



# sutherland shire family services



## *A message from the Manager...*

Partner with families.  
Facilitate change.  
Promote hope.

***2014 has been a time of change,  
challenge, innovation and growth.***

Stepping into the role as manager of SSFS in June this year, I am overwhelmed at the incredible effort our hard working staff contribute to enhancing capacity for change for the families they work with. I have no doubt that our role in providing support to children, young people and families in the Shire sets many on a path of hope, safety and connection to their community.

The societal issues we as an agency address are complex and require trauma informed, evidence based approaches to supporting children and families.

Our programs integrate positive community interaction with theory based practice, and help to build a better future for families in our Sutherland Shire community.

As we look forward to 2015 and beyond, we are faced with a changing social and legislative landscape, leading us down new and exciting paths. We must ensure that our services are sustainable and that we are able to continue the invaluable work we currently provide throughout the Shire.

We would like to invite the corporate and business community to join with us on this exciting journey.

Kind Regards,

Diane Manns  
Manager



P: 02 9528 2933

E: [info@ssfs.org.au](mailto:info@ssfs.org.au)

90 Soldiers Road, Jannali NSW 2226

[www.facebook.com/SSFFamilyService](http://www.facebook.com/SSFFamilyService)

ABN : 90 552 502 487

# Our Work...

*Delivering vital, informed and effective family oriented services to Shire families for over 27 years.*

*"Coming into this building I love it. I feel good. I feel safe."*

*- SSFS Client*

## Who we are

For the past 27 years Sutherland Shire Family Services (SSFS) has been a grass-roots, not for profit community organization born out of an identified community need, providing hands on support for families.

Since then tens of thousands of families, parents and children have been supported through the provision of essential community based, family oriented services, assisting struggling families navigate their challenges with dignity and hope, and practical skills to help them rebuild their lives.

## Our services

As a leading organization in family worker services as well as domestic violence support –SSFS provide a safe haven for families.

We currently run 12 core projects alongside numerous groups focussing on:

- Support services for families
- Aboriginal family support
- Parenting programs
- Domestic Violence support
- Children's services
- Youth programs

Whether overwhelmed with family life, financial hardship, or trauma through domestic violence, SSFS acknowledge, respect, listen, believe and support. Through this work SSFS aims to address domestic violence in our community, empower parents with skills to nurture their children and support families to live better, healthier, safer and happier lives.



*Hurt in relationship.*

*Healed in relationship.*

*Connection after trauma.*

*- The Building Resilience in Children (BRIC) Project*

## Our Mission

The heart of our mission is to strengthen family relationships and community connections, and to keep children of the Shire safe. By supporting and educating parents about the impacts of family conflict and domestic violence on children, SSFS provide strategies for families which promote and support child wellbeing.

## Djanaba Occasional Care

*We are excited to announce that as of January 2015 Djanaba will be extending it's service hours, to 8am till 4pm Tuesday to Friday.*

This will increase accessibility for families and provide additional care for children in the community.



Djanaba is our occasional care program providing children with the security, warmth and love which are essential to their development and growth.

Our professional and dedicated carers continue to provide a program that enables children to learn through exploration and stimulating experiences.

# ...with Families

*Helping create a better future for Shire families.*

## Learn

Stay up to date with the wonderful work SSFS carried out by 'liking' us on facebook. We will also have new and exciting ways to keep informed as we enter into 2015— stay tuned!

## Give

Our work is not possible without the help of our partners. Partner with SSFS by giving financially to help create better futures for Shire families. If you would like to become a corporate sponsor or make a tax deductible donation please email us at: [info@ssfs.org.au](mailto:info@ssfs.org.au)

## Live

Speak out against domestic violence. A simple chat with friends or colleagues can help shine a light on these issues. Help and support is available, and a conversation can help spread the word and ensure a safer community for families in the Shire.

*"When all I was feeling was failure and upheaval it helped so much for someone to acknowledge the work I was doing, and that I was trying to do, what was best for my children. My family is happier and healthier and more prepared to deal with challenges that come our way during these difficult times."*

*- SSFS Client*

## LOVE BITES!

Our participants artwork held prominent position at *Space 44 in Cronulla* for our 2014 **Love Bites** Exhibition. We are incredibly proud of this program's success.

*"Thank you always for your organisation, professionalism and great patience in working with our kids."*

*- Paul Owens, Deputy Principle  
Engadine High School*

'Love Bites' is an educative program aimed at year 10 students **addressing domestic and family violence, as well as sexual assault and consent**. Since it's implementation in 2012, the Sutherland Shire program has seen over **2200 students** participate and is now being delivered in **9 local schools** throughout the region. We would like to extend a special thank you to both the state and local Government for their support, as well as our private sponsors; *Big Sister, ANSTO, and Olsens Funerals Sutherland*.

*"If ever there was a perfect example of an integrated partnership and collaborative approach then the Sutherland Shire Love Bites program is it!"*

*- Diane Manns, Manager SSFS*





# The Facts...

## *A snapshot of domestic violence in the Shire*

*If you think domestic violence doesn't happen in the Shire.. think again!  
For many parents and children in the Sutherland Shire, family life can be a daily struggle. Our services work with some of the most vulnerable families in our community*

### ***Our Community***

Families play an integral role in our Shire community with 38% of households consisting of couples with children. We have a higher than median income level and a growing population filled with cultural diversity and families of all shapes and sizes.

We all want our families to be places of care, love and support within a safe environment. Sometimes, however, this is not the case.

### ***Domestic Violence***

Domestic violence is a repeated pattern of abusive or intimidating behavior carried out by a partner or family member to control, humiliate, dominate or instill fear. Abuse can occur in many forms including, but not limited to:

- Verbal
- Emotional
- Sexual
- Psychological
- Physical
- Financial

No form of violence in our community is acceptable.

### ***Who suffers?***

Over one third of Australian women will experience at least one incident of physical or sexual violence in their life. While domestic violence can also affect men, 87% of sufferers are women (Healey 2012).

1 in 3 Australian women have experienced physical violence by age 15, and 1 in 5 have experienced sexual violence (ABS 2006).

The economic cost of domestic violence is enormous. In Australia the violence against women and children cost an estimated \$13.6 billion every year. This cost is estimated to grow to \$15.6 billion by the year 2021 (KPMG, 2009).

### ***The Impact***

Every year 75,000 children are exposed to domestic violence (UNICEF 2006). This can have long lasting developmental effects on the health and wellbeing of the child.

Most vulnerable to the effects of domestic violence are the children. Each day in Australia there are more than 145 substantiated reports of child abuse or neglect (AIHW 11/12).

It is estimated that in 30% to 60% of all reported domestic violence cases, child abuse is also occurring (AIHW 11/12).

#### *Find out more:*

- Australian Bureau of Statistics, 2006, Personal safety survey (reissue), Cat. No. 4906.0, Canberra.
- Australian Institute of Health and Welfare—Child Protection Australia 2012-2013
- KPMG, 2009, The Cost of Violence against Women and their Children, Safety Taskforce, Department of Families, Housing, Community Services and Indigenous Affairs, Australian Government.
- Healey, J. (Ed.) (2005). Domestic violence (Issues in Society, Vol. 228). Sydney, NSW: SpinneyPress

**75,000 children  
are exposed to  
domestic  
violence yearly**

(AIHW, 12/13)

**87% of people  
impacted are  
women.**

(Healey, 2005)

**Costs AUD  
\$13.6 billion  
every year.**

(KPMG, 2009)

**Less than 1/3 of  
physical & sexual  
violence is  
reported.**

(ABS, 2006)