



Winter 2021

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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*



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words from her

SOUL

I had never thought about getting some help for my gambling until I went to an awareness session about gambling harm. I didn't think that my gambling was harmful. I wasn't gambling hundreds of dollars but I was gambling money that was meant to pay bills.

I would go to the club with my family and friends just to have a meal and be social. While I was there, would have a play on the pokies. I always thought, I just might be lucky and win something big.

The music and the lights of the poker machines are very exciting. I like how this makes me feel.

When I went to the awareness session, I was told about the help and support I could get with gambling. I didn't know how easy it was to ask for help.

By asking for help I found out that I could self-exclude myself from using poker machines. I was reassured that this was confidential and that nobody else would know.

I have also started seeing a counsellor and going to a lot more groups. At the groups I am learning more about managing my stress and emotions. The counselling and groups don't cost me anything and I am enjoying going.

I have learnt strategies to distract myself when I get the urge to go to the club and play the pokies. I do some gardening or go for a walk. Now I think twice when I have the urge to go to the club. If I am on my way to the club, I will stop off somewhere for a coffee and just talk to the other people around me. Often this will stop me from going to play the pokies.

I have learnt that other people need somebody to talk to just as much as you do. There is help out there, a light at the end of the tunnel.

As told by a woman of the WASH

Support is available at the WASH House for women who gamble or have a partner who gambles.

Call us on 9677 1962 and ask to speak to a counsellor.

This is a free service.

Gambling support is also available with CatholicCare on 13 18 19

or go to

<https://www.gambleaware.nsw.gov.au/>



Join the team ...
Better Bet 4 Blacktown
Raising gambling awareness together.



We are putting together a team of women to support community consultation activities and help us design and deliver a primary prevention strategy to reduce gambling harm in the Blacktown LGA.

Is this for you? You might be ...

- Looking for something interesting to do
- Wanting to be part of a group
- Wanting to learn new things
- Wanting to use your creativity for a cause
- Looking to support change in your community

For more information or to express your interest call Georgie at the WASH House on 9677 1962 or email community@washhouse.org.au

*****No previous experience with gambling or knowledge about gambling is needed*****

RAISING GAMBLING AWARENESS TOGETHER



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

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.

ONLINE RESOURCE LAUNCH!

On the 27th May, the WASH House held a very special event to celebrate our official launch of the Courageous Conversations online series. We were joined by Councillor Kathie Collins, Member for Mt Druitt Edmund Attalla, as well as NSW Police Officers, community organisations, local businesses, TAFE NSW, local high schools, community members and women who make up the fabric of the WASH. Local Aboriginal Elder, Aunty Elaine, from Baabayn Aboriginal Corporation began with an Acknowledgement Of Country.

The WASH House recognises that we ALL have a role to play in challenging injustice and we created a series of free online webinars exploring gender stereotypes and inequality and how they link to unhealthy relationships and violence against women.

The webinars allow you to:

- Reflect on your own values and beliefs
- Get informed with facts and stats
- Build your confidence to challenge inequality and sexism when you see it on your daily life

If you haven't watched the online series yet, we highly encourage you check it out on our YouTube channel.

Please share the link with family and friends and start having **COURAGEOUS CONVERSATIONS.**

For more information about Courageous Conversations, please contact community@washhouse.org.au or 9677 1962.

FREE & ONLINE
<http://bit.ly/CConyoutube>



What's Up At The WASH

What a fabulous morning we had rolling, cutting, creating and sculpting our small pieces of clay into absolute masterpiece creations. Each individual work of art stamped with a special pattern, motif or design, unique to each individual designer.

It was great to enjoy each other's company in a relaxed environment far away from the pressures and distractions of our normal workday and share commentary and laughs with all the team.

The pottery wheel was a firm favourite with many budding artists delicately balancing the pressure and precision of operating the pottery wheel. We soon figured out the speed of a wheel is directly related to the skill of the potter using it; the faster the wheel head rotates, the more experienced the potter needs to be. Many a design was begun and ended in the matter of a few seconds. It was great fun!

We would also like to pass on our sincere appreciation for the patience and expertise of our Master Sculptors Charlie and Carolyn. Their guidance and knowledge was invaluable in assisting us budding ceramists to create a lasting memory of our Pottery morning.

A big thankyou to the WASH house for giving us the opportunity to relax and nurture our creative side.



Women's Health Week Event



Birth Time: the documentary

SEPTEMBER 9, 2021 • 10 A.M.

HOYTS CINEMA, CARLISLE AVE MT DRUITT

Screening hosted by the WASH House, this documentary explores why an increasing number of women are emerging from their births physically and emotionally traumatised. Their discoveries expose the truth and lead them to join the birth revolution to improve women's experience of birth & help them set up a stronger bond with their babies, decrease their risk of postnatal depression and encourage them to trust their maternal instincts when it comes to mothering their children.

Tickets \$20 each + booking fee
For more information visit
<https://www.birthtime.world/>



FIRST 50 WOMEN TO ARRIVE WILL RECEIVE A FREE JEAN HAILES WOMEN'S HEALTH WEEK BAG FILLED WITH GOODIES.

NEW GROUPS ... NEW GROUPS

NEW GROUP

VOICES AROUND THE TABLE

This group is for women with children 0 – 16 years of age who;

- are considering leaving domestic violence or
- are rebuilding their life after leaving domestic violence

First two meeting times are

Tuesday 10th August - 10am to 12pm

Thursday 12th August - 12.30pm to 2pm

You can come to one session or both

We will meet at the WASH House, Kelly Close Mt Drutt

**The group will be all about women supporting women;
sharing experiences, learning together
and getting in a bit of "me time".**



CHILDCARE PROVIDED
(bookings essential)
Call 9677 1962 or email
community@washhouse.org.au



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.

When you are thinking about leaving domestic violence or have left and are rebuilding your life getting the right support is important.

You just want someone that can listen and not have an opinion. Someone that isn't going to tell you what to do. You want to be heard.

Women supporting women is a very powerful thing. This is what Voices Around the Table is about. This new group is about supporting you and will bring women together that are going through a similar experience.

This new group is for women with children 0 – 16 years of age that are thinking about leaving domestic violence or rebuilding your life after leaving.

The first two meeting times have been set. After this it will be up to the group to decide what you will be doing and how it will work. The WASH House domestic violence workers will be there to assist and help the group achieve it's goals.

There will be free childcare and refreshments as well. A bit of "me time" never hurt any mum. We will need you to book in so we know how many kids we are providing childcare for and how much yummy refreshments to get in. You can come to one or both of the sessions.

If you can't make the sessions but would really like to join in, please let us know so we can let you know when we will be meeting again. We would like to hear your suggestions to help us plan our support groups for the future.

NEW GROUPS ... NEW GROUPS

Are you looking to learn a new skill?

Join us in knit bombing the WASH House for the 16 Days Of Activism. You can be part of the campaign to help raise awareness and end violence against women. The 16 Days Of Activism begins on the 25th November, International Day for the Elimination of Violence against Women, and ends on the 10th December, World Human Rights Day. During the 16 Days of Activism, people around the world unite to raise awareness about gender-based violence, challenge discriminatory attitudes and call for improved laws and services to end violence against women for good. The aim of the knit bombing project is to create a visually inspiring temporary public art installation to increase awareness about family and domestic violence.

Experienced and beginners welcome to attend.

Materials, yarn and refreshments provided.



JOIN THE KNIT BOMBING CREW

Knitting & Crochet

Share your skill and passion for the art of knitting and crochet with other women to create the



2021 WASH House

knit bombing installation.



**Mondays - 10am to 12pm
19th July to 6th of September
at the WASH House**

**For beginners to advanced
Bookings essential
call 9677 1962 for more information**

NAIDOC WEEK IS 4 TO 11 JULY 2021 - COLOURING ACTIVITY

Artwork: *Care For Country* by Maggie-Jean Douglas (Gubbi Gubbi)

When creating 'Care For Country' I kept in mind that this meant spirituality, physically, emotionally, socially and culturally - I chose to create a bright and vibrant artwork that included the different colours of the land but showed how they come together in our beautiful country and to make people feel hopeful for the future.



We are open during lockdowns.

The WASH House stays open during lockdown to support women.

Yes, we do have to change the way we normally do things, like;


- Telephone consultations wherever possible
- Counselling via Zoom, Facetime or Phone
- Groups online or cancel some groups at last minute

If you need to contact us please call first on 9677 1962.

If drop in is your only option we are open as usual, please don't hesitate.

Do you want us to give you a call just to say hi and check in with you? It will be our pleasure!

Just let Mary or Melissa know by calling us and they will pop you in their diary.



Tea Party

WORD SEARCH

DIRECTIONS:
Find and circle the words in the grid. Look for them in all directions including backwards and diagonally.

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

Afternoon

Biscuits

Chai

Chamomile

China

Conversation

Cookies

Cream

Cupcakes

Dresses

Flowers

Ginger

Honey

Ladies

Lemon

Lilac

Manners

Milk

Napkins

Pearls

Sandwiches

Scones

Serve


Sugar

Teacup

Teapot

Teaspoon

White Gloves



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Do you have holes in your underwear?

No?

So how do you put your legs through?

Why didn't the teddy bear eat desert?

Because he was stuffed.

I tripped over my bra.

It was a booby trap!



WASH HOUSE GROUP PROGRAM

TERM 3 2021

BOOKING DAY IS MONDAY 12TH 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?

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

ONE BLUE GROUP (PG 13)

ONE ORANGE GROUP (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)

Therapeutic Groups

HEALING THROUGH ART @ MT DRUITT

Thursdays 09:30am-11:30am

8 weeks, 22 July - 9 September

Join us for an 8 week journey of self exploration through art. Learn to find meaning in your life through art processes that encourage self expression, confidence, mindfulness, reflection, healing and growth.

Materials and morning tea provided.

No art experience necessary.

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

VOICES AROUND THE TABLE @ MT DRUITT

Tuesday 10 August—10 am to 12pm

and Thursday 12 August—12.30pm to 2pm

You can come to one or both sessions

For women with children 0—16 yrs. Thinking about leaving domestic violence or rebuilding your life after leaving? This is a space for you to create the kind of group you need to support you through building your new life.

Childcare and refreshments provided.

Contact Nat or De for any questions on 9677 1962.

BURSTING THE BUBBLE @ MISSION AUST. MT DRUITT

Thursdays 10.00am - 12.00noon

6 weeks, 5 August - 9 September

A support group for women who have been in a relationship with someone who only cares about their own needs and has narcissistic traits such as self importance and an intense need for admiration. They usually lack feelings such as guilt, remorse and empathy. You may end up feeling like you are always wrong or that it is your fault, or that you are going crazy. We will cover a range of topics that will help provide clarity and healing.

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

NOTE: COVID restrictions may change how we do groups.

We try very hard not to cancel them.

If we need to do a group online and you don't have the technology or data you need to participate please let us know. Wherever possible we will try to help you with a solution.

We also may change the date of groups and this may be short notice. We will keep you up-

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.

Health & Wellbeing

YOU MUST BOOK IN - NO DROP INS

TAI CHI @ MT DRUITT HUB

Wednesdays 1.30pm - 2.30pm

28 July to 18 August

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.

DANCE, STRETCH & TONE @ MT DRUITT HUB

Mondays 10.00 am - 11.00 am

19 July to 16 August

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

BELLY/BOLLY FUSION @ MT DRUITT HUB

Thursdays 1.00pm - 2.00pm

22 July to 19 August

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.

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.

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.

Learn New Skills

YOGA @ MT DRUITT HUB

Thursdays 9.30am - 11.00am

22 July to 19 August

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.

SEAMS SEW EASY @ MT DRUITT

Wednesdays 9:30am - 11:30am

21 July to 8 September

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.

KNITTING & CROCHET @ MT DRUITT

Mondays 10.00am - 12.00noon

19 July to 6 September

Share your skill and passion for the art of knitting & crochet with other women to create the 2021 WASH House knit bomb installation. For beginners to advanced.

Materials & morning tea provided.

IMPORTANT—PLEASE READ ... Safety is everyone's responsibility

Equipment for all groups can only be taken out of the storage cupboard once the teacher is ready.

Please do not arrive early for your group. If reception lets you into your group room please do not start to set up before the teacher arrives. This includes sewing and art materials.

ARE YOU JOINING ONE OF OUR FANTASTIC HEALTH AND EXERCISE GROUPS?

SOME TIPS TO MAKE THE EXPERIENCE FUN AND ENJOYABLE FOR YOU AND THE WHOLE GROUP:

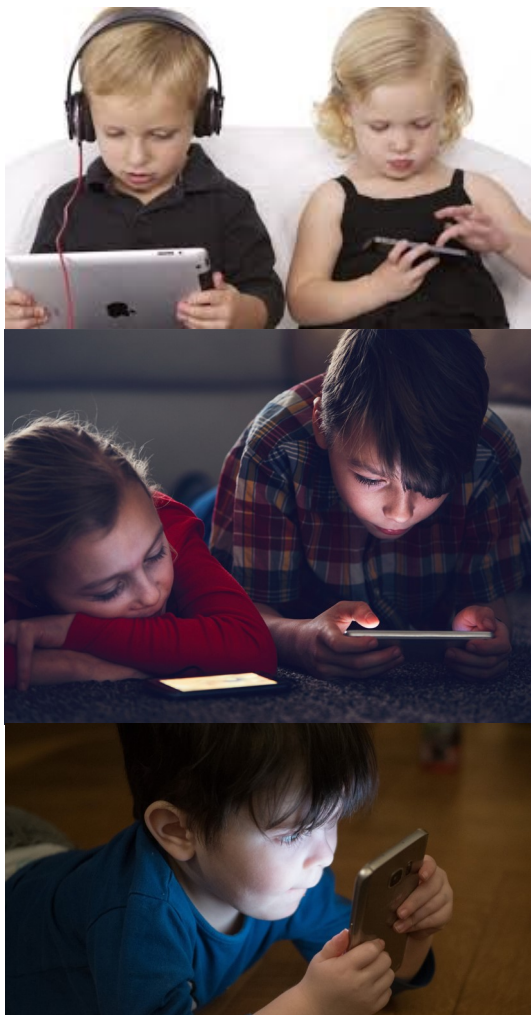
WATER – It is important to keep your fluids up when you exercise so make sure you bring a bottle of water with you.

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.

Have Fun!



Look familiar?

Kids and screen time, does it cause issues in your house?

According to the latest report (Growing up Digital Australia 2020) by the GONSKI Institute of Education:

More than 4 in 5 children own at least one screen-based device.

The average is 3.3 per child

72% of parents recognise that their own habits of using digital media and technology influence those of their children

Over 90% of Australian parents felt that they themselves were negatively distracted, at least to some extent, by digital technologies.

3 in 4 believe this is growing

Do you think a Family Technology Plan will help?

Easier said than done, right!

Here are some hints and tips to help you get started.

- Do not make it a war on screen time
- Talk to your kids about why you are concerned
- Show interest—ask the kids about the game they are playing and why they like it
- Make some changes with your own screen time—show the kids you will do it too
- Involve the kids in making the plan

These steps will give you a good start towards making a Family Technology Plan.

Hints and tips are from the Off Screen Smart Play workshop presented by CatholicCare

Do you want to do an Off Screen Smart Play workshop?

We will be running workshops in an area near you as soon as COVID restrictions let us.

Let us know you are interested and we will give you a call once workshops are confirmed.

Call WASH House on 9677 1962 or email admin@washhouse.org.au



OFF-SCREEN & SMART PLAY

Free and Online via Zoom

**Create a Family Technology Plan and make it work
A discussion for parents**

This is a 2 part workshop

Session 1: Wednesday 7th July at 11am
Session 2: Wednesday 14th July at 11am

To get the Zoom link call or email

THIS IS A FREE EVENT - EVERYONE WELCOME

Register on 9677 1962

Or email community@washhouse.org.au



CatholicCare - Western Sydney and the Blue Mountains
Gambling Help Counselling Service
51-59 Allawah St, Blacktown NSW 2148
W: www.ccsw.org.au



Funded by the NSW Government

Parents taking part in a
Off Screen & Smart Play
Workshop



Hopefully we can do in
person workshops soon.
In the meantime let's chat
online and get your
Family Technology Plan
on the way.

You are not the only parent struggling to get your family to spend less time connected to devices.

Off Screen Smart Play is designed to bring parents together to learn about creating a Family Technology Plan. Learning together means we share ideas and encourage each other to achieve.

Developed by the gambling counsellors at CatholicCare this workshop helps you address some of the concerns you have about your kids spending too much time on technology.

Why are gambling counsellors doing this? There is clear evidence linking the increased access our kids have to technology to an increased risk of young people experiencing gambling harm.

This aside there are a lot of things that worry you about your kids having so much screen time.

Come along and take part. You never know it might just work!

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 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 Casey, De 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

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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.