

# Centre Against Sexual Violence (CASV) Inc. Newsletter

**Centre Against Sexual Violence Inc.**

P0 Box 243, Woodridge Qld 4114. [www.casv.org.au](http://www.casv.org.au) Tel: 07 3808 3299

CASV provides counselling and support to women and young women 12 years old and over, in the Logan, Beenleigh and Beaudesert areas. CASV will be starting a group called "The Sliding Door To Creativity" and will commence in May 2009, see page 5 of this newsletter for more Information. This is a drop in group where Women can gather to share fun times and be creative in a supportive space. For more information please contact Carol or Marisol on 3808 3299. Carol and Marisol are also calling for workers interested in a one day training session, "Supporting Adult Women Survivors of Child Sexual Assault" to contact the office. If there are enough workers expressing an interest in training we will be holding it later in the year.

The 28th March marked the beginning of "National Youth Week". CASV's Young Women's Counsellor, Katrina has been out in the community talking to young people about Healthy Relationships and Ethical Sexual Consent. Katrina has been working in conjunction with Working Against Violence Support Service Inc., Acces Services Inc., Youth & Family Services Inc., Beenleigh PCYC, and Park Ridge State High School. Katrina will also be handing out CASV stickers with the message "SEX WITHOUT CONSENT is a CRIME". Stickers and key rings with the same message are available at CASV office.

Queensland Health Statewide review into Sexual Assault Services is now complete. CASV is waiting for the outcomes of this review to be made public. We are hoping that the outcomes will be favourable for women and young women in CASV catchment area.

In October last year CASV in partnership with Murrigunyah Aboriginal & Torres Straight Islanders Corporation for Women, held a joint "Lighting of a Candle" ceremony. Netty a very brave client of CASV spoke at this event and her story is on page two and three of this newsletter. Once again thank you to the performers and guest speakers for making this event such a success. CASV looks forward to holding more joint events with Murrigunyah.



### Inside this issue:

Netty the Survivor	2
Recovery	4
The Sliding Door to Creativity	5
CASV Contact Details	6



CASV Stickers  
Thanks to Xavier from  
xkbsolutions for doing  
such a great job.  
[xkbsolutions@iprimus.com.au](mailto:xkbsolutions@iprimus.com.au)

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Netty spoke at the CASV's Candlelight Ceremony in October 2008.

## Netty the Survivor

Good Morning Everyone.

Carol asked me if I would talk today, and I was amazed that she asked because I always thought, what would I have to offer others. Please be patient with me, because this is the first time I have been able to talk about this in front of people, and I am a little nervous. I have hidden this secret for a long time, but today I am starting by telling the truth, I will tell you my story.

My father and two brothers sexually abused me, as I was growing up in that house from my childhood. I used to think that what was happening was my fault and that I must have done something to make them do what they did. But they were doing the wrong thing by me as a child, it was against the law and they were committing a crime, and they need to be shown up for what they did. I never had a childhood.

Every day I was so frightened and scared knowing that they were going to come and get me and the pain and hurt would start again, and they told me if I ever told that they would hurt me again and no one would believe me anyway, so the dark secret started all those years ago. It is something you ask yourself every day, why did it happen to me and what did I do to be treated like this, but you never tell. The hurt and pain never goes away, not even when you grow, for they have programmed you into thinking that you are worthless and no one will believe you anyway. It is a frightening way to go through life.

I made so many mistakes; I married three times, always to wrong men, because they turned out to be abusers, boy it took me a while to figure out that I didn't need to be in any relationship to be loved for who I am.

I always put a smile on my face, I never trusted anyone, never let my guard down, always watching and waiting for them to show their true colours. Always did the things my way and then that way if I did the wrong thing I thought here I go again, as you have been told you are worthless and you deserve everything you get, and no one really loves you anyway, because that is the way they have you thinking, a lot of negative messages.

As I grew things just got more knotted in my stomach and I thought what if? Or how can I? You can't do the right thing anyway? You will never amount to much?

It is really hard going through life on your own. No one there to listen to you and tell you that you were not the one at fault, they were. As I got older and started to think there was nothing for me on this earth, I looked around and saw the one person who I do care for, and the most wonderful son standing looking at me like I was mad, because without realising it I had yelled out about how I was worthless and this is what happened to me and I hated them (my Father and brothers) for all the years that I have carried this around, and I can't do it anymore.

The look on their faces said it all. I was shattered with letting the dark secret out and then I was so scared and frightened that they would turn on me for what just came out of my mouth, but I was wrong. They both rushed at me not to hit me, but to hug me so tight and tell me they believed everything that I was saying, and together we would get me the help that I needed. I was so relieved in what happened in those few minutes.

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The next day I made the call to this centre, I was really frightened and scared and didn't know if I could do it, but with the help from most wonderful people that anyone could wish for, meaning Colin (my best mate, who is here today still giving me the support in my journey to heal), Manny (my beautiful son) and the only other person I felt safe in telling and that friend would be here today so proud of me in getting the secret out, (her name is Beryl). I am so lucky because I have been able to make my own little family and friends, that is the best feeling ever, because they believe in me, I now know how to trust and respect others and to enjoy their company, that was something I never thought possible for me.

Without this centre I don't know where I would be, now I am on the road to truth, and in saying that, I am ready to tell the dark secret to people who need to know.

But because of this Centre and the girls here I am able to come and tell what happened. They never judged me, they never disbelieved me, they never were shocked with my words and thoughts, they listened, they were and are my saviours, Carol thank you for caring. Every day I say thank you for sending me my guardian angels from this centre.

I feel safe and secure and each time I come here I walk away a little taller, with my shoulders back ready to take on the world. Because now is the time to tell the secret.

I am now beginning to believe in myself, as well I am proud of who I am and love the person that I have become, I feel like a huge weight has been lifted from my shoulders, and now I am looking forward to my future, I now know who I am and also that I have a lot to offer others and deserve to be respected by all.

I am a survivor. Thank you.



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# Recovery

## **Self Soothe\***

**By Dominiek Coates**

The following are suggestions as to skills which you might find helpful when learning to SELF SOOTHE. A way to remember these skills is to think of soothing each of your FIVE SENSES.

### **WITH VISION**

Buy one beautiful flower; make one space in the room pretty; light a candle and watch the flame. Set a pretty place at the table, using your best things, for a meal. Go to a museum with beautiful art. Go sit in the lobby of a beautiful old hotel. Look at nature around you. Go out in the middle of the night and watch the stars. Walk in a pretty part of town. Fix your nails so they look pretty. Look at the beautiful pictures in a book. Go to a ballet or other dance performance, or watch one on TV. Be mindful of each sight that passes in front of you, not lingering on any.

### **WITH HEARING**

Listen to beautiful or soothing music, or to invigorating and exciting music. Pay attention to sounds of nature (waves, birds, rainfall, leaves rustling). Sing to your favourite songs. Hum a soothing tune. Learn to play an instrument. Call 1800 or other information numbers to hear a human voice. Be mindful of any sounds that come your way, letting them go in one ear and out the other.

### **WITH SMELL**

Use your favourite perfume or lotions, or try them on in the store; spray fragrance in the air; light a scented candle. Put lemon oil on your furniture. Put potpourri in a bowl in your room. Boil cinnamon; bake cookies, cake or bread. Smell the roses. Walk in a wooded area and mindfully breathe in the fresh smells of nature.

### **WITH TASTE**

Have a good meal; have a favourite soothing drink such as herbal tea or hot chocolate (no alcohol); treat yourself to a dessert. Put whipped cream on your coffee. Sample flavours in an ice cream store. Suck on a piece of peppermint candy. Chew your favourite gum. Get a little bit of special food you don't normally spend the money on, such as fresh-squeezed orange juice. Really taste the food you eat; eat one thing mindfully.

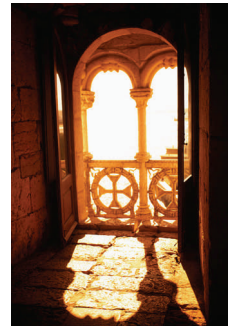
### **WITH TOUCH**

Take a bubble bath; put clean sheets on the bed. Pet your dog or cat. Have a massage; soak your feet. Put creamy lotion on your body. Put a cold compress on your forehead. Sink into a really comfortable chair in your home, or find one in a luxurious hotel lobby. Put on a silky blouse, dress or scarf. Try on fur-lined gloves or fur coats in a department store. Brush your hair for a long time. Hug someone. Experience whatever you are touching; notice touch that is soothing.

\*Adopted from Line, M.M. (1993). Skills Training Manual for Treating Borderline Personality Disorder New York: Guilford.



## *The Sliding Door*



# Women gathering to share

Come to this drop-in group to experience:

- Self Care Techniques
- Collage
- Beading
- Mask Making
- Fabulous company
- Sumptuous morning tea
- and much more.



**Dates:** Thursday 14th May 2009 to 18th June 2009

**Place:** Centre Against Sexual Violence  
5/13-21 Mayes Ave  
Logan Central

**Time:** 9.30 am to 11:30 am



For more information please contact Carol or Marisol on 3808 3299



## “Thursdays In Black” Badges

Are available at CASV.

Cost: Gold Coin Donation

Please contact the Centre on 07 3808 3299  
if you would purchase a badge.

If you have  
any  
contributions  
to CASV  
Newsletter  
please contact  
Rachel.

**All donations to the Centre Against  
Sexual Violence Inc.  
over \$2.00 are tax deductible.  
Please contact the office if you wish  
to financially support CASV.**

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### Business Hours

<b>Monday</b>	<b>9:00am to 5:00pm</b>
<b>Tuesday</b>	<b>1:00pm to 5:00pm</b>
<b>Wednesday</b>	<b>9:00am to 5:00pm</b>
<b>Thursday</b>	<b>9:00am to 5:00pm</b>
<b>Friday</b>	<b>9:00am to 5:00pm</b>

**Counselling by appointment only.**