

1. When my daughter left a very violent and controlling relationship, she had arranged assistance from a Family Violence support worker to help her. My daughter was taken to a motel for a couple of days to wait for a suitable accommodation to become available. The worker visited her each day at different intervals to discuss the situation etc. I know my daughter was extremely scared and I really feel it was not good for her be left alone at this point. I believe she needed someone to be with her to provide emotional support. Either all the time initially the first couple of days or the majority of the time. For two reasons. Firstly for encouragement and secondly for strength not to return to the situation where she came from.
2. When my daughter was put in a Women's Shelter there were no support workers there of an evening, they went home at night each week day and came back the next morning. Also there were no support workers there on the weekend. I strongly feel it is imperative that the women are provided with counselling ASAP and they really need a support worker at the Shelter 24/7, or two people if possible as these women/children have experienced incredible emotional/physical suffering. Therefore shouldn't be left alone in situation with other women to fend for themselves. As the majority would seem to have either an alcohol or drug abuse problem which they used as a coping method to survive the situation they were in. I can't imagine how difficult it would be to suddenly stop using the method they chose when they escaped from the harrowing situation they were in.
3. Even though my daughter does not have any children. For the women who do, someone to look after their children while the mother has some type of counselling at the shelter or to allow the mother some alone time to heal, would be a good idea.
4. Lastly I believe that a way of preventing Family Violence would be to make it compulsory in Primary and Secondary schools to have all children educated in understanding positive relationships, bullying, and to reduce mental health problems in children etc. Mindfulness is a great way to increase awareness of themselves and others. There is a Positive Schools website for Mental Health and Wellbeing which has great ideas for all schools. If the children don't learn much about respect at home they need to learn it from somewhere else.