



WINTER 2020

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# 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



Title: Decisions

Medium: Gouache on Paper

I am at a crossroad in my life and I am about to make a decision as to which road to take. I know this will have a huge impact on my life. Thank you to the WASH House for all their support and helping me find my inner strength.

By Holly

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

Imagine a community where all men and women and boys and girls feel safe, included and respected. Everybody has a role in creating the shift it will take to make this a reality. This is what Courageous Conversations is about.

A Courageous Conversation guides us through the true drivers of violence against women; gender inequity and disrespect. It helps you explore and challenge your own views and the views of others around rigid gender stereotypes, discrimination and disrespectful behaviour.

At a time where our community has been saddened by the recent murders of women by their partners, it seems appropriate to be making Courageous Conversations available to as many people as we can reach.



Being an active bystander says we are prepared to do something. Being an active bystander doesn't take a particular type of courage. Just by participating in a Courageous Conversation together makes us all active bystanders together saying no to violence against women.

Throughout Term 3 The WASH House will be presenting a series of Virtual Courageous Conversations. You will have opportunity to be part of the live audience or you can follow along at your own pace. Give us a call or send an email to let us know you are interested and we will keep you updated. You can also keep a look out on our Facebook and Website for details.

# WHAT'S HAPPENING AT THE WASH

## **Better Bet 4 Blacktown** *Raising gambling awareness together*

People who play the pokies in the Blacktown area are losing a massive \$780,447.00 every day. This puts Blacktown amongst the highest areas for poker machine losses in NSW.

The impact of gambling on the community is alarming. We know that for every one person that gambles another 5 to 10 people are affected. Gambling harm sits under a cloud of shame and people are often reluctant to talk about it.

A new initiative is starting in Blacktown LGA to work with the community on this issue. Better Bet 4 Blacktown is an alliance between Western Sydney Local Health District, Riverstone Neighbourhood Centre and Community Aid Service Inc. and The WASH House Inc. Funded by the Office of Responsible Gambling, the Better Bet 4 Blacktown Alliance team will consult with the community around gambling and gambling harm to co-design awareness and education initiatives.

Breaking down the barriers for people that want help will be a big step forward in reducing the stigma around gambling. The project team will be consulting with all groups in the community including; men, women, Aboriginal communities, culturally and linguistically diverse communities and young people. There will also be a focus on addressing the impact of violence against women where gambling harm is present.

We will also be consulting with local service providers to see how we can collectively respond to the needs of the community and ensure services are relevant and accessible for all people living across Blacktown LGA.

The first community consultation is an online survey. You can complete the survey here <https://www.surveymonkey.com/r/BB4BSurvey1>

Would you like to get on board and be an active partner in the project? You can contact Georgie from the Better Bet 4 Blacktown Team by calling on 9677 1962 or email [admin@washhouse.org.au](mailto:admin@washhouse.org.au)

# LAUNCH OF the Bumpy Road

We are proud to announce the launch of

## the Bumpy Road

**Easy English fact sheets for parents dealing with the child protection system. Advice from parents with experience.**

[www.bumpyroad.org.au](http://www.bumpyroad.org.au)

The Bumpy Road project was a collaboration between The WASH House, The Intellectual Disability Rights Service (IDRS) and an advisory group of parents with lived experience in the child protection system. The project started in July 2018 and was completed in June 2020. The website is made for parents who are dealing with the child protection system. It is easy to use and is designed for parents who have learning difficulties..

The website includes:

- Videos
- Parent stories
- Easy English fact sheets
- Links

This project has inspired staff at the WASH House to complete 2 days of Easy English training. They will be looking into developing the program, information and forms into Easy English to make our services more accessible to women in the community.

We would like to say a very special thank you to the WASH House Project Workers, Rachel Tozer and Janis Velan, our peer workers Lisa Bartulis and Renee Cross, as well as the parents involved for all their hard work and dedication to this project.



# WASH HOUSE GROUP PROGRAM

## TERM 3 2020

**BOOKING DAY IS MONDAY 20TH JULY**  
**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 BLUE OR ORANGE GROUP (PG 7)**

**PLUS A RED GROUP (PG 8)**

**PLUS A SELF DEFENCE WORKSHOP (PG 10)**

**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-9

- 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 3. 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 groups plus a RED group. You can also book into a Self Defence Workshop
- 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 3 will get priority for group bookings in Term 4.

## BLUE GROUPS SKILLS GROUPS

### SEAMS SEW EASY @ MT DRUITT

Wednesdays 12.30 pm - 2.30 pm  
29th July – 16th September

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.

## ORANGE GROUPS HEALTH AND WELLBEING

### BELLY/BOLLY FUSION @ MT DRUITT HUB

Thursdays 1.00pm - 2.00 pm  
30th July - 17th September

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  
29th July - 16th September

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 Sue.

# RED GROUP THERAPEUTIC GROUPS

## TRUE COLOURS @ MT DRUITT HUB

Mondays 10.00am - 12.00noon  
3rd August - 21st September

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 Casey or Rachel on 9677 1962 to find out if this group is right for you.

## CONSCIOUS PARENTING @ MT DRUITT

Tuesdays (fortnightly) 10.00am - 12.00noon  
28th July - 8th September

Why you are the mum you are. This group helps you discover the influences in your life that have shaped the parent you are now. The group creates awareness so that you can make different choices allowing you to become the parent you want to be.

Contact Nancy for further details on 9677 1962.

## MY NEEDS MATTER (online)

Wednesdays 10.00am - 11.30am  
29th July - 19th August

A group for women who tend to put the needs of others' before their own at great cost to their own wellbeing. Perhaps they say "yes" when they really want to say "no" . They avoid confrontation and never feel they can stand up for themselves. Self-esteem is often very low so we will be exploring ways to have a better relationship with yourself drawing from Acceptance and Commitment Therapy and the work of several Experts on self-compassion and self-love. We can assist you to get set up on Zoom if you have a device at home .

Call 9677 1962 to speak to Lisa or Linda to arrange a pre group interview.

## ART THERAPY @ MT DRUITT

Thursdays 10.00am - 12.00noon  
30th July - 17th September

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

## 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.

# PERSONAL SAFETY WORKSHOPS

## Free online groups via zoom by **STAY SAFE AUSTRALIA**

Phone 9677 1962 to register and receive the link to join us online

### **Children's Anti-Bullying and Personal Safety**

**4 to 5pm, Thursday 23rd July to 27th August**

This group is for Mum's and carers and their school age children up to 12 years old.

This group teaches children valuable life skills including respect, courtesy, self control and perseverance. It helps them identify dangers early, basic self defence skills and safety tips for other dangers children might face.

### **Personal Safety for Women and Teens**

**6.30 to 7.30pm, Thursday 23rd July to 27th August**

This group is for women and girls aged over 13.  
We encourage Mum's to attend with their daughters.

Gain knowledge and skills to help you feel safe and confident at home and in the community. Recognise the risks, learn to be aware of potential dangers and equip yourself with life saving skills that are based on real situations.

*Facilitated by Chris Fatcher Coles from the Sydney Self Defence Centre*

## fierce & fearless

A learning program to assist young women aged 14-24 with the necessary skills needed to successfully transition into the workforce and become more independent.

Mondays fortnightly 4.30-6.00pm

27 July, 10 August, 24 August, 7 September, 21 September

@ WASH House.

For more information or to register, phone Mariah on 9677 1962.

# Help us stay safe

## HELP US STAY COVID SAFE

**STOP!**

**If you have any flu like symptoms**

**OR**

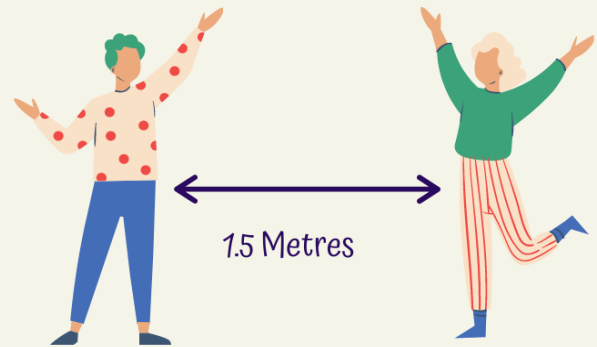
**Have been overseas in the last 2 weeks**

**OR**

**Have been in Victoria in the past 2 weeks**

**You cannot visit the centre.**

Please call us on 9677 1962



**MAINTAIN  
PHYSICAL DISTANCING**

Maintain at least 1.5 meters distance between yourself and anyone else



**AVOID TOUCHING EYES, NOSE  
AND MOUTH**

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



**WASH YOUR HANDS  
FREQUENTLY**

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

**STAY HOME IF YOU FEEL UNWELL.**

**IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE**

# 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 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, Dee or Rachel.
- ◆ **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 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](http://www.facebook.com/washwomen)

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**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.**