



Spring 2020

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for you this term*

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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

TRIGGER WARNING-BABY LOSS

To my dearest little angel,

I can't believe that you my sweet angel would have been 12 today, I've spoken aloud about you this week quite a lot, and had deep thoughts about when you passed away. How it felt delivering you into this world and despite the circumstances being absolutely so so beyond excited to see you, you were already gone but apart of you lay with me for a day after and I felt so proud to call you mine. Shock does crazy things to you and just after you were born I was happy to meet you I was so excited to name you and to stare hopelessly into your tiny crib looking at the tiniest little human that I had ever seen and that I myself had created within my body.

The day they took you away was hard, I remember the nurses saying "mum are you ready to say goodbye" mum, they called me mum for the first time in my life I was called mum....

I wasn't allowed to hold you, but god did I want to pick you up and just run. You belonged with me, I knew best for you, but sadly these were no longer our options and I had to do as I was told and trust you to be left with complete strangers.

The day that I was discharged I remember absolutely nothing other than looking back as I walked away from the ward feeling every sense of the sentence I had read days earlier 'Nothing that can ever be said will, make the pain of leaving the hospital without your baby any easier, but hopefully we share this bear with you to hold in your baby's place, and just like that I was given a bear that I have till this very day.

For days after you passed I lay in bed holding that very bear and just cried on and off, people came to visit and said sorry and I felt so much anger, I just wanted to be alone to grieve, to cry, I wanted my baby back, I wanted you back so goddam bad.

Eventually in the middle of the day a few days later I grew the courage to enter the room that was to be your nursery and just started packing all the clothes and items that I had already accumulated for you, there was so much stuff Eden, I filled a big luggage bag and I remember crying as I tried to shut it and zip the zipper closed, it was too full it didn't want to close. Your taeta must have heard me crying alone in that room and came in to see me struggling to close your things into a bag, she came and held me for a bit then helped me to close your things in.....

My mind had been so full and yet without a doubt you enter my mind so often, my quietest child, you are not forgotten.

What I would give to hold you once more and kiss your tiny face and your little button nose, to whisper to you that everything is going to be ok and that mummy will always, always love you and you will never leave my mind.

I will forever carry you in my heart.

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.

Coercive control is a pattern of controlling behaviour which violates the victims human rights. This can include controlling your finances, threats, intimidation, isolation and humiliation. Over time, coercive controlling behaviour strips the victim's sense of self, their confidence and their self-esteem.

But despite this, Tasmania is the only jurisdiction in Australia to have made certain coercive controlling behaviour a criminal offence. Unless a perpetrator has stalked or physically assaulted someone, damaged property or breached an intervention order, they are unlikely to be detected or punished.

In the past, proposals to introduce coercive control offences have been rejected because of a lack of precedent for how such a law would work in practice. However, now that other jurisdictions have enacted coercive control provisions, the issue of whether such an offence should exist in Australia is being revisited.

NSW Labor Opposition is seeking to introduce new legislation in NSW around coercive control laws. Anna Watson MP - Member for Shellharbour says laws across Australia currently fall short because they focus on physical incidents rather than a pattern of abusive behaviour. This results in judgements which can minimise the seriousness of violent incidents because they are seen out of context as aberrations rather than as an intensification of ongoing behaviour.

Such criminalisation needs to be part of wider reforms to address the unacceptable reality that a current or former partner murders a woman every week in Australia, and millions of Australians experience emotional abuse by an intimate partner at some stage in their lives.

Australia desperately needs a criminal justice system which can properly recognise and respond to gendered violence, including coercive controlling



UNEXPECTED HEALTH BENEFITS OF SPRING CLEANING

Cleaning really can have benefits that go beyond just having a clean home. Spring cleaning can be an act of self care instead of a chore, especially when you realise just how many health benefits it has to offer.

1. It's a proven de-stressor.
2. It helps you breath better.
3. It improves your mood.
4. It gets you active without realising it.
5. It can make you more productive at work.
6. It drifts you off to sleep.
7. It influences a healthy diet.
8. It prevents injuries.
9. It could prevent sickness.
10. It improves heart health.

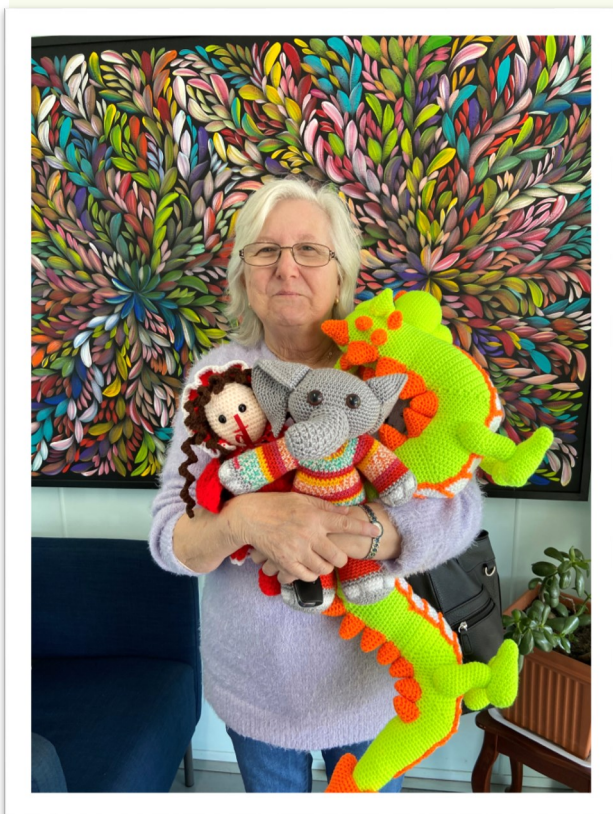


Spring cleaning needn't be just around the house – you can also spring clean your body. Here are some simple ways to make spring a time to renew your health and wellness routines.

1. Get outside in nature – and get some sun . Studies suggest spending time in nature reduces stress.
2. Refresh your workout routine. Not only will exercise help shed “winter weight,” it also can be a way to relieve stress and help the body remove toxins.
3. Take a technology “detox”. Designate a technology-free time during your day or set aside one day of the week when you avoid watching TV, using your laptop, spending time on social media, or using your smartphone..
4. Eat clean.
5. Restock your spice rack. Certain spices offer particular benefits for a healthy heart and blood vessels.
6. Create a better sleep schedule.
7. Do something about your stress. long-term stress can lead to serious health

APPRECIATIONS

The WASH House would like to say a heartfelt thank you for the generous donations received in the last couple of months.



Giving is not just about making a donation.
It is about making a difference.
KATHY CALVIN



WASH HOUSE GROUP PROGRAM

TERM 4 2020

BOOKING DAY IS MONDAY 12TH OCTOBER
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 4. 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 4 will get priority for group

RED GROUP THERAPEUTIC GROUPS

TRUE COLOURS @ MT DRUITT

Tuesdays 10.00am - 1.00pm

4 sessions (fortnightly): 20th October, 3rd November, 17th November, 1st December

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.

BURSTING THE BUBBLE (online)

Thursdays 22nd October - 26th November
10.00 am - 12.00 noon

An online 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 more.

ART THERAPY @ MT DRUITT

Thursdays 10.00am - 12.00noon
22nd October - 10th December

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 Sophie who is an Art Therapist.

ORANGE GROUPS HEALTH AND WELLBEING

TAI CHI @ MT DRUITT HUB

Wednesdays 1.30pm - 2.30pm
21st October - 9th December

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.

BELLY/BOLLY FUSION @ MT DRUITT HUB

Thursdays 1.00pm - 2.00pm
22nd October - 10th December

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.

BLUE GROUPS SKILLS GROUPS

SEAMS SEW EASY @ MT DRUITT

Wednesdays
9:30am - 11:30am & 12.30 pm - 2.30pm
21st October - 9th December

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
22nd October - 10th December

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

Gambling is a taboo topic and people are not talking about it.

Did you know that Blacktown LGA is amongst the highest areas in NSW for gambling harm? People are losing a massive \$780 447.00 every day to poker machines in the Blacktown area alone.

Gambling harm at this rate affects the whole community. For every 1 person that gambles another 5 – 10 people are affected. That is a lot of people!

At the WASH House, we want to do something about it!

We invite you to a non-judgmental discussion to discuss this issue in our area. You don't have to gamble yourself or know anybody that does to join in. This is everyone's business.



The poster features a dark blue background with bokeh light effects. In the top right corner, there are two logos: 'WASH House INC. RESOURCING WOMEN' with a tree icon, and 'BB4B Better Bet4Blacktown' in a blue speech bubble. The main title 'WOMEN'S HEALTH CONVERSATION' is in white, bold, uppercase letters inside a white-bordered box. Below this, the subtitle 'RAISING GAMBLING AWARENESS TOGETHER' is in brown, bold, uppercase letters. The date and time 'WEDNESDAY 18TH NOVEMBER 11.30AM-2.00PM' are in white text on a brown rectangular background. The event details are in brown text, and the registration information is in small black text at the bottom.

**WOMEN'S
HEALTH
CONVERSATION**

**RAISING GAMBLING
AWARENESS TOGETHER**

**WEDNESDAY 18TH NOVEMBER
11.30AM-2.00PM**

Join us at the Mt Druitt Hub or online via Zoom.
Learn about the impacts of gambling in our community.
Hear a lived experience story from a local woman.
Joining us will be special guests from the
Gambling Impact Society.
You don't have to gamble yourself or even know anybody that
does to join in.
It is about getting together to learn and grow.

TO REGISTER FOR THIS EVENT, PLEASE PHONE THE WASH HOUSE
ON, 9677 1962 AND NOTIFY US IF YOU WOULD LIKE TO ATTEND IN
PERSON OR VIA ZOOM.

Special Events

Standing together to honour
the women and children, and their families who have
been impacted by domestic violence homicides.

Community Vigil

FRIDAY 27TH NOVEMBER 2020

5.00pm to 6.30PM

**Woodcroft Community Hub
65 Woodcroft Drive, Woodcroft**

We invite the community of Blacktown City
to join the families and friends of women and children
affected by domestic violence.

*Remembering the past so we change the future.
Heart to heart we will remember.
Hand in hand we will stand strong.*

Registration is essential.

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

About the WASH House

T h e

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, Aimelle or Aneita.
- ♦ **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 Mt Druitt and Because you Matter.