

Media Release

FOR IMMEDIATE RELEASE – 15 February 2016

Celebrating a milestone: the 100th Sisters Day Out® Workshop



Aboriginal Family
Violence Prevention
& Legal Service Victoria
Standing Firm Against
Family Violence

Tomorrow will mark a significant milestone for Aboriginal women and the Aboriginal Family Violence Prevention and Legal Service Victoria (FVPLS Victoria) as we reach the 100th *Sisters Day Out* workshop. Beginning in Morwell in July 2007, the program has subsequently touched the lives of over 7,500 Aboriginal women – building resilience and self-esteem and breaking down barriers to reporting violence.

“The response from the community wanting to attend this milestone *Sister Day Out* has been overwhelming. There will be over 350 Aboriginal women travelling from all corners of the state to attend. Our women are voting with their feet. *Sisters Day Out* has proven value and it meets community need,” said FVPLS Victoria Chief Executive Officer, Antoinette Braybrook.

“Participants of the *Sisters Day Out* workshops know they can trust the program because it is designed by Aboriginal women for Aboriginal women. FVPLS Victoria is a trusted and well respected Aboriginal community controlled organisation.”

The *Sisters Day Out* workshops and FVPLS Victoria holistic service model has a lasting impact upon Aboriginal women’s lives. We know Aboriginal women access services for safety at *Sisters Day Out*. One of FVPLS Victoria’s clients was in a violent relationship with the father of her children for seven years, experiencing both emotional and physical abuse that has left scars for the rest of her life. *Sisters Day Out* brings our service and many others to these women.

Ms Braybrook said, “When our terrified client was able to leave the abusive relationship, it was our service who she trusted because she knew, as an Aboriginal community controlled organisation, she would be culturally safe with us. The outcome would have been vastly different without our support, as she describes in her own words:”

There is no doubt that if i didn’t have FVPLS Victoria’s support that I would have continued to be in a violent relationship and quite possibly not be here today. I am now a survivor and free of violence. I am a strong proud Aboriginal woman. I can smile often and cry less now. My children have grown and I am so proud of them. They are resilient and strong in character after watching me fight the struggle and not give up. It is programs like Sisters Day Out that enable FVPLS Victoria to reach out to other women who are vulnerable to violence.

Despite the fact that *Sisters Day Out* was independently evaluated as an extraordinary success, ongoing and sustainable funding remains an issue. A recent Productivity Commission Access to Justice Report stated that despite growing evidence of the need for increased resourcing for culturally safe and specialist services for Aboriginal victims/survivors funding has become increasingly insecure.

FVPLS Victoria is currently undertaking two fundraising activities including a fundraising dinner, “*An Evening with Sisters Day Out*” on Saturday 5 March alongside celebrations for International Women’s Day and a crowd source funding campaign to #savesistersdayout: <https://www.gofundme.com/sistersdayout>

Tickets for an Evening with Sisters Day Out can be purchased here: https://www.eventbrite.com/e/an-evening-with-sisters-day-out-tickets-20097054832?aff=utm_source%3Dweb_email%26utm_medium%3Demail%26utm_campaign%3Dnew_event_email&utm_term=eventurl_text%20%E2%80%A6 or you can sponsor a ticket for an Aboriginal woman to attend, details are here: <http://fvpls.org/images/files/EWSDO%20Sponsorship%20Flyer.pdf>.

Note: FVPLS Victoria provides culturally safe legal assistance, early intervention prevention and community legal education to Aboriginal victims/survivors of family violence and sexual assault. Our legal assistance includes intervention orders, victims’ of crime assistance, child protection and family law.

Like us on [Facebook](#) or follow us on twitter: [@FVPLSVictoria](#) and Antoinette Braybrook: [@BraybrookA](#)

Media Contact: Andy Gargett for Antoinette Braybrook, Chief Executive Officer on 0457 544 591
agargett@fvpls.org