

MAYBANKE  
ASSOCIATION INC

*Empowering Women &  
Building Independence*



**Autumn 2022**

## ***“Maybanke Matters”***

**ABN 17 817 961 769**

### ***Presidents Update***



I hope your new year has started well as we navigate our way through this stage of the pandemic. Despite the additional stresses caused by the pandemic Maybanke was thankful for the support we received from the community in the run up to Christmas. We received donations from many organisations, companies, and individuals which helped make Christmas special for our clients and their children. Its wonderful how the community responds when we have an urgent need. Recently we put a call out for baby items to assist new clients and their children. Within a couple of days we received a huge amount of high-quality baby clothes and goods – Thank you!

We do appreciate your ongoing support of Maybanke and if you wish to get in touch to work closer with Maybanke or have any feedback on this newsletter please contact me at: [president@maybanke.org.au](mailto:president@maybanke.org.au)

*Jacky*

### ***2022 Maybanke Management Committee***



Thank you to all the supporters who attended the Maybanke Annual General Meeting. The annual report presented highlighted details of yet another busy year and Maybanke Accommodation and Crisis Support staff gave a presentation on their programs which support the women and their families when they arrive at the refuge.

We'd like to welcome the supporters who signed up for membership of Maybanke Association Inc at the AGM. If becoming a member of Maybanke Association Inc is of interest to you please contact me directly: [president@maybanke.org.au](mailto:president@maybanke.org.au)

# MAYBANKE ASSOCIATION INC

*Empowering Women &  
Building Independence*



## **Case Study: From Isolated to Empowered**

After being in an abusive relationship for years, E decided one day that she had had enough. She confided in a friend who told her to contact DV Connect for some advice. DV Connect worked with her to develop a safety plan to escape from the home while the perpetrator was at work. Once she was away from the perpetrator, she was referred to Maybanke.

E arrived at Maybanke without any major family or friend support due to being isolated throughout her relationship. E was manipulated to believe her family and friends were “bullying” the perpetrator and that because of “bullying” tactics she should not be engaging with them. E’s perpetrator controlled her social media and would only allow her certain timeframes to access these platforms. This kept her isolated and very alone robbing her of all her self-esteem.

E’s self-confidence was low and damaged from years of name calling and physical abuse. E was timid and quiet when speaking to staff throughout her first few weeks at Maybanke with rare eye contact being held throughout conversations. Staff put a DVO in place for her safety and went to Court in the city so the perpetrator would not be able to find the area in which she was living.

E was unemployed when she arrived at Maybanke and was financially dependent on the perpetrator which often meant for her that she was not able to buy anything she wanted or might have urgently needed. E mentioned she had a love for the elderly and often looked at applying for roles in this sector, although never had the confidence to pursue this after being put down for years and being told by the perpetrator that “she would never succeed at anything as she was too useless” . E was supported with opening a new bank account in her own name and applying for Centrelink income. Once E was granted Centrelink payment, she was able to purchase everyday necessities which were withheld from her when living with the perpetrator. This in itself empowered E to feel more independent.

E has now been with Maybanke for just over 7 months. Throughout these 7 months E has positively engaged with staff to build herself back up again E has been consistent in showing up for herself through speaking to staff about creating a resume which has assisted her in gaining employment. E has gained employment with a local age care facility which has also allowed her to study through their company at no cost to her.

Whilst staying at Maybanke E has had the time to heal her relationships with friends and family. This has seen her out within safe areas socializing again, meeting up for coffee and lunch. E is currently looking at moving in with an old friend.

It has been wonderful to witness E’s self-confidence grow and her beautiful personality showing itself to the Maybanke staff. E mentioned feeling the most confident she has felt in years being here at Maybanke and thanked everyone for supporting her and giving her the time, she needed to find herself.

# MAYBANKE ASSOCIATION INC

*Empowering Women &  
Building Independence*



## Christmas Party 2021

There was much excitement when Santa took time in his busy December schedule to attend the Maybanke Christmas party and present each child with a gift. Thanks Santa!





# MAYBANKE ASSOCIATION INC

*Empowering Women &  
Building Independence*



## Christmas Donations



***A huge thank you to everyone who donated gifts to help Maybanke's clients for Christmas. This made a massive difference; your support is greatly appreciated.***

A special thank you to two organisations who regularly support Maybanke. The Redlands RSL who support our monthly meetings and at Christmas donated two age-appropriate toys for each child staying at the refuge.

Thank you also to another regular supporter: Zonta Club of Wynnum Redland Inc. The Club provided a cash donation which was presented to Maybanke representatives at Zonta's Christmas dinner. The donation included a contribution from a Zonta supporter who asked for donations for Maybanke in lieu of gifts for her birthday.



## Upcoming Events

### **Swimathon: Saturday 23 April 2022**

Swimathon organised by Rotary Club of Redlands Bayside, all funds raised will support Maybanke's Education fund. Details below, two Maybanke staff members, Heather & Tori, are leading teams, please consider supporting them. Details of how to support are available via the link below.



**Annual General Meeting: Wednesday 12<sup>th</sup> October 2022. 7pm Redlands RSL.**

MAYBANKE  
ASSOCIATION INC

*Empowering Women &  
Building Independence*



## 2022 ROTARY COMMUNITY SWIMATHON

SUPPORTING WOMEN AND CHILDREN ESCAPING DOMESTIC VIOLENCE  
CLEVELAND AQUATIC CENTRE - SATURDAY 23 APRIL 2022

### JUMP IN & SUPPORT YOUR COMMUNITY

The Rotary Club of Redlands Bayside is this year running a fundraising swimathon with a goal to raise vital funds for a local institution, Maybanke Accommodation & Crisis Support Services, that has, since its establishment in 1988, supported thousands of women and children exposed to domestic violence with accommodation, financial and emotional help.

Domestic violence continues to be a growing problem, especially in the last 2 years of COVID. Maybanke's education program has given women a focus in life and empowers them to look forward not back. Once the women get back into study and complete their certification, they are able to gain employment and move forward in feeling independent both financially and emotionally.

I feel it is important in these challenging times to do my bit to help Maybanke and some of the most vulnerable within our Redlands communities, many who have endured intolerable suffering. That's why I'm dusting off the togs and swimming some serious laps for the cause.

I would really appreciate it if you sponsor me, either per lap or just by whatever figure you are comfortable with.

### LET'S MAKE A SPLASH

Please support me and this very worthy cause by donating at the following link  
<https://events.humanitix.com/rotary-swimathon-2022>



HELP US BRIGHTEN THE FUTURE OF THOSE WHO NEED IT MOST!

