

# The *ADDC* News.

Volume 1, Issue 2

[www.aussiedispute.au](http://www.aussiedispute.au)

January 2023

## Australian *Divorce* and *Dispute* Centre

### Upcoming Event. – 8<sup>th</sup> February 2023

#### Free Information Evening – The first Steps

Book your attendance: [Events | AUSTRALIAN DIVORCE AND DISPUTE CENTRE \(aussiedispute.au\)](#)

#### Guest Speaker

- Geoff Brayshaw – Relationship Mediation
- Clare Compaan – Family Lawyer
- Louise - Women's Support Network
- Alex - Financial Planning and Budgeting

#### Hosts: Bonnie Douglas – Geoff Brayshaw

- Family Dispute Resolution - Mediator
- Divorcee Coach – Your First Steps
- Co-Ordinator
- NMAS and Relationship Mediator

Meet the speakers, get some information and guidance specific to your issues.

We have found that help, support, information, guidance, and connection through the Network of professionals will help provide you with the tools to better connect and communicate with your former partner, your relationships, your employer, your children, and your extended family

#### Inside this Issue

- A Man's Journey in life
- Domestic Violence and abusive Relationships
- Family Court Light House
- Do you see a 6 or 9
- Ken's Sausage Rolls

Call 1800 Y Mediate or

Email: [info@aussiedispute.au](mailto:info@aussiedispute.au)

### A Man's Journey in life – (name withheld)

Dear Men,

For those of you that don't know me I'm a relatively new member of the Mankind Project group. My first impulse is to say happy new year, but truthfully, I would want much more than that for all of us.

"Happy" is such a transient word - lasting for a short time or impermanent. Rather I would want foundational stability and truth and authenticity for everyone as we go into this new year.

I'm moved to write my thoughts, after speaking with other men at our Sunday morning coffee event. After a couple of years of personal health issues, as well as negotiating age, lockdowns and all the negativity associated with Covid

I was feeling diminished, isolated, and not the man that I thought I could be. I turned to google and found the Mankind Project men's group meeting at Mt Martha.

Basically, I went to the group knowing I needed to step up into a stronger place, both for my broader family's sake as well as my own. I committed to walking into the group and the unknown, and although a bit fearful, I knew that living 'on the edge' can be a great place to be.

The urge was to stay in my cage of safety or take a chance and explore the unknown territory of sharing with and into other men's lives.

It was a journey of not just getting to know others, but also having the courage to lift my safety shutters and taking a broader look at myself, in the confidentiality of like-minded men.

I spent many years trying to be 'the same as others but I found listening to men speak openly about similar struggles and highlights helped me realise that we are all not only facing similar challenges, but each of us is so different than the other.

The differences we share as we speak our truths, and the friendships, prove to be of enormous help to me.

# The *ADDC* News.

Volume 1, Issue 2

[www.aussiedispute.au](http://www.aussiedispute.au)

January 2023

I'm finding this body of men with each limb playing a necessary part, means we all benefit as we support each other and operate.

So how am I different... I'm not fully able to verbalise it, but only to say before joining the group, and with all my issues, I felt like a diminishing piece of coal, slowly cooling down. With the support and friendship of other men on a similar journey, I'm where I feel I should be... **back in the fire.**

I'm moved by the potential of slowly evolving into the man that deep down I know I can be, and I'm buoyed up by the positive changes I'm discovering in myself.

**My life is not so much about who I was yesterday, but more about who I decide to be tomorrow and the days after that.**

For a long time, I wandered about in the shallows, sometimes fearing that if I took off the mask, I'd appear weak, but to the contrary, as I walk into deeper waters, I'm growing the courage to be a more authentic self.

The words "**courage**" and "**encourage**" seem important to me lately.

"**Courage**"...the ability to do something that frightens you...or...strength in the face of pain or grief.

Maybe, you're at a low point.... let me encourage you and call you to higher ground. The positive is ... If you were at the top of your game you'd have nowhere to go.

"**Encourage**" ... to give support, confidence or hope to someone.

**If you're doing well ... don't hide your light... others need it, to see where they're going.**

Maybe come back or join the group. I, along with other good men would look forward to getting to know you.



## **Men's Circle -**

Men doing self-development.

We have weekly men's circles, facilitator training, socials, retreats, and an online community network.

We're a non-profit, making men's work mainstream.

Connect with Chris on 0400 614 065

Have a coffee at Mt Martha House Sundays from  
9.30am until 11.00am



*Jenny Brown, - Founder & CEO.*

**Create | Protect | Enjoy**

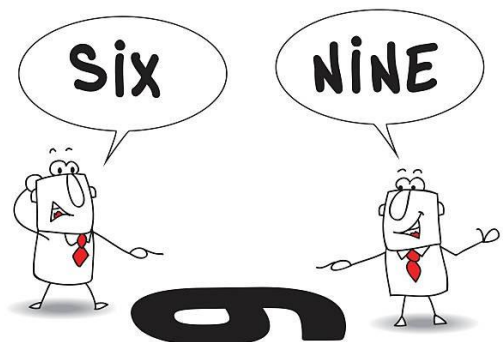
JBS Financial, we love providing financial advice that profoundly makes a difference to our client's lives.

Phone: 03 8677 0688

Email [strategies@jbsfinancial.com.au](mailto:strategies@jbsfinancial.com.au)

## **Question:**

*is this a 6 or 9 or do you see something else?*



This depends on your position and perspective, what you see may not necessarily be what the other party sees.

**It is the same as Divorce and Separation.**

# The **ADDC** News.

Volume 1, Issue 2

[www.aussiedispute.au](http://www.aussiedispute.au)

January 2023

## Domestic violence and abusive relationships

### Health Direct – A Government agency

<https://www.healthdirect.gov.au/domestic-violence-and-abusive-relationships>

#### Key facts

- Domestic violence is when someone uses violence or manipulation to maintain power and control over someone they're close to.
- Anyone, regardless of their background, can find themselves in an abusive relationship.
- Domestic violence can include many different forms of abuse. These include physical violence, emotional abuse, sexual abuse, and financial abuse.
- Domestic violence is never your fault.
- If you think you are in an abusive relationship, get help now from your family, friends, or GP.

---

### What are the types of domestic violence and abuse?

Abusive relationships do not always involve physical violence. There are other kinds of damaging abuse, none of which are acceptable. The abuser can be of any gender or sexual orientation.

#### Types of abuse include:

**Physical abuse:** direct assault on the body, such as strangulation, slapping, punching, kicking, shaking or pushing. It may also include using weapons or objects.

Physical abuse can also include throwing objects, the denial of food and the destruction of property.

**Sexual abuse:** any form of [rape, unwanted or forced sexual activity](#), sexual threats and insults, restricting access to [contraception](#) or refusing to wear a [condom](#).

**Verbal abuse:** intimidation, verbal attacks, threats, insults, name-calling, yelling or humiliation. Themes might relate to body shape, sexuality, gender identity, intelligence or ability as a parent.

**Psychological or [emotional abuse](#):** blaming or ignoring the person ('sulking'), treating the person as inferior, saying their behaviour is inappropriate, questioning their sense of reality, emotional blackmail or [suicide threats](#). The perpetrator might also stalk, spy on or follow the person. This may include monitoring emails or phone calls and using GPS tracking.

**[Social isolation](#):** isolating the victim from their family and friends, such as forbidding or preventing contact with them and ongoing rudeness to family and friends. The perpetrator might insist the person moves far away from family support or employment opportunities.

**Financial abuse:** maintaining control of family finances, including restricting access to bank accounts, wages or pensions, providing a small 'allowance', hiding assets, preventing the person from working, sabotaging interviews or meetings, and theft.

**Spiritual abuse:** ridiculing a person's religious beliefs and culture or preventing them from being part of a religion or cultural group.

**[Child abuse](#):** physical and sexual abuse, neglect, verbal and emotional abuse of a child.

**Elder abuse:** all forms of abuse directed at older adults.

# The **ADDC** News.

Volume 1, Issue 2

[www.aussiedispute.au](http://www.aussiedispute.au)

January 2023

**Neglect:** failing to meet the basic physical or psychological needs of a person you're caring for, such as a child. This might include failing to protect them from physical harm or danger or stopping them from getting medical care. It can also be neglect of, or unresponsiveness to, the other person's basic emotional needs.

## Ken's Sausage Rolls - Magnificent



500 g sausage mince  
250 g lean mince  
300 g fresh sliced white bread  
(including crusts)  
1 large brown onion  
Salt and pepper to taste  
3 sheets quality puff pastry  
(defrosted)

### METHOD

Brown the lean mince in a frypan, and set aside to cool

In a food processor (bowl with spinning blades) add broken up bread and finely crumb (repeat until all bread is crumbed). Add to an electric mixer bowl.

In a food processor add coarsely chopped onion and process until almost liquefied. Add to the electric mixer bowl.

In a food processor add the browned mince and give it a quick whiz to produce a fine mince. Add to the electric mixer bowl.

Add salt and pepper to taste to the mixing bowl.

Refrigerate for 1 hour. Using an electric mixer and a dough hook, mix the mixture for a minimum of 20 minutes on a low speed.

Cut each sheet of puff pastry in half making 2 large rectangles.

Add 1/6<sup>th</sup> of the filling stretched out evenly in the middle of each pastry rectangle – length wise.

Bring one side of the pastry over the mixture and ensure the mixture is tucked in nicely, and then roll over to complete the sausage roll. Place baking paper on a baking tray then gently place the sausage rolls on the tray evenly spaced. I usually cut them in half (optional), or into smaller pieces for party sausage rolls. Using a fork stab the sausage rolls every inch or so.

Using your hands pat the sausage rolls down with clean water, so they are wet BUT not making puddles on the tray.

Bake at 180 until golden brown.

## Family Court of Australia - Information

Lighthouse is an innovative approach taken by the Federal Circuit and Family Court of Australia to screen for risk, with a primary focus on improving outcomes for families.

- early, confidential risk screening through a secure online platform -DOORS
- early identification and management of safety concerns, and
- triage and assessment of cases by a highly specialised team who direct appropriate resources and provide safe and suitable case management.

For the full Information Fact Sheet visit

The Lighthouse model: [www.fcfcoa.gov.au/lighthouse](http://www.fcfcoa.gov.au/lighthouse)

### Links to:

Attend the next information Event: [Event Register](#)

Book an appointment: [Book a Time](#)

Find out more about Mediation: [ADDC](#)

Need other services in the area: call 1800 Y Mediate

Check out our latest Video's: [Coming Soon](#)

Want to know more pick a topic: [Information](#)

Contributions, Disclaimer and Liability to [ADDC News](#)