is strength based and client centred. The second is a 6 week, therapeutic, educational, structured workshop where women can gain knowledge and greater understanding. Thirdly, a monthly support group meeting is run for those who have completed the workshop for ongoing help. The groups are facilitated by experienced counsellors. Child minding is provided for mothers to ensure all participants can obtain the maximum benefit from their involvement.

There is no cost for any of the services provided, including child minding.

Enquiries are encouraged and further information can be sought by contacting the office on 9587 5761



Lala's Greetings

What strange and unprecedented times we are in. How long will it last, is this the new normal, how long before we can get together and socialise?

I, like you, hope and pray that this will not last beyond tomorrow!

The uncertainty of not knowing the future is very new to many of us and is the cause of rising levels of anxiety, stress and depression in our society.

The anxiety from not knowing about the certainty of everyday events - will I have a job, how will we be able to pay our bills, when will we be able to see our friends and wider families - is new and disturbing. Yet to some it is not NEW - it is truly the everyday reality of those marginalised in society.

As we experience this period of "unknowing" it makes us more mindful of what the clients at the Kogarah Storehouse endure daily and hopefully, make us all more eager to help them, having now walked in their shoes.

I pray you all stay well.

**Lala Noronha,
General Manager**



Storehouse Manager named 2020 Kogarah 'Woman of the Year'

Anyone associated with the Kogarah Storehouse is familiar with its efforts to help those in need in the community – and anyone who has been assisted by Storehouse knows well of its good works. But how much does the community at large know much about The Storehouse?

Well, The Storehouse's reputation and standing in the community has lately been greatly enhanced with the recent recognition of Lala Noronha, The Storehouse General Manager, as the Kogarah Woman of the Year for 2020.

Nominated for the award by the local member for Kogarah, Mr Chris Minns, who, as a volunteer, has first-hand knowledge of Lala's outstanding contribution to the community through the work being done.

Even with the unfortunate shut-down of many of the usual activities at Storehouse, due to Covid-19, Lala and her trusty team have found innovative ways to continue to prepare and hand out food parcels to a growing number of people affected by this crisis.

Which is very typical of Lala's ability to see opportunity, mobilise willing workers and find ways to help those in need.

Congratulations ... well deserved Lala.



Donation Appeal

In these unprecedented times the demands on the resources of Storehouse are escalating. We need your help, more than ever. With the end of the financial year approaching, please consider giving tax deductible financial support.

GO TO:

<http://www.kogarahstorehouse.org.au/donate>

About The Kogarah Storehouse

Our mission: "To be a haven of hope and practical help to people in need in our community".

Established in 1992, The Kogarah Storehouse Community Centre is a non-government, not-for-profit, registered charity with (PBI) Public Benevolent Institute, DGR status. All donations over \$2 are tax deductible. It operates from the Kogarah Uniting Church and is an outreach mission of the church.



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