

FRIENDS OF STARICK NEWSLETTER

Edition 1 Winter 2016

Starick

7-9 Love Street, Cloverdale
Ph (08) 9478 5300

Welcome to our first ever Starick newsletter. It's our aim to offer you a brief insight (and we do mean brief, promise) into the vital work we do with women and children.

A YEAR AT STARICK

Over the last 12 months, we provided...

REFUGE ACCOMMODATION
to over 250 women and children.

In the same period,
over 700 women and children used
our **OUTREACH SERVICES**
(court support, counselling
and practical assistance
to families not staying
at a Starick refuge).

DID YOU KNOW...

Starick's core services are funded by government agencies (here's to you, Department for Child Protection and Family Support, and Lotterywest).

But EVERY OTHER CENT We spend on improving the lives of our clients - from baby massage to homestarter packages, art classes to self-defence classes for our mums - WE HAVE TO RAISE OURSELVES.

[DONATE TO US HERE](#)

There are three very simple things you can do **right now** to support us:

Firstly, [Like](#) our [Facebook page](#).

Secondly, remain a member of **Friends of Starick**. (If you received this newsletter in an email, you're already a valued friend. If you're reading someone else's copy, please [contact us](#) to become a friend).

Lastly, make a donation! Because we're a registered charity and a not-for-profit organisation, every cent [you donate to us](#) - on a one-off or regular basis - is tax deductible.

Empowerment. Just one word. But it means so much.

Domestic and family violence robs women of their independence by isolating them, making them fearful for their safety and eroding their self esteem.

Starick offers clients a safe place, as well as emotional, practical and legal advocacy services, thereby supporting them in taking back control of their finances, their decisions - and, ultimately, their lives.

This is by no means an instant process. But with help and support, our clients can go on to create lives free from abuse - for themselves *and* their children.



Empowering women and children is an important part of Starick's work

www.starick.org.au
www.facebook.com/starickservices
[@starickservices](#)

FRIENDS OF STARICK NEWSLETTER continued



FUNDRAISING BREAKFAST

Tues 9 Aug 6.45-9am

Guest speaker: Prof Lyn Beazley, WA's Australian of the Year 2015.

Join Soroptimist International at Royal Perth Golf Club, South Perth.

All proceeds go to Starick for its ongoing work with woman and children escaping domestic violence. Bookings [here](#).



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Happy children with great self esteem - it's what Starick's child-focused services are all about.



STARICK OP SHOP

Come along and grab yourself a Winter bargain, or bring us your donation of goods and clothing.

9 Love Street, Cloverdale
OPEN MON-FRI 10AM-3PM



PROGRAM HIGHLIGHT

BABY MASSAGE

Research has found that caregivers feel more confident, less stressed and more closely bonded to their babies after learning baby massage.

Massage is particularly effective at reducing stress hormone levels in children and their mums.

Our **Baby Massage Program** is a key part of our strategy to empower the mums and children living at Starick's two refuges.

Qualified baby massage instructor Jane Tetley of Intuitive Baby Massage visits both our refuges to teach the mums how to massage their babies.



HOW TO DONATE TO STARICK

Donations are fully tax deductible, simple and quick to make – just click on the link below (but first check out the little cutie on the left – aww!)

