



**AUTUMN/WINTER 2020**

## THIS ISSUE

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A Painting of One's Inner Self  
By Celia Francesca  
Featherstone

### Our Voice

Protecting yourself against  
virus's and influenza

### IWD 2020

Photo Collage

### Self Care

Recipe, Tips For Mental Well  
being

### Boredom Busters

Crossword Puzzle, Find-a-  
word Puzzle, Mindful  
colouring

# 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

## A Painting of One's Inner Self

*What does this mean to those that see  
Something other than the real me*

*A creature of contrasts, just as nature predicts,  
My universe full of opposites.*

*The chaos I create when making my art  
Alarms most onlookers before I start*

*For me, this element in disarray  
Is an important factor in interplay  
Where choices of ingredients produce a key  
That enables me to express my individuality*

*The inner world within this frame  
Has many rooms that must contain  
The essence of some dreaded fear  
That lies asleep in it's atmosphere  
Until the mind decides to reveal  
The very thing it worked so hard to conceal*

*Without prior knowledge an image emerges  
From the mark of the brush it finally purges  
The glorious unknown inner scapes within  
The fragile world beneath this skin.*

*Glistening pearly pinks and subtle green greys  
In wade the bristles that intend to portray  
The Elysian landscape we hope exists  
Sanity in doubt, I feel like an equilibrist.*

*Crystalline shapes emerge and align  
Into what we know not, but hope is benign  
Once exposed to my eyes it's difficult to*

*The creation of a structure some say I need to  
glamorise*

*It's shape and form a threatening vision of some  
dreaded sickness*

*Which in truth to me appears to be quite stunning  
in it's unhealthiness*

*When this vocabulary comes from one's heart  
Courage and honesty are needed as a  
counterpart*

*For this artist to use a language not heard before,  
One has to be something resembling a  
conquistador.*

*My faith often falters and I fall in a furious rage  
When trying to capture these elements on the  
gleaming white page.*

*The desperate need to be seen and understood  
with sensitivity  
Could perhaps be compared to someone such as  
Don Quixote*

*Our quest it seems out of sync with the majority  
However integrity remains our priority  
The prehistoric urge to record and preserve one's  
image for posterity  
Could this crucial mark bring us a sort of  
immortality?*

*By Celia Francesca Featherstone*

**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](mailto:ADMIN@WASHHOUSE.ORG.AU) OR DROP IT IN TO OUR OFFICE AND WE WILL PUBLISH IT IN OUR NEWSLETTER.**

Unfortunately our Term 1 WOMEN'S HEALTH CONVERSATION was cancelled due to social distancing laws that came about due to COVID-19. The topic was about staying healthy and happy during the winter months. With the flu season fast approaching and with the coronavirus, there is no better time than now to look at what precautions we can take to reduce the chance of illness for you and your family.

## Tips for avoiding illness

### 1. Wash your hands

The best defence against viruses and influenza is to wash your hands frequently for at least 20 seconds with soap and water.

### 2. Avoid touching your face

Viruses can be transferred to your eyes, nose and mouth via your hands.

### 3. Avoid close contact with anyone with cold and flu symptoms

Try to keep a distance of 1-1.5 metres from any person with cold and flu symptoms or respiratory illness.

### 4. Cover your nose and mouth

When sneezing or coughing, cover your nose and mouth using your bent elbow or into a tissue. Dispose of the tissue immediately and wash hands thoroughly.

### 5. Boost your immune system

Support your immune system by eating a good nutrient rich diet with plenty of fruit and vegetables. Limiting alcohol and sugar and staying active can also boost your immune system.

### 6. Minimise stress

Stress can affect your immune system and increase the chance of some illnesses. Find ways to reduce your stress levels.

### 7. Stay hydrated

Drink plenty of water to stay hydrated and to help flush your body of any infections.

### 8. Sleep and rest

Try to get enough sleep and rest to ensure your body has the best chance of staying well and preventing illness.

### 9. Get a flu shot

An annual flu shot is your best protection against influenza.

If you become unwell with flu like symptoms or respiratory illness, contact your doctor and avoid contact with others. If you think that you may have come in contact with someone who has COVID-19, please phone Healthdirect on **1800 022 222**.





# 30 minute

## immune boosting winter soup

Keep your immune system strong and fight off cold and flu symptoms with this easy to make soup that is loaded with vitamins, minerals, anti-oxidants and anti-inflammatory spices.

Nourish your body and soul with everything that's in this bowl!

### Ingredients:

- 2 teaspoons olive oil
- 1 cup chopped onions
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1 cup thinly sliced mushrooms
- 3/4 cup chopped capsicum
- 1 cup chopped zucchini
- 4 cups low sodium vegetable stock
- 1 teaspoon ground turmeric
- 1 teaspoon dried oregano
- 1 teaspoon dried ginger
- 1/2 teaspoon whole fennel seeds
- 1/4 teaspoon freshly ground black pepper



Serves: 6

### Method:

1. In a medium to large stock pot over low to medium heat add olive oil, garlic, onions, carrots and celery. Sauté until softened, about 5 minutes.
2. Add additional vegetables — mushrooms, capsicum and zucchini — and all spices and continue to sauté over medium heat until just softened, about another 5 minutes.
3. Once vegetables are just tender to fork add low sodium vegetable stock and bring to a boil.

Serve warm. Enjoy!



# Self care tips for mental wellbeing

As Women, it is often the expectation that we become the caretakers in our family and the demands of this often means that we put others needs before our own wellbeing. Self care is about identifying and meeting our own needs. Practicing self care regularly is known to drastically improve our wellbeing . This is why it's essential that we find time for ourselves and make our health and wellbeing a priority. Self care can be inexpensive and practical.

Here are some examples of self care ideas to practice in your own home.

- Read a book
- \* Create an inspirational collage
- \* Try mindfulness colouring in (see page 8)
- \* Start a journal to release your thoughts and emotions
- \* Relax in the bath
- \* Take a guilt free nap
- \* Gentle exercise
- \* Listen to music
- \* Meditate
- \* Try a new hobby
- \* Turn off social media
- \* Learn to say 'no'
- \* Declutter your living space
- \* Dance like nobody is watching
- \* Scream into your pillow to let it all out



There's no better time than NOW to schedule some 'me' time !

# International Women's Day 2020





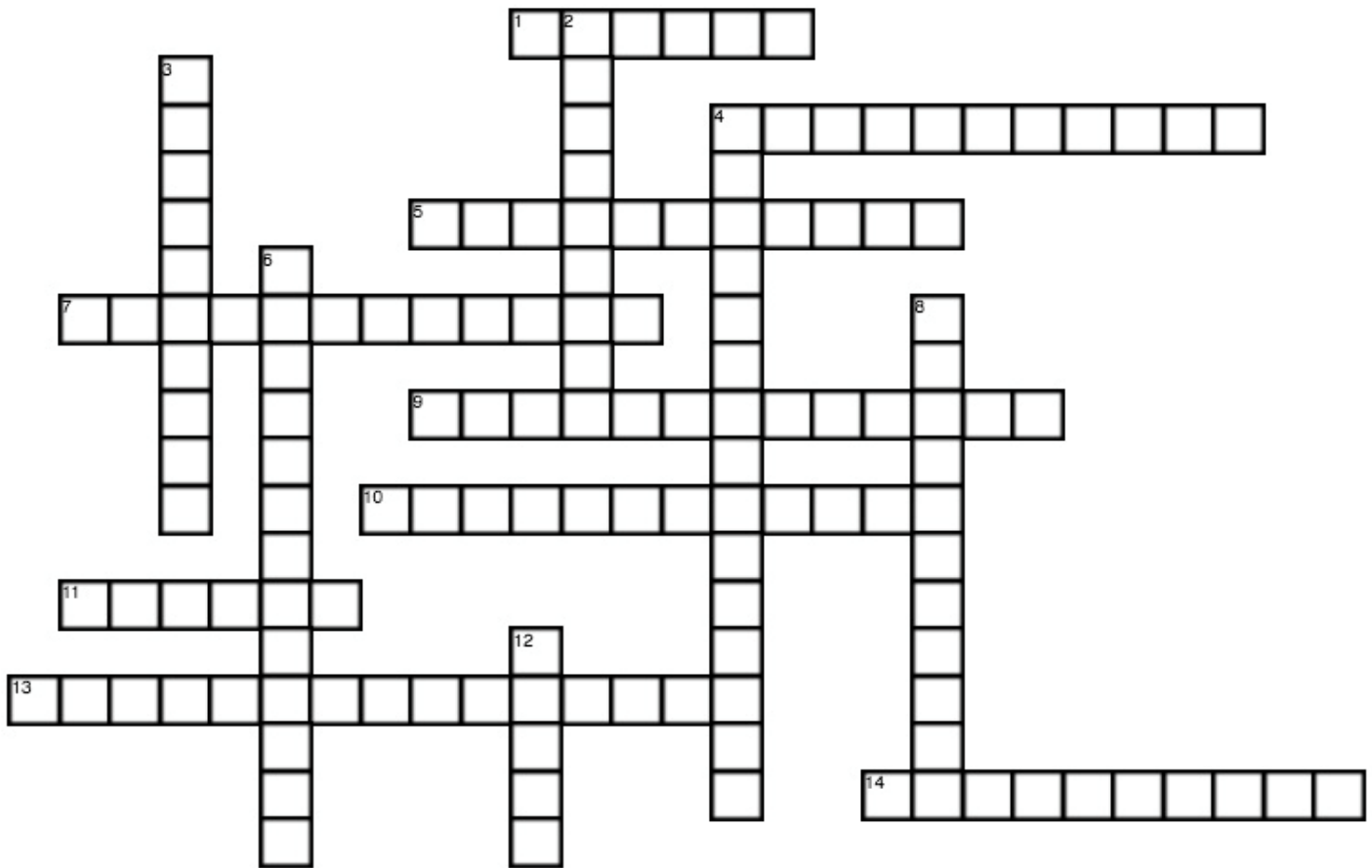
# #EachforEqual





# Boredom Buster

## Crossword: Inspiring Australian Women



### ACROSS

1. Evonne Goolagong Cawley won Australian of the year in 1971 and is famous for which sport?
4. AFL player and professional boxer became the target of sexual internet trolling when a photo of her dubbed, THE KICK, went viral
5. Who was the world's first computer programmer?
7. Oodgeroo Noonuccal was the first Indigenous Australian to do what?
9. The name of the 16 year old who sailed around the world solo in 210 days
10. At the age of 16 she became the first Indigenous woman to win a gold medal at the Commonwealth Games
11. Ellyse Perry has played in World Cups in cricket and which other sport?

13. The 17 year old that won the Nobel Peace Prize in 2014

14. Founder of, CODE LIKE A GIRL, she is changing the face of technology by offering courses, camps and events where females can learn coding

### DOWN

2. Who was the first woman to be elected to the Australian House of Representatives?
3. The family violence campaigner that won Australian of the year in 2015
4. Which book by Germaine Greer broke new ground internationally for the feminist movement in 1970
6. Name of the first female jockey to win a Melbourne Cup race
8. In 2017, who was sworn in as Australia's first female Chief Justice of the High Court?
12. In which country was Australia's first female Prime Minister born?





# Boredom Buster

## Find-A-Word: Inspiring Australian Women

E C E M R C H L A Y N E B E A C H L E Y  
U Y S L F A A M U Q O Y Y X I S J E W V  
L B R T I A L T R H M B I H B J T L S R  
G I E X R Z Z I H B O A W S Q W U Y U O  
E E F T I A A J S Y R J P Q N F R Y S S  
U Z R Z T S C B U A F W L H M V I S A I  
O D W M A Y W E E L C R P S L M A E N E  
R E A Y A V C P Y T I A E T K R P P C B  
S D L W S I I U R W H A M E Q U I E A A  
K I M S N Z N I T Y E B G P M N T R R T  
G T T O P F A E O H G S L I L A T R L T  
Q H T A W Y R T G A B Y T A L I N Y A Y  
L C S W B L M A M R W E L E C L N R N K  
T O D A B U W B S N E I R H R K A O D I  
K W J Q O M T V R E H E R T V M B R E U  
I A D K G Q P T C H R P R Z O X A U D S  
H N F Y Q V A N R Y Y X P S I N S N R Q  
X R Y P S L B L L O D Q R L Q D I S M N  
L T I G Z S X D J K S N Y J C B I Z O G  
W C U V N Q V W G Y D E P E U M A W M L

Cathy Freeman

Elizabeth Blackburn

Layne Beachley

Julia Gillard

Ita Buttrose

Turia Pitt

Susan Carland

Ellyse Perry

Rosie Batty

Alisa Camplin

Tracey Westerman

Edith Cowan

Germaine Greer

Dawn Fraser

Betty Cuthbert



# Boredom Buster Mindful Colouring



We are still  
open to  
support you  
during  
COVID-19

Call us

**9677 1962**

9am to 4pm

Drop in to  
Kelly Close Mt Drutt

Email us at  
[admin@washhouse.org.au](mailto:admin@washhouse.org.au)

**For 24/7 help call**

DV Line 1800 65 64 63

Mensline 1300 78 99 78

Kids Helpline 1800 55 18 00

Lifeline 13 11 14

Respect 1800 73 77 32

If you are  
experiencing  
domestic  
violence, feel  
unsafe at home,  
struggling  
emotionally or  
financially

Contact us to see  
if we can help

We can offer  
information,  
referral, support,  
practical  
assistance,  
casework and  
counselling



# 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, Nancy or Valerene.
- ◆ **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 or Josie.
- ◆ **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 Aimelle or Chloe.
- ◆ **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](http://www.facebook.com/washwomen)

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