



## **Advancing the human rights of women caught up in the criminal justice system.**

WELCOME to the 12th edition of the WIPAN e-news bulletin

In this e-bulletin:

- Lifeline Suicide Prevention Training for Mentors
- WIPAN Mentoring Program Celebrates its 1st Birthday!!!
- Domestic Violence Packs
- Self Help Guide for Women Prisoners - Second edition
- Service of the Month - Westmead Sexual Assault Service
- Membership

### **LIFELINE SUICIDE PREVENTION TRAINING FOR MENTORS**

WIPAN mentors recently attended a three-hour suicide prevention training workshop held at Lifeline in Gordon. The training provided our mentors with an understanding of suicide and covered the following topics:

- Increase the mentors awareness of suicide and see prevention opportunities they may otherwise miss
- Become more alert to clues and communications that someone may be thinking of suicide
- Ask about suicide and respond in ways that show understanding and assess risk
- Work with persons at risk to increase their safety
- Facilitate links with further help from family, friends and professional helpers as needed

The training was incredibly valuable and thought provoking. We had a wonderful facilitator, Ceiny, who kept all of us very engaged. WIPAN would highly recommend the training to any individual who is working with vulnerable people, and certainly to any individual who understands that suicide can and does touch us all in some way. Having a basic understanding of suicide and a few strategies is all that any of us need to help someone in need. For further information please phone: 02 9498 8805.

If you need someone to talk to, or know someone who does, please call **Lifeline on 13 11 14**

### **WIPAN MENTORING PROGRAMS 1ST BIRTHDAY**

The WIPAN mentoring program has now been operational for one full year! We are very pleased with how the program is progressing. Over the past year we have accomplished many great things including;

- Two recruitment drives
- Engaged and trained 41 mentors
- Mentored 29 women ex-prisoners
- Expanded out into Western Sydney area
- Ongoing monthly training for our mentors (eg. suicide prevention, sexual assault, domestic violence, parole)
- Created strong referral links

Over the past year, WIPAN have been very fortunate to have met and worked closely with many wonderful women exiting prison, all of whom have a unique story to tell. We have learnt so

much from them all, and been privy to their suffering, resilience, humour and heart. We have shared their triumphs and tribulations and gone on many emotional rollercoaster rides with them during and via their journeys back into the community.

We would like to take this opportunity to thank all of our mentors. We are immensely proud of their enthusiasm, caring and commitment to their mentees and to the mentoring program. A big thanks must also go out to all of our members for their unconditional support, the community services that work tirelessly to support women exiting prison and to the many organisations that refer women into our program. Our program is successful because of the combined time and effort of many individuals, for that we are very grateful.

### **DOMESTIC VIOLENCE RESOURCE PACKS**

WIPAN are in the process of collating a resource pack that contains information about domestic violence and sexual assault and the contact details of the services that address these issues. WIPAN mentors will give the information packs to women exiting prison as a means of encouraging victimised women to seek the appropriate support.

We are looking for organisations, from both inner Sydney and western Sydney, who would be interested in contributing to the resource pack. Please contact Samantha to discuss how WIPAN can incorporate your service information/resources into the pack.

For further information please contact Samantha 0415 454 770 or [mentoring@wipan.net.au](mailto:mentoring@wipan.net.au)

### **SELF HELP GUIDE FOR WOMEN PRISONERS - 2ND EDITION**

WIPAN are very excited to announce that we will soon have our second edition of the Self Help Guide for Women Prisoners available. Due to high demand and to the generous support of the [Sisters of Charity Foundation](#) we will be printing a further 500 copies of the guide. Printing will commence as soon as WIPAN receive approval from Corrective Services NSW to distribute the guide in women's prisons across NSW.

### **SERVICE OF THE MONTH - WESTMEAD SEXUAL ASSAULT - GREVILLEA COTTAGE**

[Grevillea Cottage](#) is a sexual assault service for adults. It offers 24 hour crisis counselling and medical services for people 16 years and over who have been sexually assaulted. Services include:

- Counselling for victims of sexual assault and their families and partners.
- Health care including medical treatment of injuries received during the assault.
- Medical examinations (as required if police action is being considered)
- Referrals for S.T.D testing & treatment
- Information and support about court process
- Groups
- Community education

The service is FREE and CONFIDENTIAL

To make a referral during business hours call 02 9845 7940 (ask for the intake social worker), or after hours 02 9845 5555 (ask to page the on call sexual assault counsellor)

### **WIPAN MEMBERSHIPS**

WIPAN encourage any person interested in supporting women in prison or exiting prison to become a member of WIPAN and attend our monthly meeting to share their knowledge and experience. There are no pre-requisites for becoming a member, we welcome all women, and believe that all women, irrespective of their background, have something of great worth to share.

For prospective and to-be-renewed memberships please submit an application via our [website](#) or alternatively download a [membership form](#) and post it in with the small fee to WIPAN, PO Box 345, Broadway NSW 2007.

### **CONTACT WIPAN**

For further information about WIPAN including our executive members, general members, our funding bodies, strategic plan or WIPAN's vision & aims, please contact us.

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