

What do I need to think about: work and income?

Thinking about finding work, staying in your job and keeping a regular income are all important whilst you think about leaving, as you leave and in the long term.

Staying at work

Violent relationships can impact on your performance, safety and wellbeing at work. It is important to know that there is support and advice available out there for you.

Telling your employer if you need to

Many women leaving violence find it difficult to juggle work and commitments, like applying for a DVO, attending court hearings and managing childcare. Not only is taking the time off stressful but telling your employer can be difficult. Fortunately, awareness of violence against women has become more widespread and better protections are in place through Australian unions and legislation.

If violence is directly impacting your work it is a good idea to be upfront about your situation. This means if your safety is at risk at work or you have to take significant time off for commitments related to the violence.

Attitudes to violence vary and some employers will be incredibly supportive others may be less so.¹ If you are worried about telling your employer, you could also contact the union related to your industry for specific strategies and advice.²

Being treated unfairly by employer

If you think you have been treated unfairly by an employer because of your experience with violence, you may be able to claim compensation or get your job back.³

For information and advice regarding this contact:

Fair Work Ombudsman

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http://www.dvandwork.unsw.edu.au/sites/www.dvandwork.unsw.edu.au/files/imce/keeping_you_and_your_job_safe_bklt_22_may_2013_final.pdf

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http://www.dvandwork.unsw.edu.au/sites/www.dvandwork.unsw.edu.au/files/imce/keeping_you_and_your_job_safe_bklt_22_may_2013_final.pdf

Phone: 13 13 94

Level 10/224 Bunda St

Canberra, ACT 2601

8:00am-6:00pm

Monday to Friday

Women's Legal Service (ACT & Region)

Phone: (02) 6257 4377 (Inside Canberra)

1800 634 669 (Outside Canberra)

9.30am to 12.00 noon

Monday to Friday

<http://www.womenslegalact.org>

Looking for work

There are several programs and places in Canberra that can help support you to find work or training courses that meet your needs and availability. Below is a list of ways to find a job in the ACT with or without assistance.

JobSearch

Some Centrelink payments, like JobSeeker Payment, are available for people between 22 and Aged Pension age who are looking for work. It is also available for people who are sick or injured and cannot do their usual work or study for a short time.

Whilst receiving these payments you are required to meet your mutual obligation requirements, these are tasks and activities you agree to do, to help you find a job. These include attending appointments with an employment service or Services Australia, looking for work and applying for jobs, and other activities such as study, training, paid or voluntary work. You may be exempt from some mutual obligation requirements in certain circumstances including a crisis such as domestic violence or being homeless.

It is important that you follow the instructions of Centrelink and Services Australia. If you do not meet your mutual obligation requirements you will be penalised with demerits or financial penalties.

If you cannot make an appointment always try to notify your Services Australia provider in advance if possible. They will help reschedule a new appointment to meet your needs.

If you are finding it stressful and difficult to keep up with the requirements you should talk with Centrelink as soon as possible.

Recruitment Agencies

Recruitment agencies are businesses which match jobseekers with vacant jobs. They can help you to find a job that takes into account your skills, experience, availability and your needs. They can also help you get your resume or CV in shape. Their services are generally free to jobseekers because they make their money from businesses advertising jobs. Look online or in the Yellow Pages for local recruitment agencies.

Assistance with clothes for a job interview

There are ACT services which may help you look your best at job interviews, work experience, special occasions and work. This can be especially helpful if you are struggling financially and you have had to leave your home without any of your clothes and it is not safe for you to go back.

The role of these services is to help you choose suitable clothing, shoes and accessories for the job you are applying for or you are working in. These services are free for eligible women.

WOW Working Wonders (Communities@Work)

Phone: 0451 681 188

The Salvation Army

Phone: 02 6247 3635

St Vincent de Pauls

Phone: 02 6282 2722

What support can I get with work costs?

Return to Work Grants

The ACT Government Office for Women offers ACT women Return to Work Grants of up to \$1000 to help them get back into the workforce.

The grants have criteria and you will need to fill out an application form to apply.

For more information about the grants, eligibility and how to apply visit

<https://www.communityservices.act.gov.au/women/return-to-work-grants-program>