

**“Do not be blindsided by how much time has gone by or by people who say ‘you made the choice to marry him, therefore you made your bed and you have to lie in it and live with that decision”**

## **You Are Not Alone**

With the help and support of many agencies and her community, Alice has been able to have a permanent protection order put in place against her abuser. She is feeling grateful as she can live her life without fear.

Those around her and especially her neighbours are making sure she is ok and she is working through the grief of the past 20 plus years.

Alice wanted to share her story to help other people to speak up and make the courageous steps to leave no matter what age they are.

### **MYTH**

It's not my business what happens in other people's relationships.

### **BUSTED**

We need each other's support and understanding because we're in this together.

**Turning a blind eye also means hardening your heart to suffering.**

**Shine Domestic Violence National Helpline:  
Toll free 0508 744 633**



## **White Ribbon Day 25<sup>th</sup> November**



PSN encourages all congregations to advocate for White Ribbon Day, a day to show that they do not condone violence towards women.

**In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven  
Matthew 5:16**

**For further information visit  
the White Ribbon Blog**

Created by PSN &  
Rev Roxy Gahegan

<https://prayingforchildren2020.wordpress.com/white-ribbon/>

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# You Matter

“Go see a lawyer tomorrow” were the parting words of the police team who had responded to Alice’s 111 call.

After 20 years of trying to find enough courage to make the final break, the words of the police officer served as a catalyst to propel Alice forward and decide that she would leave her marriage of 38 years.

While Alice’s doctor and others had been aware of the emotional abuse she had been struggling with, Alice needed to hear those words directly from the police officer. It was like receiving the permission to leave!

It was Age Concern who recommended a lawyer for Alice. They also recommended that she contact the Grief Support team.

Another avenue of support was through Alice’s church that had been advocating for White Ribbon Day for a number of years.

Emotional and financial control were some of the ways Alice’s husband manipulated her. He had acquired a bankcard that gave him access to her accounts and he monitored her spending. Large amounts of money disappeared from her account. Fault and blame were directed towards Alice for the simplest things such as buying ‘the wrong brand of tea’.

**However, where can you go to find a lawyer that would understand and have the empathy?**

## MYTH

My community is safe from family violence.

## BUSTED

Safety isn’t just about physical wellbeing – it’s also about being **seen and heard, loved and valued.**

**What can you do to help others feel safe in your community?**

# Don’t Give Up

This behaviour escalated into full-blown abusive rants. After one of these episodes, Alice called the police, starting her journey to safety.

Alice’s message to others who are in an abusive relationships, whether it’s physical, psychological or emotional is;

**“Don’t let it go on for so long, my health really suffered - just seek help, there are brilliant people there to help”.**

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