



Spring 2021

THIS ISSUE

Words from Her Soul

What's Up at the WASH

**Important Information—booking
in for groups in term 4**

Online groups in Term 4

**Gamble Aware Week—Youth Art
Competition**

Activities

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

Physically far but emotionally connected A story about change.

I know many of us wish we had seen some less unprecedented changes in the past 18 months but I have been reflecting on some of the positives that the changing times have brought us.

Prior to lockdown, curfews, toilet paper shortages, and the daily 11am briefing from the Premier life was very different. We were all so busy living the “life” and many of us had lost those real genuine moments with our loved ones. It could have been the busy schedules, running around to make ends meet, or rushing to urgent meetings. COVID-19 offered us an opportunity to change the way we maintain relationships.



All great changes are
preceded by chaos.

Without the glue of activities and outings, the distraction of a social calendar, we were left with little else beyond connecting as best we could and talking to each other. Many of us even found new ways to be physically far but emotionally connected.

As we all miss extended family, friends and holidays I know I will never take those things for granted as I may once have done. In this way I am better for having lived through this.

As told by a woman of the WASH

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.

What's Up At The WASH

Dear Women of the WASH

We are missing seeing many of you and being able to have you coming into the WASH to do groups and events!

Even though we are doing things a little differently we are still open from 9am to 4pm Monday to Friday. Our phones are being answered and we are still taking drop ins at the centre. Please call us on 9677 1962 if you need our support.

- **Counselling** - counselling is available on a range of issues. We do have a waitlist but if we can't help we will try and find someone who can.
- **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. We can also provide support and case management.
- **Staying Home Leaving Violence** - offers case management, support, counselling and advocacy for women wanting to end a violent relationship but remain in their own home.
- **Group work** - it will be some time before we can offer face to face groups again. Groups this term will look very different. Fun and engaging online activities have been planned and we hope you will join in. Of course groups are online via Zoom. If you are having trouble using Zoom give us a call and we will try to help you best we can.

Keep an eye out on Facebook and email as well. You never know what we might come up with as the term continues. For those of you that are on our list for getting things by post we will keep you updated that way. Please, if you need any support do reach out. We are here for you.

Take care

The WASH Team xo

Booking for groups in Term 4

** Important information **



All groups will be on Zoom



Booking day

- There will be no set booking day in Term 4
- Booking information will be on group information



Call



Email



Text

Booking in – you can book **ONLINE** groups by

- Phone - 9677 1962
- Email - admin@washhouse.org.au
- Text - 0466 011 342



When you book in we need to know

- Your name
- Your phone number - mobile is best
- Your email
- What groups you want to do

Group Participation Guidelines

1. Make sure you don't double book yourself—keep a track of what groups you are booked in and when they are on.
2. If you can't attend let us know.
3. Groups are free—if you can make a donation that is appreciated. You can donate via our website.
4. Treat everyone in the group with respect. Remember, others might have a different opinion and that is ok.
5. If you are concerned or upset by anything that happens in the group let us know. You can do this by talking to the group facilitator via Zoom chat or calling the office on 9677 1962
6. We need to ask you to fill in forms for us when you do a group. This is for our funding. If you don't want to do this let the group facilitator know.
7. If you need a support person or a carer to help you attend groups please let us know when you book in. This is so we can chat with you to make sure we are supporting you in every way we can.
8. Zoom safety—don't give the Zoom link to anybody. Check what is in your background, is there anything you don't want others to see. If you don't want others to hear your conversation go into another room or wear headphones.

ONLINE GROUPS



Johnny Cakes ...
Cook along and have a yarn
with Nene Brown from Kallico Catering



Friday 22 October
11am to 12pm

on Zoom - book in to get the zoom link
To book in call 9677 1962 by 15 October

Johnny Cakes are an Aboriginal tradition.
They are a flat type of bread that can be savoury or sweet.
Nene Brown from Kallico Catering combines teaching the art of cooking the Johnny Cake along with a yarn about Aboriginal culture.

Ingredients;

2 cups of self raising flour
pinch of salt
1 cup of vegetable oil
warm water

Equipment;

frypan
tongs
hot plate
2 spoons
whisk to beat cream
paper towel

Optional;

Johnny Cakes are traditionally served with Cokky's Joy and cream.
You will need 2tbs golden syrup
300ml cream

MUM, I'M HUNGRY

Pantry Basics Solutions

Friday 29 October 11am - 11.45am

On Zoom - book in by 22 October to get the Zoom code

To book in call WASH House on 9677 1962



Think pizza with a twist, have a meal on the table the kids will love just using basic pantry ingredients.

Be inspired by Jade Mirad from Sesame Pizza to create a meal that is healthy, available and affordable.

Join us on Zoom (because that's how we roll these days) for a quick and interactive cooking workshop.

Share with other mums what it's like to be constantly hearing, "MUM, I'M HUNGRY".

Cook along or just watch on for the chat. The kids can join in too.

When we are finished the kids can eat what you created and you can put your feet up (ha ha right).



Ingredient suggestions-

Use whatever you normally buy in your shopping and have on hand.

Bread of choice eg. sliced bread, lebanese bread, muffins.

Cheese whatever cheese you like and you normally have in the fridge

Sauce eg. tomato sauce, bbq sauce, tin tomato, tomato paste, pasta sauce

Pantry ingredients eg. tin corn, pineapple, baked beans, spam

Sweet eg. honey, peanut butter, vegemite, nutella, banana, muesli bars.

Inspiration is the main ingredient.

You will find it in meeting up with other like minded mums.

The best part, it's free!



ONLINE GROUPS

BOOK CLUB

Make the journey from "what will people think" to "I am enough".



Our book ...

I Thought it Was Just Me (but it isn't) by Brene Brown



The group will help you work through issues such as; shame, self-esteem, love and belonging, authenticity, empathy, connection, and empowerment.

Through self-exploration you can experience a ripple effect into the quality of your relationships and parenting.

**Thursdays
10am to 12pm
14 October - 2 December
(8 weeks)**

Limited places - book in before 7 October

**The book will be provided for free
You will need to read the book between group sessions
If a talking book works better for you please let us know**

**Relationships
Parenting**



Book Club is facilitated by WASH House Counsellors Lisa and Nancy

When you book in Lisa or Nancy will give you a call back to have a chat about how you can benefit from the group and explain how everything will work.

We haven't had a book club for a long time and Lisa and Nancy are really looking forward to sharing their passion for Brene Brown's books.

Do you need help with food and bills?

We know a lot of people are doing it tough right now and asking for help is not easy.

The WASH House has a list of places you can contact for help with things like food and bills. Get this list by calling us on 9677 1962.

We understand sometimes it is just too much and making another phone call is too stressful. If this is how you are feeling, tell the team member you are talking to. We will connect you with someone to provide support.

ONLINE GROUPS

True Colours

Develop healthy relationships for you
and your children

Build resilience and self care

Learn strategies that allow you to move
forward in your life.

In a safe space, work together with other mums that have
shared a similar experience to you.

Gain insight and understanding of domestic violence and
how it impacts on you, as a mother and on your children.

Parenting
Self Growth



Monday

11 October to 29 November

(8 weeks)

10.30am to 12.30pm

You need to book in for this group - limited numbers

True Colours is facilitated by WASH House Caseworkers Casey and Rachel

When you book in Casey or Rachel will give you a call back to have a chat to explain how everything works and make sure you are feeling at ease to get off to a great start in the group.

Casey and Rachel have a wealth of experience in working with mums that have experienced domestic violence.

*The first rule of kindness
is to be kind to yourself*

ONLINE GROUPS

1-2-3 Magic **AND EMOTION COACHING**

Learn how to manage difficult behaviours.
Learn simple strategies to set clear expectations.
Help your children to manage their frustrations.
Learn emotion coaching techniques.

WHEN: Thursdays 14th, 21st, 28th October

TIME: 10:30am-12:30pm

WHERE: Zoom

BOOKINGS: Donna 0475 802 216



MISSION
AUSTRALIA | together
we stand


WASH House Inc.
RESOURCING WOMEN

ONLINE GROUPS



How to with Services Australia

How to use the
Services Australia
apps & online services



Wednesday 3 November

11am to 12pm

Via Zoom

**Book in by calling 9677 1962
to get the Zoom link**



YOUTH ART COMPETITION

Gamble Aware Week 2021

October 18 to 24

PRIZES

Westpoint Giftcards

1st - \$150.00

2nd - \$100.00

3rd - \$50.00

Winning art printed
on postcards

all entries displayed
at Westpoint

**Entries Close
24.10.2021**

scan for info



Gamble Aware Week is about increasing awareness of gambling in our community.

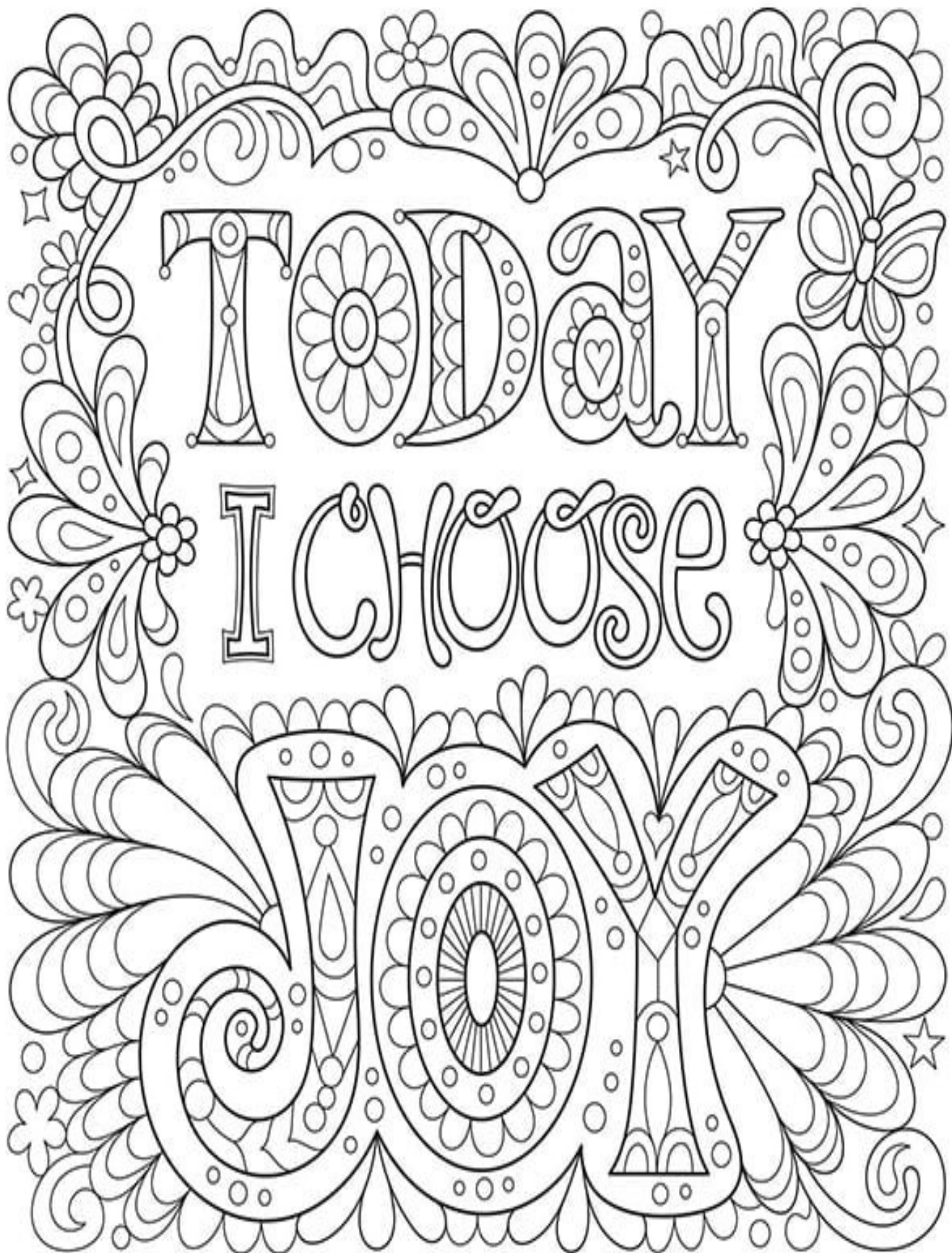
Young people aged 12 to 24 are invited to use the theme

'Start the Conversation'

All entries will be displayed at Westpoint.

For more information contact Blacktown Area Community Centres on 9626 5312 or email sivance@bacc.org.au

LOCKDOWN ACTIVITIES



LOCKDOWN ACTIVITIES

FAMILY LOCKDOWN ACTIVITIES

- Have a daily family check in
 - Watch documentaries about your favorite topics
 - Create a family playlist and start each day listening to your favorite songs
 - Have a "talent show" at home
 - Celebrate fun holidays together
 - Play charades
 - Draw a family portrait
 - Try a new recipe together
 - Have a family themed night
 - Plan a party inspired by your children's favorite activity
 - Have a family "how to" night
 - Start a gratitude journal for the whole family
 - Start a creative challenge for the whole family
 - Go on a "virtual trip" to a zoo or aquarium around the world
 - Start a family book club
 - Family movie marathon
 - Start a family project and work on it every day
 - Take a picture every day and create a family lockdown album
 - Play musical statues
 - Write letters for loved ones
 - Disney-themed dance party
 - Watch old family videos
 - Card game marathon
 - Have an indoor scavenger hunt
 - Plan a technology-free day
-

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, Rachel or Nermeen.
- ◆ **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

**WASH House Inc. receives funding from Department of
Communities and Justice**

**We thank all our supporters including Housing NSW, Westpoint
Blacktown (QIC), Mt Druitt Rotary, Blacktown Rotary,
Blacktown City Council, Community Smiles, Commonwealth
Bank Plumpton & Mt Druitt, Because you Matter, Sydney
Community Group & Sesame Pizza.**

Donating to the WASH

You can donate via our website
www.washhouse.org.au

Your generosity can reduce the impact of poverty, social disadvantage and violence on the lives of women and girls.



Donations of \$2.00 or more are
tax deductible.

