

Dear Donors

A collection of messages to donors from people
who have engaged with Insight Exchange

INSIGHT EXCHANGE
www.insightexchange.net

INSIGHT EXCHANGE

Insight Exchange centres on the expertise of people with lived experience of domestic and family violence and gives voice to these experiences. It is designed to inform and strengthen social, service and systemic responses to domestic and family violence.

Launched in Australia in November 2017, Insight Exchange was established and developed in collaboration with Dr Linda Coates and Dr Allan Wade from the Centre for Response-Based Practice, Canada.

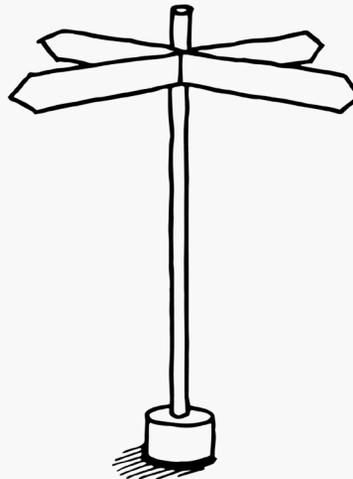
Insight Exchange is governed by Domestic Violence Service Management, a registered Australian charity (ABN 26 165 400 635).

Insight Exchange is sustained by generous donations from individuals and a silent donor, for the benefit of many.

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For more information visit
www.insightexchange.net

Insight Exchange website has a quick-exit button.



Insight Exchange is for all people. Insight Exchange respects the diversity of all sexualities and gender identities including but not limited to; lesbian, gay, bisexual, transgender, intersex, queer and asexual + identities as well as heterosexual and cisgender identities.



2020
Message
from Board
Members

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For me, the most powerful and valuable characteristic of Insight Exchange is that all aspects of its communications, objectives and content are shaped by insights gained directly from people experiencing violence. This seems such an obvious thing, but it is very far from universal. I have seen how powerful this way of thinking and communicating can be, particularly in driving change in the awareness and response of those working directly with people experiencing domestic and family violence.

For me, the most exciting consequence of the generosity of our silent donor is that we are able to connect with, and drive positive change with, many more individuals and organisations and to ensure that dignity, respect and safety is always front of mind in their work with persons experiencing and escaping violence.

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Absolutely wonderful! So grateful for the support this incredible work!

Insight Exchange is a crucial way for services, policy makers and decision makers to be better informed about support and responses through listening to the voices of lived experience.

Further, it's empowering for those voices and inspiring to those who listen and learn through the program.

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Much as we need to look after the survivors of domestic violence and help them rebuild their lives, this is not a solution to the problem, it is helping the innocent but not preventing the hurt. Insight Exchange is a tool of change, every small turn of the dial in prevention is changing and saving lives.

The Board understood the importance of this work several years ago and it is amazing to have you alongside us and the team as they spread the word. Thanks so much.

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Wow, this is incredible...

Such generous kindness, trust and belief in Insight Exchange and a that safer world is possible if we shift how we think, talk, relate and work differently.

The conversations, influence and resources that emerge from rich insightful engagement are speaking to such a wide audience.

I attended a meeting regarding an amendment to legislation that directly impacts victims of sexualised violence – their liberty and ability to speak of their experiences last week. I shared the link to Insight Exchange – pointing to *My Dignity, my body is mine*, much interest in it and the work.

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For me, I humbly believe, the support provided by the donor is helping bring the voice of those who most need to be heard, first and foremost, in any change we want to make relating to violence against women.

So much time, some of which is very worthwhile some which isn't, has gone into improving responses over the years but to truly and deeply listen to what the voices are really saying, and beseeching us all to understand, is the frontier work of Insight Exchange and paramount in meeting people where they are in finding safety.

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Insight Exchange evolved from the dedication, passion and vision of a group of individuals who saw that the voice of those with lived experience of domestic violence was neither represented or acted upon. As a Director on the Board of DVSM, I have been privileged to support and observe the growth of their dedication to raise awareness, and change, through their research and insights.

The resources of DVSM were sufficient to provide a seed for the Insight Exchange but it is the incredible generosity of individuals who have donated either their time and/or funding to that has allowed the initiative to flourish. It is so hard to express thanks for the support Insight Exchange has received from you, other than to say that your action and your donations make an indelible impact on the lives of those that team are helping.

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2021

Message
from
Associates

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Thank you so much for your generosity and belief in Insight Exchange. The feedback I often hear from colleagues in the field and from other victims/survivors is that Insight Exchange is providing vital and unique resources, ideas and leadership.

Whilst there are many organisations in the field doing great work, it is my understanding that only Insight Exchange has such an explicit focus and commitment to honouring victim's resistance and responses to violence. This focus sets Insight Exchange apart from other domestic and family violence resource development and research organisations. It has been a true honour to have been a part of the Associates Team - I am so grateful for the opportunity, thank you!

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Your support has made the above possible, your belief in the team will mean that more women than would have ever been possible before, will hear their own stories of dignity and resistance for the first time – in their own voices. Their stories can be retold, and maybe their futures reimaged. I cannot express my gratitude with words, its woven through the work. Thank you.

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Thank you for enabling me to have this experience. I cannot thank you enough and words will never say the depth and breadth of the learning, development and growth that has come from this experience personally, professionally in my practice, in changes we have made in my workplace and ultimately the people we support.

I have greater hope that the change I was working towards but never thought I would see in my lifetime may actually be possible.

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Thanks comes from my heart for trusting the voices of lived experiences of domestic violence. The people, resources and frameworks who make up Insight Exchange have been so valuable and supportive in professional development.

Although the work has been very challenging and triggering and I have had to dig deep, I could say this work has been extremely empowering and a highlight in my professional career.

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Thank you, the funding of Insight Exchange is changing how we as workplaces respond to domestic family violence and abuse.

A member of staff with lived experience shared with me this week that the 'My dignity' resource was the first resource that she has seen that truly speaks to her experience. In addition, she was so impressed by the care shown in developing this material.

Again, thank you for your insight and leadership in funding this work.

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It is a remarkable gift to have participated in the Insight Exchange Associates program and to have been remunerated for the time. So often in our field of work, limited resources mean that available funds are prioritised for frontline service provision and crisis work. We also tend to do an awful lot of unpaid labour as the needs of survivors and to change the status quo is so great. While this is all incredibly important, it often means that we are unable to do the cultural and discursive work that is required to prevent violence, better support victim-survivors, and to change the design of government systems and social services that often harm or are not accessible to survivors, their families and communities.

I commend the individuals and silent donor who have invested in Insight Exchange for their generosity, grace and trust – we as Associates do not take this contribution lightly.

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2022
Message from
Industry
Secondee

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How do I put into words the gratitude I feel for the last 12 months? Not an easy task..
But here goes...

With what started as a conversation over lunch about how I wanted to do more in the DFV space but just didn't know where to start. To be here today reflecting on the last 12 months, it's quite extraordinary...

There are no words to describe how grateful I am to the donors for allowing me the opportunity to spend the last 12 months working within my industry, raising awareness on an issue that I am so passionate about. I am no longer just a person with lived experience of DFV but now an advocate for real change...

This would not have been possible without your support, the opportunity you have provided me has changed my life. The experiences and growth over this last year has helped me both personally and professionally. But its not about me..
The most important thing in all of this work is that we have helped victim-survivors.

We created a space where victim- survivors (employees in workplaces) felt heard for the first time, some even disclosed details of their abuse and trauma for the first time.

This is powerful work in real time.

Managers & staff who completed the sessions now view DFV from a different lens, it's almost like I was seeing an awakening happening right before my eyes. They understand the role they play and are better prepared to respond and help their staff.

The best year of my life..
Thank You

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2023

Message from
engaging
individuals &
organisations

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I have recently increased my involvement with Insight Exchange and am constantly moved by the power of this approach. For over 20 years I have been involved in the service sector fighting against portrayals of victims of violence that pathologise and problematise them. The development of resources that are driven by the experience near descriptions from victims is a powerful antidote to the practice where professionals create theories and brochures that often promote responses that are harmful or ineffective.

I also lecture at several universities and utilise Insight Exchange resources as an alternative to the paternalistic ways social workers have been taught to practice. The key message they take away is to follow her lead. I can't ask for more than that. Your contribution to this approach gives me so much hope for a more equitable social response to interpersonal and systemic violence.

As a Mexican Australian, my core spirit is deeply grateful for the opportunity to contribute to my birth country and place where my family live. I am moved to tears when I access the resources in Spanish as I know they will reach so many more people. The work with the International Advisory group I believe is truly revolutionary and I can't wait for our contributions to hit the world.

Having worked in so many organisations, I am also appreciating the responsive way that IE works and the level of integrity of its approach and I believe this is made possible through the funding model that you make possible. I am **so** excited about what the IE team is going to achieve along with interview participants in the future.

Muchas gracias,

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Experiencing violence gives rise to enduring vulnerabilities that span a lifetime, weaving a network of unpredictable and non-sequential challenges for victim-survivors. For me the resources provided by Insight Exchange have acted as a catalyst for transformation, eliminating the fragility and uncertainty associated with seeking assistance from traditional systems or services. They have reaffirmed the idea that I hold the knowledge of what it means to respond to violence, not the system.

As both a victim-survivor of violence and a producer at Insight Exchange, these resources have been instrumental in addressing my vulnerabilities and affirming the authenticity of my experiences through other lived experiences shared. The Insight Exchange resources are effective in dismantling the status quo surrounding representations of violence.

Thank you to the donors who have enabled a place to openly, respectfully, and intelligently, communicate experiences and ideas of what violence is. Thanks to the donors, I am part of the ‘conservation’ not just a consumer of ideas. Working in this space is both a challenging and privileged opportunity.

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I don't know who you are, and I will likely never know who you are, but I want you to know how much I admire you! Thank you for investing so much over the long term to give the ideas of Insight Exchange this rare chance to grow and thrive.

Through the work I have been honoured to be a part of I have witnessed the transformational and life-changing power of the Insight Exchange ideas. This is all thanks to your extraordinary generosity, visionary belief, trust and kindness. I don't know you, although I wish I did! The fact that you exist in this world brings immense joy and inspiration to my heart! I have lived experiences of child abuse, adult domestic, family and sexualised violence and it has sincerely been the experience of a lifetime to work at Insight Exchange, to honour the lived expertise and resistance of other survivors and to improve social responses.

Your generosity fuels my dedication to this work and I will never forget your profound life-changing contribution!
Deepest gratitude and thanks

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Thank you. Your generosity to fund the work of Insight Exchange is transformative. I have worked in agencies supporting victim/survivors of violence and abuse for over two decades. Never in that time have I witnessed such careful listening to voices of those with lived experience nor the commitment to act on those insights.

The translation and communication of this knowledge is improving understanding of and responses to violence and abuse across society. Your support for this work brings hope to many that the future can and will be different.

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INSIGHT EXCHANGE

We would like to thank all contributors, critical friends and communities, who have engaged directly or indirectly with Insight Exchange.

We would like to thank Dr Linda Coates and Dr Allan Wade and their colleagues at the Centre for Response-Based Practice, Canada for their visionary and pioneering work on social responses, resistance, language, and the upholding of dignity.

Most significantly, our thanks go to all people with lived experience of domestic and family violence who have generously shared their insights for the benefit of others.



Add to the collection

Please use the Insight Exchange **Contact Us** page to add your comments to the collection of messages to donors who have made this initiative possible for the benefit of many.

www.insightexchange.net/contact-us/

Acknowledgment



Insight Exchange acknowledges the Traditional Custodians of the land on which our work and services operate and pay our respects to Elders past and present. We extend this respect to all First Nations peoples across the country and the world. We acknowledge that sovereignty of this land was never ceded. Always was, always will be Aboriginal land.



Insight Exchange & RBPAotearoa uphold Tino Rangatiratanga in partnership with Māori – the generations who have gone before, and the generations yet to come. We extend this respect to all Indigenous peoples. We acknowledge Sovereignty was never ceded.



Insight Exchange acknowledges the Indigenous Peoples in Mexico. We acknowledge the right of Indigenous Peoples in Mexico to self-organization and self-determination. We pay our respect to Indigenous ancestors, elders and communities and their collective ownership of the land. We honour all Indigenous Peoples in Mexico, and acknowledge all who have maintained their forms of community organization rooted in resistance against the pressures from the State.



Insight Exchange acknowledges the Indigenous peoples of Canada who are the traditional caretakers of the unceded land in which we work and live. We recognize the wisdom of Elders past and present and the interconnectedness of people and land. We honour all Indigenous peoples in Canada and acknowledge their resistance against injustice and commitment to the land and people.



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