

# ISA Newsletter

VOLUME 3, ISSUE 4

FEBRUARY 2013

The Incest Survivors Association (Inc.)

## It's time to celebrate!

After much hard work, ISA has finally officially opened its doors at Walcott St. It is important to thank all those that made it possible. A special thanks to **Lotterywest** for their generous donation that made our dreams a reality. Thanks also to our other donors, **Galvins Plumbing** and **Matera Waste Management**, who donated goods and services to the project. Thanks also to **Murdoch Women's Collective**, who donated resources for the children's area. A special thanks also goes to those who shared the journey with us, during all the challenges and frustrations—the

original owners the Prior family, the supportive councilors and staff at the City of Stirling, the real estate agents, our builders and tradies, and most especially, our long-suffering staff — Lois, who discovered Project Management skills she didn't know she possessed, our counsellors, who had to maintain their standard of excellence in trying circumstances with a minimum of admin backup, and Catherine, our finance officer, who shoe-horned project budgeting in with her other multiple tasks.

**THANK YOU, ONE AND ALL!**

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*The ISA team: celebrates our opening*



## About Nancy Rehfeldt

**For those of you unfamiliar with Nancy Rehfeldt's work, a brief synopsis of her extraordinary career provides some insight into this amazing woman.**

- 1975      Auxiliary Social Work Course, Technical Education Division. Diploma in Health and Welfare.
- 1975      Counsellor, Rape Crisis Centre, North Perth.
- 1976      Counsellor, Sexual Assault Referral Centre, Q.E.II
- 1976      Founder member & President of Australian Women Against Rape, W.A. (Inc.)
- 1977- 1983      Counsellor, Women's Health Care House, West Perth.
- 1978      Member of Advisory & Co-ordinating Committee on Child Abuse, D.C.S.
- 1978      Organized 24 hour phone-in on rape & incest. Presented report and recommendations. Lectured at tertiary institutions: W.A.I.T., U.W.A., Murdoch, Nedlands C.A.E., numerous State Schools in metropolitan areas and hospitals – K.E.M.H., R.P.H., Family Planning Assoc. and numerous community groups.  
  
Radio, television and newspaper contributions to programmes to A.C.C.C.A.  
  
Lectured to police in-service training courses and articles on rape and incest. W.E.L. Conference – "Women in Jeopardy" (Contributor).  
  
Member State Government Task Force on child sexual abuse.
- 1981      Submission to Senate Standing Committee on Homeless Youth.  
  
Delegate to conferences: Family Violence, Canberra, (Identifying the problem), Melbourne, Rape Law Reform: Tasmania.
- 1981      Self-help groups for women incest victims (the first in Australia).  
  
Founder member of Parents Support Group
- 1984      Founder member of Incest Survivors' Association (Inc.). President and Senior Counsellor of I.S.A.
- 1985      Mental Nurses Congress, Perth, W.A. (Contributor).
- 1986      Awarded Order of Australia (A.M.). For work with rape and incest victims.  
  
Contributor — 6<sup>th</sup> International Congress of Child Abuse (Sydney)  
  
Contributed information and expertise to numerous research projects on the subject of child sexual abuse.



## ISA celebrates our new home — Nancy Rehfeldt House

Thanks to all those who contributed to making our Open Day on the 6<sup>th</sup> of February a huge success. Festivities began with a plaque unveiling ceremony for our newly titled premises *Nancy Rehfeldt House*, by ISA's founder Nancy Rehfeldt. The Board felt this recognition was very appropriate in recognition of her significant contribution in supporting survivors of incest and childhood sexual abuse and her pivotal role in the establishment of ISA. See page 2 for a synopsis of Nancy's work.

Amongst attendees were Minister for Child Protection Robyn McSweeney, Commissioner for Children and Young People Michelle Scott and Jo Wilkie of Lotterywest., as well as our local State Member Michael Sutherland, and candidate for the seat Bob Kucera.

A special letter was sent to ISA by Prime Minister Julia Gillard in

recognition of the event. This letter commended the work of the association and paid particular tribute to Nancy Rehfeldt, after whom the building is named.

Amongst the many who attended were members of Nancy's family, some who had flown from the Eastern States to attend. It was wonderful for them to have the opportunity of seeing Nancy's work recognised.

Also in attendance were the family of the original owner, who had spent their childhoods at 404 Walcott Street and recalled such a warm family home. It was special to see these people and their families tour the refurbished premises and recall stories from their past. It was also gratifying to hear how proud they were that ISA was here and has made 404 such a welcoming place for counselling clients.



*Pictured: (L-R): Minister Robyn McSweeney, Nancy Rehfeldt AM, Chairperson Anne Pekaar (behind), Irena Christensen, and local Member for Mount Lawley Michael Sutherland MLA*



## Board News

<b>Chairperson:</b>	<b>Anne Pekaar</b>
<b>Deputy Chairperson:</b>	<b>Angela Loxton</b>
<b>Treasurer:</b>	<b>Ron Mathieson</b>
<b>Secretary:</b>	<b>Heliyana Perez</b>
<b>Board Members:</b>	<b>Cathy Gregory</b>
	<b>Jonathan Smith</b>
	<b>Ann Ellis-Young</b>

We are delighted to welcome Heliyana Perez as our new ISA Board Secretary. Heliyana Perez currently works as a real estate agent for Professionals Mount Lawley. Prior to real estate Heliyana had a very successful 20 years in Information

management where she worked in areas such as IT Management, IT Service Delivery, Internal Auditing, IT Policy Design, IT Training and also provided Private Consulting through her business SmartComputing.

Heliyana completed her teaching (English) Diploma in Croatia where she also worked with local schools to improve literacy skills to those most in need.

With a strong desire in wanting to give back to the community and make a positive difference, Heliyana with great pride joins the team at I.S.A.

## Counsellor News

As well as the official ceremony in the morning of our Open Day, ISA was also open during the afternoon of 6 February for colleagues from other counselling, health, and welfare services. Colleagues were invited to meet with the ISA counsellors, tour the property and

attend a brief presentation about ISA and its work with clients.

For some this was the first opportunity they had to learn of ISA, while for others it was a valuable update in the breadth and scope of our current services.

## Groups Update

### *Relaxation Groups at ISA*

We are excited to announce the launch of ISA's new group programmes for 2013. Relaxation Sessions will be held from March 6<sup>th</sup> and will provide skills and support for coping with anxiety, depression or sleeping problems and will also give clients an

opportunity to meet and connect with others. Let us know if you would like to know more about our Relaxation Sessions or our Therapeutic Groups which will be held in the latter half of the year.

## From the Chairperson

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The opening of our building provided a wonderful opportunity to honour Nancy Rehfeldt AM, the originating founder of ISA.

Nancy Rehfeldt is one of the special people in our world that has made a very big difference to the lives of so many people, in so many ways.

Nancy was very lucky to have two very proactive parents that cared for their fellow man and were human activists of their time. So I guess Nancy was blessed with their compassion and when her time came she knew she needed to make a difference to the plight of people that needed assistance to move forward from the hard life had dealt them.

Nancy has worked long and diligently to make a difference to those in need and

to educate others to be able to do the same.

Nancy should be commended for the wonderful things she has achieved while also bringing up here 2 children.

Such an amazing woman.

I would also like to acknowledge Leone Shiels. Without Leone's expertise and knowledge we would not be standing her today to open our new home, so Leone, thank you so much.

*Anne Pekaar*



## ISA Donors and Sponsors

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*Please support the people who support ISA*



**Galvin's Plumbing Supplies**



## More Highlights from the Opening

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It was wonderful to have so many distinguished guests join us on the day, and to receive such a warm message of congratulation from the Prime Minister (see below).

The "above and beyond the call of duty" award goes to Lois, our intrepid Office Manager. For those of you who don't know, Lois was sweeping the paved area late on Tuesday, when she was suddenly attacked by a swarm of wasps and stung in at least 3 places. Now that really is an unusual Occ. Health and Safety issue! An emergency call to the pest controllers ensured we didn't have our guests ducking for cover the next day. Poor Lois is still sporting some marks from the attack, and is somewhat more wary in the garden now.



PRIME MINISTER  
CANBERRA

### MESSAGE FROM PRIME MINISTER JULIA GILLARD

#### INCEST SURVIVORS ASSOCIATION OPENING OF NEW BUILDING, PERTH

As the members and supporters of the Incest Survivors Association gather for the opening of this new building in Perth, I want to assure you of my solidarity and support.

Fittingly, the building will carry the name of Nancy Rehfeldt, one of your Association's founders and a woman of true courage who has done so much to ensure the voices of incest victims are heard.

Like child sexual abuse in our institutions, incest is an insidious crime with complex and far-reaching effects on its victims and their families. In truth, the legacy of trauma can probably never be fully overcome.

But at least by sharing their stories and making our nation aware, the survivors can help prevent others from undergoing this dreadful betrayal and ensure accountability for those who have inflicted such suffering.

To all of you, and especially to Nancy, go my best wishes and my sincere thanks for all your remarkable work.

I trust that this new building will help strengthen your quest to bring healing and justice to those who have suffered such unspeakable hurt.

My thoughts are with you today and in all the challenges ahead.

A handwritten signature in black ink, which appears to read 'Julia Gillard', followed by a horizontal line.

The Honourable Julia Gillard MP  
Prime Minister of Australia





**Exploring the issues:**

L-R: Judy Tennant, Robyn McSweeney  
Min. for Child Protection, Leone Shiels ISA  
Coordinator



**Getting ready for the big moment:**

L-R: daughter Liz Rehfeldt, Nancy Rehfeldt,  
Anne Pekaar



**Snatching a break:**

Staff Members catch a quick breather

**Catching up on old times:**

L-R: Lois Lloyd Nancy Rehfeldt, Anne  
Pekaar

## Incest Survivors Association

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404 Walcott St  
Coolbinia WA 6050  
Phone (08) 9443 1910  
Fax (08) 9227-1510

Email:

For General Information:

[info@isa.asn.au](mailto:info@isa.asn.au)

To contact a counsellor:

[counsellor@isa.asn.au](mailto:counsellor@isa.asn.au)

**Donations of \$2 and over  
are tax-deductible**

**WE'RE ON THE  
WEB!**

**VISIT US AT  
[WWW.ISA.ASN.AU](http://WWW.ISA.ASN.AU)**

**Have you or someone close to  
you been affected by child  
sexual abuse?**

Do you struggle to move on no  
matter how much you want to  
forget?

Do you need someone to talk to?

**Reaching out can be difficult.**

The counsellors at ISA can help.  
We provide trauma focussed,  
professional counselling and  
support services in a safe and  
confidential environment for adults  
and children from 8 years of age  
who have been affected by incest  
and child sexual abuse.

Please contact us on 9443 1910 or  
visit [www.isa.asn.au](http://www.isa.asn.au)

## Useful Resources

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### Information about child sexual abuse

[www.aifs.gov.au/nch](http://www.aifs.gov.au/nch) Australian Institute  
of Family Studies. National Child Protection  
Clearinghouse. Information on child abuse  
and child protection

[www.asca.org.au](http://www.asca.org.au) For survivors of childhood  
abuse. Information and other resources  
[www.childsafetyaustralia.com.au/community/  
child\\_abuse](http://www.childsafetyaustralia.com.au/community/child_abuse) Information about child sexual  
abuse, signs of abuse, child protection

[www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au) Information about sexual vio-  
lence/ Information for survivors of child sexual abuse

[www.secasa.com.au](http://www.secasa.com.au) Child sexual abuse impacts and  
other information



### Some relevant WA Government Agencies

[www.childprotection.wa.gov.au](http://www.childprotection.wa.gov.au) Department for  
Child Protection, WA

[www.communities.wa.gov.au/  
childrenandfamilies/parentingwa](http://www.communities.wa.gov.au/childrenandfamilies/parentingwa) Parenting  
support and information

[www.legalaid.wa.gov.au](http://www.legalaid.wa.gov.au) For those seeking legal  
advice

### Child protection on the internet

[www.cybersmart.gov.au](http://www.cybersmart.gov.au) Information to manage internet  
safety