



February 2023 Issue

THIS ISSUE:

What's new at the WASH House - New staff and new structure.

2023 WASH House Programs.

Group program schedule for term 1.

The WASH Cycle.

The official newsletter of the WASH House Inc.



What's new at the WASH?



Top row: Alicia, Salote, Sam, Lisa S, Lisa B, Jess
Bottom row: Jane, Liz, Siobhan

The WASH House Inc. is a community-based resource centre for women. It is a place of support, information and a step to other services.

The WASH House offers a range of programs and activities for all women.

By providing women-centred, culturally-sensitive and trauma-informed services, our aim is to reduce the impact of poverty, social disadvantage and violence on the lives of women in the Blacktown City Council Area.

In the past 6-9 months, the WASH House has welcomed many new faces to our team, as well as a new organisational structure.

We are starting 2023 excited about all the possibilities ahead and also with great positivity about what the year will bring. We have many exciting programs and events planned for this year.

If you would like to inquire about a program at the WASH House, or if you have a client you would like to refer, please call our intake team on (02) 9677 1962.



From left to right: Lisa B, Nancy, Salote, Gail, Alicia, Rosemary, Lisa S, Sam, Liz, Siobhan, Jane



Our 2023 Programs

Staying Home Leaving Violence:

Caseworkers in the Staying Home Leaving Violence Program (SHLV) offer case management support and advocacy for women who are aged 18 and over, live in the Blacktown LGA, are experiencing domestic and/or family violence, do not live with the perpetrator and wish to stay in their own homes. SHLV caseworkers can assist with safety planning, safety measures, advocacy, case management and application for Victims Services funding and support. Referrals can be made by calling the WASH House or via our referral form.

Counselling:

Counselling is available for women with a range of different needs. Referrals to counselling can be made by calling the WASH House to be placed on the waiting list to see one of our counsellors.

Redress:

The National Redress Scheme is in response to the Royal Commission into Institutional Responses to child sexual abuse. Case management and counselling is available for women who have experienced institutional child sexual abuse. To make inquiries and referrals, please call the WASH House.

Information, Support and Short-Term Casework:

Our intake and short-term caseworkers can provide information and support to new clients. They can work with new clients refer them to the most appropriate service at the WASH House or externally. Short-term casework can be provided for assistance with Housing applications and transfers, application for Victims Services funding and support, as well as the case management of other short-term goals. To make an inquiry, please contact the WASH House.

Group Work and Programs:

The WASH House offers a range of different groups, programs and sessions to suit the needs of women, from exercise and other recreational workshops to therapeutic group work. To secure a place in a group or to inquire about a particular group, please contact the WASH House.



Term 1 Group Program

DANCE Stretch & Tone

Mondays 10:00am - 11:00am
Bidwill Uniting Church

30 minutes of gentle stretching and toning exercise, followed by 30 minutes of dancing for fun!

Suitable for all levels of fitness.
Bring a towel, a water bottle and wear suitable clothing.
Bring your own yoga mat or borrow one of ours.

Classes commence on the 6th February.

Yoga

Mondays 9:30am - 10:30am
The Mount Druitt Hub

Relax whilst doing gentle exercise.

Must have good mobility. Please check with your doctor if you have any existing injuries.

Bring a towel, a water bottle and wear suitable clothing.
Bring your own yoga mat or use one of ours.

Classes commence on the 30th January.

Belly Dance for Fitness

Thursdays 1:00pm - 2:00pm
Bidwill Uniting Church

Learn to belly dance for fitness!

Suitable for all levels of fitness.
Bring a towel, a water bottle and wear suitable clothing.

Classes commence on the 9th February.

Sewing

Thursdays 9:30am - 11:30am | 12:00pm - 2:00pm
WASH House Inc.

Designed for the novice or those who would like to extend their sewing skills. There are two classes this term.

Learn different techniques of construction, use a sewing machine and also do some hand-sewing.

Bring your own machine and fabrics or use ours!

Classes commence on the 9th February.

Feel Good Fridays

Fridays 9:30am - 11:30am
WASH House Inc.

Feel Good Fridays is a group for women of all ages.

Each week will be focusing on a new topic including hairstyles, how to crochet, time management tips and meal planning ideas to make your day-to-day run more smoothly. Take some time out just for YOU. Have fun, learn new skills and make a new friend.

Program commences on the 3rd February.

Group for Spanish Women

Fridays 12:30pm - 2:30pm
WASH House Inc.

Find community with other local Spanish women.

The group commences on 3rd February

Book Club

Thursdays 10:00am – 12:00pm
WASH House Inc

Join Lisa for topics that will include resilience, connection, gratitude, clarity, and power.

We can provide a copy of the book ahead of time.
You can attend via Zoom from home if you have a device or you can come in to the centre.

Meet new people and gain new insights about the things that really matter to you and how you want to live your life.

Group commences on the 9th March.

Circle of Security

Tuesdays 12:00pm – 2:00pm
WASH House Inc.

Learn tools to strengthen bonds with your children and help them feel more secure.

Develop your child's self esteem and their ability to form healthy relationships.

Program commences on the 31st January and runs for 8 weeks.

How to be Safe Online

Wednesday 1st March 10:00am – 12:00pm
WASH House Inc.

Learn mobile a computer safety to deter harassment online.
Bring your mobile phone and/or your laptop computer.

This class is a one-off workshop on the 1st March.

True Colours

Mondays 10:00am – 12:00pm
WASH House Inc.

Gain insight into, and an understanding of domestic violence and its impact on you, as well as your children.

Learn strategies to move forward in a safe environment.
Connect with other mother who have had similar experiences.

Topics include: Developing healthy relationships for you and your children, building resilience and self-care.

Classes commence on the 6th February.

Centrelink-Services Australia

Tuesday 14th March 10:00am – 11:30am.
WASH House Inc.

A one-off information session at The WASH House to answer all your questions about Centrelink, budgeting, financial information and managing your money.

This session will be held on the 14th March.



How do I secure my place in a group?

Call the WASH House on (02) 9677 1962 or come in to speak to a staff member to secure your place in a group.

How much do the groups cost?

All groups are free to attend, you just need to secure your place in advance.

Can I bring my children?

It depends on the group.

For some groups we have childcare available. It's best to check first by calling the WASH House or coming in to speak to a staff member.

ARE YOU LOOKING TO GIVE BACK TO THE COMMUNITY & EMPOWER YOUNG WOMEN?

THE WASH HOUSE IS LOOKING FOR A FEMALE
STUDENT & VOLUNTEERS TO ASSIST IN AN 8 WEEK
SCHOOL BASED PROGRAM

TRAINING WILL BE PROVIDED
MUST PROVIDE POLICE CHECK & WORKING WITH
CHILDRENS CHECK

PLEASE CONTACT ALICIA AT
YOUTH@WASHHOUSE.ORG.AU OR 96771962 FOR MORE
INFORMATION AND APPLICATION



RESOURCING WOMEN
THE WASH HOUSE CONSIDERS BEING A
WOMAN A GENUINE OCCUPATIONAL
QUALIFICATION FOR THIS POSITION UNDER
S.31 OF THE ANTI-DISCRIMINATION ACT 1977
(NSW)

We Feedback

At the WASH House, we value your opinion and want to hear from you.

We welcome feedback and consider it important information for the continual improvement of the delivery of our services.

We welcome both positive feedback or feedback about an area we might need to improve.

If you would like to provide us with feedback, talk to any of our friendly staff members about how to do this or come in and fill out a feedback form available in our reception area, anonymously.