



Autumn 2021

THIS ISSUE

Words from Her Soul

Better Bet 4 Blacktown

Our Voice

March 4 Justice

Courageous Conversations

Upstaging the Critic

NAIDOC Week 2021

International Women's Day

Photo Collage

WASH House Term 2 2021 Group Program

Check out what we have in store for you this term

PLUS SPECIAL EVENTS

The WASH Cycle

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



Lot 5 Kelly Close MOUNT DRUITT | PO BOX 551 MOUNT DRUITT NSW 2770 | Ph. 9677 1962 | F. 9677 1046

E. admin@washhouse.org.au | washhouse.org.au | facebook.com/washwomen

words from her SOUL



The Butterfly Represents my Mum

As I gaze at the painting in memory of my Mum
whose love and support guided me through life
holding onto her memories has always made me
feel her love and presence
as she surrounds me with her angel wings
I feel grounded and I feel loved.

By Magda



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 INTO OUR OFFICE AND WE WILL PUBLISH IT IN OUR NEWSLETTER.

RAISING GAMBLING AWARENESS TOGETHER

BB4B
BetterBet4Blacktown

Together as one voice we are bringing awareness to the issue of gambling and it's effects in our communities.

Did Gambling Harm Reduce During the COVID Lockdown?

This is the question everyone is asking.

In short the answer is no, gambling harm has not reduced as a result of poker machine venues being closed over the lockdown period.

Daily losses to poker machines in the Blacktown LGA are at \$780 447.00. This equates to \$5 million per week.



Support for women experiencing gambling harm is available

Call the WASH House

On 9677 1962

or the

Aboriginal Health Hub

On 9881 1670

Gambling can bring all sorts of strife to your life.

The person gambling might go to great lengths to hide it from you.

Some signs that it might be gambling ...

Money going missing

Starting to borrow money or an increase in borrowing money

Doesn't want others to collect the mail or may hide the mail

Bills not being paid

Changes in mood

(becoming cranky, moody, depressed or withdrawn)

Changes in sleeping patterns

Spends less time with friends and family

Spending more time on the phone

Unexplained phone calls

(or increase in unknown caller phone calls)

Often running late

Unexplained time off work or study

Better Bet 4 Blacktown Project is here to support you to have a voice about gambling harm

We want to hear your stories. We want to hear about your experiences with seeking support for gambling harm.

We know as a community we can do a lot better when it comes to supporting people with gambling harm.

We want to hear from you what you need! Call Georgie on 9677 1962.



www.betterbet.org.au

On the 15th March, women and men took to the streets around Australia after recent allegations of sexual assault in federal politics. March 4 Justice came was organised by Janine Hendry due to lack of response from Government after Brittany Higgins bravely spoke about her experience of rape within Parliament House whilst she was a Liberal staffer.

This outraged women around Australia that such actions could take place within Parliament House, the place that should be protecting women from such behaviour.

Australians, in particular women, are completely fed up with such behaviour and are demanding a full, independent investigation into instances of gendered violence and sexual assault within politics. Protestors were demanding that perpetrators be removed from positions of power and held accountable for unacceptable behaviour. Women should feel safe and free from sexual assault and harassment in the workplace.

The WASH House didn't let the opportunity pass to support our fellow sisters. We took to the streets of Sydney to call for significant increase in funding for the prevention of gendered violence and better support for women's services so that we can continue to support the victims of domestic violence and sexual assaults.

It was a deeply emotional and powerful event that saw women of all ages and backgrounds speak openly and bravely about their own experiences with sexual assault and violence.

The WASH House continues to advocate for gender equality and women's safety until our voices are heard. It is after all our fundamental human right to feel safe and live free from violence and sexual assault.





Having a Courageous Conversation is now easier more than ever

INTRODUCING

Courageous Conversations Online

The WASH House is proud to announce that the Courageous Conversations series is now ready to be viewed on our very own YouTube channel.

Including all new panel discussions.

We all have a role to play in challenging injustice. You can be an active bystander by adding your voice to these important conversations.

These webinars allow you to

- reflect on your values and beliefs
- get informed with facts and stats
- build your confidence to challenge inequality and sexism when you see it in your daily life

We extend to you an open invitation to be a part of the conversation. Be a part of creating your community, a community that is just, a community where

- everyone is equal
- boys and girls, men and women have the same opportunities
- violence against women is not tolerated

The webinars are free
and suitable for all men and women aged over 16 years of age.

You can work through the material on your own at your own pace
or you can invite others to be courageous as well.

This is your invitation to be **COURAGEOUS!**

Start now! <http://bit.ly/CConyoutube>

*If you are interested in doing this program as a face to face or online group,
or a workshop in your workplace
contact us on 9677 1962 or email community@washhouse.org.au.*

What have others said about the online program?

"I thought it was a great eye opener."

"So powerful, it's excellent."

"The conversations (panellists) were clear and the content easy to understand."

"I liked this style of presentation, it's not the usual boring workshop or ZOOM."



Upstaging The Critic



We were pleased to run the inaugural drama group, Upstaging the Critic, in Term 1. The women were introduced to the basics of performance such as staging, voice and movement. They had the opportunity to work with play scripts and stepped into the shoes of different characters. The feedback from the participants was positive. Initially, the women were anxious about performing in front of others, and as the weeks went by the anxiety and concern about being judged fell away. The women uncovered their own talents, felt more confident about expressing themselves and realised how their own inner critic was holding them back.

This six-week group ended with the women performing individual pieces for staff of the WASH House. The facilitators of the group, Natasha and Lisa, loved working with these women and sharing in their journeys. It has been an enriching experience for the facilitators and the group members. All the women who participated said this group had given them the confidence to try new things in their life and not pay so much attention to the critical voice inside.





NAIDOC Week

In 2021 the WASH House will be joining together with other local services to celebrate NAIDOC week.

This year NAIDOC Week is celebrated from the 4th to the 11th of July 2021

**This years theme is
Heal Country, heal our nation**

For Aboriginal and Torres Strait Islander people Country is more than a place. Country is inherent to identity. Country sustains life in every aspect—spiritually, physically, emotionally, socially, and culturally. Country is family, kin, law, lore, ceremony, traditions and language.

Heal Country, heal our nation calls for stronger measures to recognise, protect and maintain all aspects of Aboriginal and Torres Strait Islander culture and heritage.

You can read more about this at <https://www.naidoc.org.au/about/naidoc-week>

Come together to celebrate NAIDOC

Thursday 8th of July 2021

10am to 2pm

On the grounds of Holy Family Parish Centre
Luxford Road, Emerton

There will be lots of family fun for everyone to enjoy

More information on this whole of community event will be posted on our Facebook and website as the date gets closer. We look forward to seeing you all there.

The WASH House is committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, waters and seas. We respect that the continuous and deep connection to their Country is of great cultural significance to Aboriginal and Torres Strait Islander people.

We believe a better understanding and respect for Aboriginal and Torres Strait Islander cultures develops an enriched appreciation of Australia's cultural heritage and will support reconciliation.

You can see our Reflect Reconciliation Action Plan on our website.

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.



International



Women's Day 2021



WASH HOUSE GROUP PROGRAM

TERM 2 2021

BOOKING DAY IS MONDAY 19TH APRIL
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?

AS MANY RED GROUPS (PG 11) AS YOU WANT PLUS

ONE BLUE GROUP (PG 12)

YOU DON'T HAVE TO BOOK INTO THE ORANGE GROUPS– JUST TURN UP (PG12)

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. CHILDCARE IS AVAILABLE FOR SELECTED GROUPS ONLY & MUST BE PRE-BOOKED.

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)

MISSION AUSTRALIA Mt DRUITT 28 AYRES GROVE (RAMP ACCESS)

NOUMEA PUBLIC SCHOOL 29 NOUMEA STREET SHALVEY

TERM 2 PROGRAM

RED GROUP THERAPEUTIC GROUPS

SOS: Surviving Our Stress @ MT DRUITT

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

For many women, who are already managing the challenges of daily life, stress can become overwhelming. SOS is a four-week therapeutic group that gives us space to stop and spend time with other women in a safe and caring environment. Through mindfulness, movement and creative activities, participants will have the opportunity to explore and identify strategies to manage stress and practice self-care.

If you are interested in joining us, please contact Lisa or Linda on 9677 1962.

TRUE COLOURS @ MISSION AUST. MT DRUITT

Tuesdays 10.00am - 1.00pm
8 weeks, 27th April - 15th June

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

123 MAGIC @ NOUMEA PUBLIC SCHOOL, SHALVEY

Tuesdays 11:30am-1:30pm
3 weeks, 25th May, 1st & 8th June

In partnership with Mission Australia, WASH House will be running this 3 week group to help improve your confidence and skills as a parent.

Learn how to manage difficult behaviours and discover simple strategies to set clear expectations for your children. This short course will help your children to manage their frustrations.

For bookings and enquiries, please contact Donna on 0475 802 216

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.

ORANGE GROUPS HEALTH AND WELLBEING

TAI CHI @ MT DRUITT HUB

Wednesdays 1.30pm - 2.30pm
28th April - 16th June

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
29th April - 17th June

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.

DANCE, STRETCH & TONE @ MT DRUITT HUB

Mondays 10.00 am - 11.00 am
26th April - 7th June

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.**

BLUE GROUPS SKILLS GROUPS

YOGA @ MT DRUITT HUB

Thursdays 9.30am - 11.00am
29th April - 17th June

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.

SEAMS SEW EASY @ MT DRUITT

Wednesdays 9:30am - 11:30am
28th April - 16th June

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

ART @ MT DRUITT

Mondays 9:30am - 12:30pm
3rd May - 7th June

Learn drawing and painting techniques then use your new skills to create your own art work on canvas. Initial materials will be provided.
Beginners are welcome. Bookings essential.
The teacher will be Barbara

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.

Women's Health Conversations 2021



Topic: Where to now?

Finding help when you need it.



**Tuesday 15th June
9.30am to 12.00pm
at Mt Druitt Hub**



Asking for help is often not easy. Putting the difficult things off for another day is something we all do from time to time. This is made worse when we don't know where to go to get the support we need. Or, we might know where to go but not how to go about things. Phone calls need to be made, forms need to be filled out, criteria needs to be met. No wonder we feel like just giving up. None of this is good for our health.



**Spend the morning with
a group of services from our local area.
Have a cuppa and a chat and ask questions**

Morning tea included

Bookings essential

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

SUPPORT **GIRLS** **THE**

and

WASH House



Please join us for a special women's event featuring:

- **A professional bra fitting and the gift of bras**
- **Gift bag of toiletries and underwear plus sanitary products**
- **Connection and conversation with other fabulous women**

Friday, 30th April, 10am to 2:00pm

WASH House

Lot 5, Kelly Close, Mount Druitt

To book an appointment: admin@washhouse.org.au or call in or 'phone (02) 9677 1962

Spaces are limited



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 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 Druitt Rotary, Blacktown Rotary, Blacktown City Council, Community Smiles, Commonwealth Bank Plumpton & Mt Druitt and Because you Matter.