



COVID-19 RULE UPDATE

THINGS WE HAVE TO KEEP DOING ARE:

- Wash hands
- Social distance - keep 1.5 metres from each other outside of home
- Not have big gatherings
- Don't share smokes and drinks
- Stay home if we are sick
- Isolate for 14 days before going to communities and homelands

CHALLENGES ARE:

- Not being able to go to usual services
- Not being able to see people face to face
- Not being able to travel where we want to go
- Things not being the same for everyone
- Big feelings bottling up

POSITIVE CHANGES HAVE BEEN:

- School is back for kids
- It is easier to get tested for COVID-19
- The number of cases has stopped growing in SA for a while
- Some groups and services are talking to each other better
- Some places and people are being more flexible than before
- We are showing our resilience



**Wash
YOUR
Hands**



Family Violence Legal Service Aboriginal Corporation (SA)

Issue: March 2020

Love don't shove

Port Augusta 8641 2195 | Ceduna 8625 3800 | Port Lincoln 8683 1896

www.fvlsac.org.au

Family Violence Legal Service Aboriginal Corporation

Welcome

To those of you reading our newsletter for the first time, FVLSAC provides assistance to Aboriginal victims of family violence and sexual assault and works with families and communities affected by violence in the Port Augusta, Port Lincoln and Ceduna areas.

Our latest newsletter is a little different. Normally the Family Violence Legal Service Aboriginal Corporation (FVLSAC's) newsletter showcases the range of events and activities that we have been involved in over the last couple of months. We like to share photos and feedback of our events.

But FVLSAC, like everyone else, has had to do things very differently in March, April and May.

Sadly, due to social distancing and limits on group gatherings, we have had to cancel our events such as Sista2Sista and Love Colours. We have even had to stop people coming to our offices. This hasn't stopped our work though.

Our staff have become very resourceful and are using phone calls, teleconferencing and videoconferencing to continue important client work. Our staff have been undertaking regular check ins with our clients and also spreading the word to everyone about how to stay safe in this unusual time.

FVLSAC still want people to contact us for information or help and you can do this by calling:

Port Augusta 1800 111 052 or 8641 2195
Ceduna 1800 839 059 or 8625 3800
Port Lincoln 1800 309 912 or 8683 1896

Keep an eye out for latest updates on our facebook page and watch for our new website www.fvlsac.org.au
Please remember while the doors are shut, we are still here and continuing our important work.

**In this
together**
National Reconciliation Week
2020

Reduce your risk of COVID-19



Clean your hands often

**Cough or sneeze in
your bent elbow –
not your hands!**



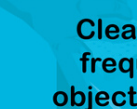
**Avoid touching your eyes,
nose and mouth**



**Limit social gatherings
and time spent in
crowded places**



**Avoid close contact with
someone who is sick**



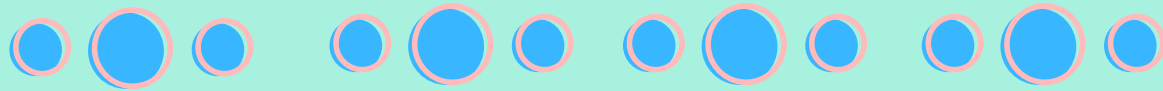
**Clean and disinfect
frequently touched
objects and surfaces**



How we are continuing to support our clients through covid – 19

Hello from the Port Augusta Office. Just a reminder that Family Violence Legal Service in Port Augusta is still taking referrals and the team are supporting clients through telephone link options. We have been working from the office and from home. In addition to supporting our clients by phone we have been staying in close contact with stakeholders. Some of this is undertaken by participating in the Remote and Vulnerable Communities meeting. Various aspects of South Australia's response is discussed at these meetings and relevant information provided and passed on to the rest of the staff and where appropriate to our clients.

If you or anyone you know are in need of our services please do not hesitate to call our office on 8641 2195. Our team are willing to assist with all our usual legal and support services.

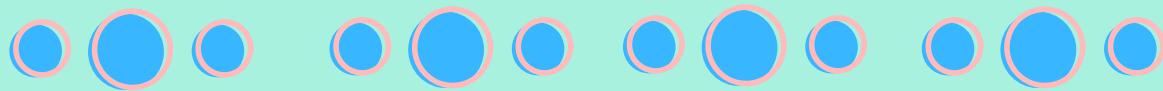


Ceduna FVLSAC office is still operating during the COVID-19 Pandemic. You can reach us by calling our office on 8625 3800 or Toll Free 1800 839 059. FVLSAC can assist with phone appointments with a client support worker and lawyer.

Behind the scenes, FVLSAC's client support worker has been calling our clients to check in with them regularly. FVLSAC is regularly touching base with local services around Ceduna, Yalata & Oak Valley.

Staff have been connecting with the Far West Coast Services COVID 19 Update meeting. Lots of information is provided about how communities can stay safe, how and when to self isolate, who can go into communities and what different services are doing.

Our programs are on hold at the moment, but don't worry we will be back soon! We look forward to getting back out in the community to see you all face to face once this is all over . Stay safe and look after one another



In the Port Lincoln Office our doors are currently closed due to COVID 19 but we have managed to find other ways to continue to support our clients. Client appointments are still continuing but over the phone or by video conference.

The Client Support Workers are checking in with clients regally to see how clients are going, if they have any concerns about the COVID 19 situation or if they would just like to have a chat with someone.

We are still doing intakes so if you or anyone you know needs any legal advice or legal help please call us on 8683 1896 and we will be happy to assist you.

Our solicitors have been very busy dealing with client work, attending court and assisting clients. All staff have been very adaptable in continuing to provide a really important service to Aboriginal people in these difficult times.

We have been undertaking a range of activities during this time to support what and how we deliver programs and services in the future. We have introduced new ways to offer our service behind the scenes, which helps provide the best service to each individual. Some staff have caught up with some extra training too.

FVLSAC is looking forward to opening the doors again very soon!

Stay Safe!

Better Together

Writing about this strange COVID-19 time is hard. Living life with the pandemic means doing things differently and lots of change. It seems clear that for community, an experience in Port Augusta is not the same as an experience in Davenport, life in Yalata might not be like life in Ceduna, Port Lincoln is a long way from the APY lands and life feels different in all the spaces in between.

Some things are the same though.

- Your safety is always important.
- Family Violence is not okay.
- When there is uncertainty and stress, coping with things can feel harder.
- What has happened in the past can colour your view of what is happening in the present.

What is also the same is that we will do better together. If we focus on how we are the same or how we can make things better for everyone, even just for one person, then we will be in a more positive place. We can take positive action. If we focus on what is different, or how someone else has what we do not, then things will look bad and feel bad.

Where you see a problem, we encourage you to think about what you can do to make things better. Maybe you might encourage someone who is worked up, to try and take a breath and not do something silly with their anger. Maybe you might not comment on a Facebook post that will get everyone stirred up. Maybe if you are not sure about something you will ring us and talk to us so we can work together on a solution.

It is not fair that people are struggling to get access to food, or their home, or their country. It is tricky when life does not feel the same for everyone. There are changes for everyone now and no one is immune. What is happening feels odd to all of us. Please remember this virus and the changes we have had to make for it will not last forever. We will not be stuck where we are right now for always.

One thing we know is that Aboriginal people are resilient. Resilience is a great similarity to celebrate and focus on. Resilience is needed at times like these. Let's come together and look for ways to do positive things. Let's share our strength and resilience so we are strong together. As always, at FVLSAC, we hope to walk alongside you and help where we can. Let us know if there is something we can do for you, for your family or for community.

