



SUMMER/AUTUMN 2020

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A spin on the WASH House, the women we serve and women's issues around the globe


WASH House Inc.
RESOURCING WOMEN

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words from her SOUL

A WOMAN'S RIGHT TO SAY NO

Everyone needs to understand this.

Yeah it might seem silly and all but really think about it and respect the other person's choice. IT'S A CHOICE. I have had only a couple of truly respectful partners that didn't force me.

I have rarely found men to respect my choice and they have forced me to do things I didn't want to. I've heard all the excuses under the sun "ohhh I can't help myself" ,"you do this to me", "you know you want it", "ohh come on baby please". Even though my physical body resists it, the coercion is endless and worse, has been to the point of violence with some guys.

But of course...it's become my fault. I've "ruined the mood" or "I wanted it".

Do you know how much of a nightmare it is to go through the legal justice system to prove that someone has gone AGAINST your WILL? That someone has forced you, when you have not wanted it.

Not to mention the emotional, psychological, mental and physical damage you have to live with. And then to question and doubt yourself and wonder if it was your fault, and start to believe maybe I did want it

So this is from me, a woman who has battled MY WHOLE LIFE since I was a 3 year old girl with being forced.

***Always respect a person's choice and really think when being sexual with each other.
It's ok to make someone a cup of tea but the other person can still change their mind and not want it.***

RESPECT THEIR CHOICE!

Natalie

I PUT DOWN IN WORDS THE PATH I'VE WALKED, THE WISDOM I'VE GAINED AND THE LESSONS I'VE LEARNT. ALL WOMEN HAVE AMAZING STORIES, IN SHARING THESE STORIES, WE GAIN INSIGHT TO TAKE WITH US ON OUR OWN LIFE JOURNEYS. WE INVITE YOU TO SEND US YOUR 'WORDS FROM YOUR SOUL'. SEND YOUR WRITING TO ADMIN@WASHHOUSE.ORG.AU OR DROP IT IN TO OUR OFFICE AND WE WILL PUBLISH IT IN OUR NEWSLETTER.

Chriss Alexander is a local woman who has turned a family tragedy into a creative journey of healing, remembrance and charity.

She has been a supporter of the WASH House for the past 3 years, creating beautiful, unique crochet toys for children. The toy designs are thoughtfully chosen to meet the creative preferences of all children, from dinosaurs, planes, dolls, quirky animals to creations that focus on developing skills.

Chriss is a proud grandmother to 7 children who lend their expert ideas and opinions to the development of every delightful batch of crochet creatures.

She began to crochet toys for the WASH House, following the sudden death of her 41 year old son Darryn, 3 years ago. Crocheting has become a form of therapy that allows her to pour the love she feels for her son into each and every toy, turning her grief into something that brings joy for families who may also be struggling with a range of issues. In honour of her son, Chriss makes his favourite childhood toy with each batch she delivers, a sweet yellow lion with a cheerful orange mane.



Thanks from the WASH and client feedback.....

The women who have received these toys have been really touched. When they heard the story behind their making it was even more meaningful and moving to them. Most of the women who received them had children in care and it meant a lot for them to have such a special gift to give to their kids.

We heard from one of our clients who received a crocheted bassinet that her 2 year old just loves it. She keeps it in the living room and all her dolls take turns to sleep in it. The client has even found the child taking a nap in it. LOVE!!



Welcome
to 2020!

What's happening at the WASH:

Information for clients on privacy and DEX

As of January 2020, the WASH House will be using the Data Exchange (also known as DEX) to report to government on our work. This is a requirement of our funding agreement with the Department of Communities and Justice who fund much of our work.

DEX is a secure, online IT system that is hosted by the Australian Government Community Grants Hub, Department of Social Services.

Personal information

This means we will enter your personal information onto the DEX system where it will be securely stored.

This information includes your first and last name, street and suburb you live in, your age, gender, cultural background and disabilities. The privacy of this personal information is protected by law, including by the *Commonwealth Privacy Act 1988*.

Only the WASH House will be able to access information identifying who you are.

The government is interested in trends at the program and whole-of-program level, not individual clients. Any information they can see will be de-identified and not include any of your personal details. You will never be identified in any reports or publications produced from DEX.

Your consent is required

No personal information will be stored in DEX if you do not consent. Your consent is completely voluntary. You can change your mind at any time. This will not stop your access to services.

What happens next

When you next attend one of our programs or groups we will ask you to provide us with some personal information. We will also ask your consent to enter this information onto DEX as a way of recording the work we do.

Further information

You can ask us about the storage and handling of your personal information. You can also find more information about the handling of personal information in the Data Exchange privacy policy on dex.dss.gov.au.

New Year, new staff & changes to how we collect data

During 2019 the WASH Board and team worked on a new Strategic and Operational Plan. That planning looked at a lot of things including needs in the local community, our budgets and what WASH needed to do to align with reforms being conducted by our funding bodies. As a result of that planning and some other staff changes we have restructured our team. We are starting 2020 with excitement and positivity about the possibilities ahead and are pleased to introduce some new staff to you.

We welcome two new women to our Leadership Team: Cindy Ryan as our Direct Services Coordinator and Jane Attard-Taylor as Operations Coordinator. We are also happy to have Aimelle join Sonja as our new Specialist Caseworker, building our capacity to provide services to more women.

My name is Jane and I'm the new Operations Coordinator. I'm really excited to be starting this new position and the new opportunities it brings. I look forward to meeting women in the community and working together to create a world where women can feel safe and empowered and live free from violence.



Left to right: Jane, Cindy, Aimelle

My name is Aimelle, I am the new Specialist Caseworker at the WASH House. Before joining the team here I worked with at risk families and people who needed settlement support including asylum seekers. I am a new mum coming back to work after about 8 months of looking after my son. I like listening to music and love spending time with family and friends. It has been my pleasure meeting the women from Blacktown and Mt Druitt area and I look forward to working with our community.

My name is Cindy and I'm really excited to be taking on the new position of ' Direct Services Co-ordinator'. When I was offered the position in late December, I knew 2020 was going to be a good year. In fact my cats and I did a small happy dance around the kitchen. The WASH House is an amazing service with so much to offer. I can't wait to jump in and be part of the next cycle of it's journey.

WASH HOUSE GROUP PROGRAM

TERM 1 2020

BOOKING DAY IS MONDAY 3RD FEBRUARY

10AM AT THE WASH HOUSE

5 KELLY CLOSE MT DRUITT OR BY PHONE ON 9677 1962

GROUP BOOKING INFORMATION

How Do I Book?

COME INTO THE WASH HOUSE OR PHONE 9677 1962 ON AND AFTER BOOKING DAY

REMEMBER:

- BOOKINGS START AT 10AM. WE WON'T TAKE BOOKINGS BEFORE THE BOOKING DAY OR TIME
- YOU CAN ONLY BOOK FOR ONE PERSON AT A TIME— WE CANNOT ACCEPT MULTIPLE BOOKINGS
- WE WON'T TAKE BOOKINGS LEFT ON THE ANSWERING MACHINE

HOW MUCH DOES IT COST?

WE DO NOT CHARGE FOR OUR GROUPS, HOWEVER WE ASK THAT YOU CONSIDER A \$2.00 DONATION EACH TIME YOU ATTEND GROUPS. THIS MONEY GOES DIRECTLY BACK INTO THE GROUP PROGRAM COSTS.

HOW MANY GROUPS CAN I DO?

1 BLUE GROUP (PG7)

AS MANY RED GROUPS AS YOU WANT (PG7)

YOU DON'T HAVE TO BOOK INTO THE ORANGE GROUPS— JUST TURN UP (PG8)

CAN I BRING KIDS TO THE GROUPS?

NO YOU CANNOT BRING CHILDREN TO GROUPS. IF YOUR CHILD IS SICK OR UNABLE TO ATTEND SCHOOL OR CHILDCARE, YOU MUST MAKE YOUR OWN ALTERNATIVE ARRANGEMENTS.

WHERE ARE THE GROUPS HELD?

MT DRUITT GROUPS ARE HELD AT THE WASH HOUSE 5 KELLY CLOSE (RAMP ACCESS)

MT DRUITT HUB GROUPS ARE AT THE MT DRUITT HUB, UPSTAIRS FROM THE MT DRUITT LIBRARY (LIFT AND RAMP ACCESS)

BLUE GROUPS SKILLS GROUPS

ART @ MT DRUITT

Mondays 9.30am - 12.30 pm
10th February - 30th March

Learn drawing and painting techniques then use your new skills to create your own art work on canvas. All materials will be provided. Beginners are welcome.

The teacher will be Barbara

COMPUTERS @ MT DRUITT LIBRARY

Mondays 9.30am - 12.30pm
10th February - 30th March

Increase your skills and confidence on the computer - this group will help you with your Word Processing, Internet and Basic Computer skills. The teacher will be Supapon

THIS GROUP IS RUN BY TAFE OUTREACH

SEAMS SEW EASY @ MT DRUITT

Wednesdays 12.30 pm - 2.30 pm
12th February - 1st April

Designed for the novice or those who would like to extend their sewing skills. Learn different techniques of construction, use a sewing machine & do some hand sewing. Bring your own machine & fabrics or use ours.

The teacher will be Margot

YOGA @ MT DRUITT HUB

Thursdays 9.30am - 11.00 am
13th February - 2nd April (Except 5th March)

Relax and meditate while doing gentle exercise. Must be mobile & able to get down and up from the floor. Check with your doctor if you have any existing injuries. Bring your own yoga mat or use one of ours. Bring a towel, water & wear comfortable clothes.

The teacher will be Cathy

RED GROUP THERAPEUTIC GROUPS

TRUE COLOURS @ MT DRUITT

Wednesdays 10.00am - 12.00noon
12th February - 1st April

In a safe environment, you will gain insight and understanding of domestic violence and its impact on you as a mother and your children. Connect with other mums who have a shared experience and learn strategies to move forward. Topics will include developing healthy relationships for you and your children, building resilience and self-care.

Call Sonja or Amelia on 9677 1962 to find out if this group is right for you.

ART THERAPY @ MTD RUITT

Thursdays 10.00am - 12.00noon
13th February - 2nd April

This group is for women who have experienced hardship and trauma in life and find it difficult to express their feelings in words. We will take a journey of expression using the modality of art. There will be a different theme each week, e.g. depression and anxiety. No art experience is necessary. The group will be facilitated by Sophie who is an Art Therapist.

Call Lisa on 9677 1962 to find out if this group is right for you.

Bursting the Bubble @ MT DRUITT

Tuesdays 10.00am - 12.00 noon
11th February - 31st March

A support group for women who have been in a relationship with someone who only cares about their own needs, has narcissistic traits such as self importance and intense need for admiration, and a lack of guilt, remorse & empathy. A narcissist will argue that the sky is not blue & believe it!

If you have felt confused, unhappy, distrusting, frustrated or like you can never do anything right in a relationship - this group will give you insight as to why.

Contact Lisa or Nancy re any enquiries.

ORANGE GROUPS HEALTH AND WELLBEING

DANCE, STRETCH & TONE @ MT DRUITT HUB

Mondays 10.00 am - 11.00 am
10th February - 30th March

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, water and wear suitable clothing. This a great workout, so dress in layers to stay fresh. Bring your own yoga mat or use one of ours.

The teacher will be Jrisi

MINDFULNESS Meditation @ MT DRUITT

Fridays 9.15 –10.45am
14th February - 20th March

Join our experienced Facilitator Kelli for a 6 week program in Mindfulness Meditation. The focus will be on creating awareness and calm. Learn to use your mind and body as a tool to make positive changes as opposed to having them rule your life in a self-defeating way.

Call the WASH House on 9677 1962

BELLY/BOLLY FUSION @ MT DRUITT HUB

Thursdays 1.00pm - 2.00 pm
13th February - 2nd April (Except 5th March)

This class combines Bollywood dance basics with Belly dance general technique. A perfect class for women looking for a mix of fun dance styles that will also give you a taste of two different cultures. This is gentle on the body but a great workout, so dress in layers to stay fresh.

The teacher will be Jrisi

TAI CHI @ MT DRUITT HUB

Wednesdays 1.30 pm - 2.30 pm
12th February - 1st April

Consists of slow gentle movements that are natural, safe and suitable for all. Flat shoes and loose comfortable clothing is recommended. Take the opportunity to relax, breath and have some fun.

The teacher will be Raquel

DO YOU NEED A SUPPORT PERSON OR CARER TO ATTEND A GROUP WITH YOU?

We want our groups to be accessible as possible for all women. We know that means some women will attend groups with a carer or support worker.

If this is something you need we ask you to please let us know when you book in so we can make sure we have any necessary arrangements in place. For our therapeutic (red) groups we ask that you call the worker listed as the contact person before the first session to let them know.

We Feedback

The WASH House welcomes and appreciates your feedback about any of our groups, events or services. With your help, we can make the WASH House better meet the needs of the community, so we need to know what you like, what you don't like and what you think we can do better. Talk to any of our friendly staff about how you can give us feedback, or fill in a feedback form available in our reception area anonymously.

GROUP AGREEMENT

All group participants must sign our Group Agreement each year to ensure that our groups are enjoyable, accessible and safe for all women to attend. If you have any questions or comments about the WASH House Group Agreement, please feel free to speak to a staff member at any time.

ARE YOU JOINING ONE OF OUR FANTASTIC HEALTH AND EXERCISE GROUPS? HERE ARE SOME TIPS TO MAKE THE EXPERIENCE FUN AND ENJOYABLE FOR YOU AND THE WHOLE GROUP:

WATER – It is important to keep your fluids up when you exercise so make sure you bring a bottle of water with you.

TOWEL – You will work up a sweat so make sure you bring a fresh towel with you each week.

CLOTHING – wear clean, light and comfortable clothing that is easy to move in. Dress in layers so that you can take them off during the workout to stay fresh.

DEODORANT – The rooms can get very hot during the groups, so for the comfort of all the participants please make sure you use deodorant before and after your group.

BOOKING AND PARTICIPATION GUIDELINES

- Make sure you record and remember which groups you have booked into. **Make sure you don't double book yourself.**
- If you are on the roll for a group, it's your responsibility to ensure you can attend. If you have a legitimate reason for not attending, **you must ring the WASH House to let us know.**
- If you do not attend two sessions in a row (and haven't notified us) you will be automatically removed from the roll and your place given to someone on the waiting list.
- **You are not permitted to attend a group that you have not booked into.** If your name is not on the roll and you feel this is a mistake, don't write your name on the roll, but see Admin immediately.
- Equipment provided is the property of the WASH House. This includes Yoga mats and art and craft materials.
- All women have the right to attend groups they are booked into. All women are to be treated with respect by group members and facilitators.

EVENTS

THURSDAY 5TH MARCH 2020
10AM TO 1PM
MT DRUITT HUB

Empower * **Celebrate** * **Inspire**



International Women's Day 2020

Take part in a self defence workshop, mindfulness and self-care activities, storytelling and light refreshments.

RSVP is essential - please call 9677 1962

EVENTS

TAKING IT TO TREGEAR

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.

We offer a range of programs and activities for all women in the Blacktown LGA and surrounds.

In partnership with Tregear Discount Drug Store we are visiting your community so you can get to know us and what we do.

Thursday 19th March 2020

9am to 11am

Green space between the shops and the school
159 Aurora Drive Tregear

Come by for a chat and bring the kids
to do a fun craft activity

For more information
or to request an outreach visit in your community call
The WASH House on
9677 1962 or email admin@washhouse.org.au

TAKING YOUR HEALTH INTO
YOUR HANDS IN 2020

WOMEN'S HEALTH CONVERSATION

KEEP THE SPRING IN YOUR WINTER



Friday 27th March 2020

10:00 AM - 11:45 AM

MOUNT DRUITT HUB



JOIN THE CONVERSATION

Don't let winter get you down!
Our guest speaker will give lots of tips and tricks on
how to avoid those winter woes!

Get together with other women
that want to take their health into their own hands
in the first of our
2020 Women's Health Conversations.
Learn something new and share in morning tea together.

Bookings Essential
Call The WASH House
9677 1962



2019 events

About the WASH House

The WASH House is a community based resource centre for women. It is a place of support, information and a step to other services. We offer a range of programs and activities for all women. By providing women-centered, quality, appropriate, timely and culturally sensitive and accessible services our aim is to reduce the impact of poverty, social disadvantage and violence on the lives of women in Mt Druitt and surrounding areas.

- ♦ **COUNSELLING** - counselling is available on a range of issues. Call us to make an appointment with Lisa, Linda or Nancy.
- ♦ **COMMUNITY ENGAGEMENT** - we develop and support a range of projects and initiatives to resource and strengthen the local community, including events, outreach, partnerships, education and interagency meetings.
- ♦ **STAYING HOME LEAVING VIOLENCE (SHLV)** - offers case management, support, counselling and advocacy for women wanting to end a violent relationship but remain in their own home. Contact Amelia, Casey or Dee.
- ♦ **INFORMATION, SUPPORT & SPECIALIST CASEWORK** - we uphold a 'No Wrong Door' philosophy. Our information and support workers will work with new clients to make the best referral within the WASH House or with another service provider. We can also provide support and case management. Contact Sonja or Aimelle.
- ♦ **FACEBOOK** - Our Facebook page is kept up to date with current issues, events and programs relating to women, women's health, parenting and feminism. Like us at www.facebook.com/washwomen

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