



Summer 2021

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Our Voice

Courageous Conversations

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PLUS SPECIAL EVENTS

International Women's Day

Women's Health Conversation

The WASH Cycle

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



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words from her SOUL

Mariah's Poem

In a world where heroes come and go,
Well God just took the only one I know.
So I'll hold you as close as I can,
Longing for the day when I see your face again.
Heaven got another angel the night you left this world.
Heaven got a little brighter from your smile.
When I'm alone I sit and dream.
When I dream the words are missing.
Yes I know that in a room so full of light, that all the light is missing.
But I don't see you with me.
I'll see you again sometime.
For now I'm missing you tonight.
I'll close my eyes,
And dream of heaven tonight.

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 OR ARTWORK TO
ADMIN@WASHHOUSE.ORG.AU OR DROP IT IN TO OUR OFFICE AND WE WILL PUBLISH IT IN OUR NEWSLETTER.

Courageous Conversations encourages individuals, organisations and communities to have conversations that challenge sexist comments, discrimination and disrespectful behaviour. Through these discussions and actions, we can create a culture that is free from rigid gender stereotypes, and a community where all men and women, and boys and girls, feel safe, included and respected.

The WASH House team, in partnership with Blacktown City Council, have been working to bring you the Courageous Conversations program as a virtual series. This includes 6 online sessions including a Q and A session that can all be watched at your own pace and in the comfort of your own home.

WATCH THIS SPACE! The Courageous Conversations Virtual Series is due to be launched in the very near future.

For more information, please contact the WASH House on 9677 1962 or community@washhouse.org.au



MEET THE WASH HOUSE TEAM

The WASH House has welcomed several new staff members in the past couple of months. You may not have had the opportunity to meet the whole team.

Due to COVID restrictions easing at the end of 2020, we were able to come together as a whole team. For many, this was the first time that we met each other face to face!

We were able to complete training as a whole team and participate in some well deserved team building activities.

Our friendly team are always happy to assist you in any way we can.

Leadership Team:

- Catherine
- Cindy
- Jane

Reception and Admin Team:

- Mary
- Melissa

Counselling Team:

- Linda
- Lisa
- Nancy
- Natasha

Community Projects/Development:

- Georgie

Specialist Case Work Team:

- Chloe
- Mariah

Staying Home Leaving Violence Team:

- Aneita
- Amelia
- Casey
- De
- Rachel
- Sarah

Finance:

- Lynelle



BETTER BET 4 BLACKTOWN



Expression of Interest

Be a part of the
Better Bet 4 Blacktown Project



Together we can Raise Gambling Awareness & Reduce Gambling Harm

This is your opportunity to help design an awareness and education campaign to reduce gambling harm in your community.

Seeking participants to take part in
INTERVIEWS and FOCUS GROUPS



www.betterbet.org.au

**We want to hear from
EVERYONE living in the
Blacktown Local Government Area
CONTACT US NOW**

Our recent survey told us people feel that ...

- Gambling is an issue impacting our community
- Together we can address this impact
- It is time to reduce gambling harm
- Everyone has a part to play



www.betterbet.org.au

Interviews, focus groups & community activities will be happening throughout 2021.

There will be lots of different opportunities to contribute and have your say.

Better Bet 4 Blacktown Project is a community led initiative.

TO TAKE PART OR FOR MORE INFORMATION

Call WASH House on 9677 1962 and ask for Georgie or Jane
or email community@washhouse.org.au

The WASH House is committed to products and services that have less negative impact on human health and the environment. In an effort to save paper and help preserve the environment, we ask that you let us know if you no longer wish to receive the newsletter via post or you would prefer to receive the newsletter via email.

Contact Mary or Melissa admin@washhouse.org.au or 9677 1962.

WASH HOUSE GROUP PROGRAM

TERM 1 2021

BOOKING DAY IS MONDAY 1ST FEBRUARY

10AM BY PHONE ONLY 9677 1962

GROUP BOOKING INFORMATION

How Do I Book?

PHONE 9677 1962 ON AND AFTER BOOKING DAY. BOOKINGS WILL **NOT** BE ACCEPTED AT THE WASH HOUSE.

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?

ONE RED GROUP (PG 7) PLUS

ONE BLUE OR ORANGE GROUP (PG 8)

AND YOU CAN ASK TO GO ON A WAITING LIST FOR OTHER GROUPS

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)

IMPORTANT INFORMATION

ABOUT OUR GROUPS DURING COVID-19

- Bookings are by TELEPHONE only. Please do not queue at the centre on booking day.
- We apologise that due to the impact of COVID-19 we are unable to offer all our groups for Term 1.
- At this time we are also unable to offer childcare.
- We must limit the number of attendees for ALL groups.
- There are NO DROP IN GROUPS. You MUST register for any group you want to attend.
- It is essential that you bring your own water bottle to groups. We will not be allowing participants to fill up water bottles from the kitchen in the Hub.
- To keep things fair, we will only allow you to register for ONE BLUE or ORANGE group plus a RED group. You can also book into the Women's Health Conversation.
- You can ask to go on to a waiting list for additional groups and if there is capacity we will let you know a space is available.
- Women who do not get a space at ANY group during Term 1 will get priority for group bookings in Term 2 2021.

RED GROUP THERAPEUTIC GROUPS

UPSTAGING THE CRITIC @ NOUMEA PUBLIC SCHOOL LETHBRIDGE PARK

Thursdays 10.00am - 12.00noon

11th February – 18th March

This is a group offering an opportunity to women to increase their confidence, have fun, and express themselves in new ways. Additionally there will be a chance to learn performance skills from a qualified drama teacher. It is possible there will be an opportunity for a public performance.

Numbers are strictly limited due to COVID 19 restrictions.
Call Lisa or Natasha on 9677 1962 to arrange a pre group interview.

TRUE COLOURS @ MISSION AUST. MT DRUITT

Tuesdays 10.00am - 1.00pm
8 weeks, 9th February - 30th March

In a safe environment, you will gain insight and understanding of domestic violence and it's 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 Amelia or Nancy on 9677 1962 to find out if this group is right for you.

ART THERAPY @ MT DRUITT

Thursdays 10.00am - 12.00noon
11th February -1st April

This group is for women who have experienced hardship in life, including domestic violence and find it difficult to express their feelings in words. We will take a journey of self-expression using the modality of art. There will be a different theme each week focusing on reflection, resilience, strength and empowerment. No art experience is necessary. The group will be facilitated by Art Therapist, Sophie.

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

ORANGE GROUPS HEALTH AND WELLBEING

TAI CHI @ MT DRUITT HUB

Wednesdays 1.30pm - 2.30pm
10th February - 24th March

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.

BELLY/BOLLY FUSION @ MT DRUITT HUB

Thursdays 1.00pm - 2.00pm
11th February - 25th 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.

DANCE, STRETCH & TONE @ MT DRUITT HUB

Mondays 10.00 am - 11.00 am
8th February - 29th 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.

The teacher will be Jrisi

BLUE GROUPS SKILLS GROUPS

SEAMS SEW EASY @ MT DRUITT

Wednesdays
9:30am - 11:30am & 12.30 pm - 2.30pm
10th February - 31st March

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 - 11.00am
11th February – 25th March

Relax and meditate while doing gentle exercise. Must be mobile & able to get down & up from the floor. Check with your Doctor if you have any existing injuries. Bring a towel, water & wear comfortable clothes.

Please note; Yoga mats will no longer be provided. You MUST bring your own Yoga mat.

The teacher will be Cathy.

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.

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 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.

Special Events



Join us as we celebrate the diversity of all the exceptional women in our community.

Tuesday 2nd March, 11.00AM to 1.00PM
at Mt Druitt Hub

Bookings essential. Phone 9677 1962 or
email admin@washhouse.org.au
Light lunch provided.



THE WASH HOUSE BRINGS YOU
**INTERNATIONAL
WOMEN'S
DAY**

Special Events

Women's Health Conversations 2021



Topic: Money Pains
Tuesday 23 March
9.30am to 1.00pm
at Mt Druitt Hub



We all know how money worries can affect our health. This conversation will give us an opportunity to take a fresh look at how we manage our finances.

Guided by the Anglicare Financial Counsellor we will discover ways to take the pain out of our money.



Morning tea included

Bookings essential

Call 9677 1962 or email admin@washhouse.org.au

WASH House follows the current COVID Safe practices as advised by the NSW Government

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 Druff and surrounding areas.

- ◆ **COUNSELLING** - counselling is available on a range of issues. Call us to make an appointment with Lisa, Linda, Nancy or Natasha.
- ◆ **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, De, Rachel, Sarah or Aneita.
- ◆ **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 Chloe or Mariah.
- ◆ **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

The WASH House Inc. receives funding from Department of Communities and Justice, WentWest and Responsible Gambling Fund.

We thank all our supporters including Housing NSW, Westpoint/ QIC, Mt Druff Rotary, Blacktown Rotary, Blacktown City Council, Community Smiles, Commonwealth Bank Mt Druff and Because you Matter.