

VCSS - Example of Victim Impact Statement

Physical
Emotional
Work
Financial
Lifestyle changes

The crime committed against me has impacted in the following ways:

I suffered a deep gash under my left eye which required medical glue. I still have a scar. I hit my head on a cement step which caused severe pain. For this I had to go to hospital to get a cast made. I was also prescribed anti-inflammatory medication. I experienced a loss of appetite & I lost 4kg in weight. My sleep has been interrupted by recurring dreams & I notice that my alcohol intake has increased. I have avoided my usual activities. When I am in or around **town** I become more edgy & nervous.

I've had to pay for medication, doctor visits, transport to hospital & a trip to Sydney seeking family support.

I've experienced a loss of the sense of my personal safety. I've lost trust in others & felt helpless in my situation. I've feel betrayed & am shocked & cannot believe that this actually happened. I have been angry & frustrated & my sense of self worth has plummeted. I feel threatened & fearful. This has left me feeling lonely & isolated.

I experienced recurring thoughts of the incident, playing over & over in my mind trying to make sense of it. These thoughts have been overwhelming. I find I have difficulty making decisions. I am unmotivated & easily confused, finding it hard to concentrate. I think irrationally, making it hard to make decisions. I have become unwilling to take up challenges.

I have lost faith in mankind & I no longer see the world as a safe & predictable place. I have resigned from the sport presidency of the sportsground & made a decision not to coach at the footy club next year. I am currently coaching under duress as **perpetrator** is always around the footy club. Unusually I missed a game. The clubhouse which is a social magnet has changed to a deserted clubhouse for the junior parents & players. There is a strong sense of division amongst the supporters of the club. Up until this incident the club & it's activities formed a huge part of my families life. I feel I have no more access to this.

My friends who witnessed the incident are avoiding any social activity that **perpetrator** may attend e.g. **town Pub**, as they feel threatened & intimidated. My 5 year old son witnessed the assault & my 8year old daughter saw every detail of the attack. My daughter filled me in on some missing details about the incident. Both my son & daughter are very frightened & angry & fearful whenever within the vicinity of **perpetrator**. Some of the junior footy kids & their families witnessed the attack & my resulting injuries. M y wife **name** also saw me knocked to the ground, she has also become very angry & I've noticed that she is consuming more alcohol.

Signed:

Dated: