

The WASH Cycle

TERM 3 2017

AUGUST– OCTOBER

TIME TO RENEW YOUR SUBSCRIPTION TO THE WASH CYCLE

DO YOU ENJOY RECEIVING THE
WASH HOUSE NEWSLETTER THE
WASH CYCLE? DO YOU LIKE
KEEPING UP TO DATE WITH OUR
GROUPS AND EVENTS?
HAVE YOU MOVED RECENTLY OR
HAVE A NEW MAILING ADDRESS?

IF YOU HAVE ANSWERED YES TO
ANY OF THESE QUESTIONS YOU
NEED TO RENEW YOUR
SUBSCRIPTION TO THE WASH
HOUSE NEWSLETTER TO ENSURE
THAT YOU KEEP ON RECEIVING IT.
TO RENEW YOUR SUBSCRIPTION

TO OUR FREE NEWSLETTER, DROP
INTO THE WASH HOUSE AT LOT 5
KELLY CLOSE, MOUNT DRUITT OR
GIVE US A RING ON 9677 1962
AND MAKE SURE YOU CHECK THAT
YOUR DETAILS ARE CORRECT.

DO YOUR PART FOR THE ENVIRONMENT, SWITCH TO THE E-NEWSLETTER

IF YOU ARE CURRENTLY RECEIVING
A PRINT VERSION, BUT HAVE AN
EMAIL ADDRESS, WHY NOT MAKE
THE SWITCH TO E-NEWS AND
REDUCE WASTE. LET US KNOW
WHEN YOU RENEW THAT YOU
WANT TO MAKE THE SWITCH.

THIS ISSUE

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The WASH House will be closed on Monday 2nd October for Labour Day



words from her SOUL

Unsung Hero– Maria's Story

My hero is my mum. My mum was very brave.

My father left her at the age of 34, I was very upset because when he left her when I was only 5 years old.

My mother had 4 children she needed to take care of by herself. So she started working very very hard for all of us.

She came to Australia in 1985. Then I was able to come with my husband and with my four children.

My mother is everything for me because she is so strong and brave. She gave us good education, taught us good behaviour.

I owe her everything. Thank you Mum

Unsung Hero– Shaliny's Story

My Mum is my hero. She is my idol and my best friend forever. When life goes crazy she was with me, supported me and helped me to see the faith, love and power within me. She is a strong woman. I fight with her, I argue with her, but she has unconditionally loved me and believed in me.

She satisfied more things in me than anyone else and she hid all the sadness and showed me only the happiness and smiles forever.

She is a very patient and kind woman.

Thank you so much for the life you have shown me. I love you so much Mama.

Maria and Shaliny shared their stories at International Women's Day 2017

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 TO COMMUNITY@WASHHOUSE.ORG.AU OR DROP IT IN TO OUR OFFICE AND WE WILL PUBLISH IT IN OUR NEWSLETTER.

“Why did the woman cross the road?”

“Why was she out of the kitchen in the first place?”

WHAT ARE SEXIST JOKES?

Sexist jokes make fun of, or insult members of the opposite gender. According to the Oxford dictionary, sexism or sexist jokes show ‘prejudice, stereotyping, or discrimination, typically against women, on the basis of gender’. Women are the butt of jokes. In a study done by the University of Sydney, researchers found that sexist jokes appeared to have a ‘male bonding’ function, to impress ‘the boys’ and strengthen ‘the brotherhood’ or ‘bro-code.’ Building the connection among males works on the basis of ‘in groups’ and ‘out groups’ where heterosexual men are seen as the ‘in group’ and women are seen as outsiders or the ‘out group’.

BUT WHAT ABOUT SEXIST JOKES TOWARDS MEN?

In the interest of fairness, yes sexist jokes can affect men and yes it is wrong! However, there are major differences! Men, historically in most cultures, have not been the targets of oppression because of their gender. They have not dealt with pay inequality due to their sex, have not been the primary victims of domestic violence or sexual harassment or the over-sexualisation of their bodies in media. But surprise surprise, women have!

WHY DO SEXIST JOKES SUCK

The use of humour covers up very hurtful attitudes in ways that make it difficult to call out awful behaviour—you are seen as a party pooper, or told that ‘you can’t take a joke.’ Comments like ‘it was only a joke darl’ or ‘females are so sensitive’ further perpetuate the stereotype that women are weaker and deserve less respect than men, because ‘they can’t hack it.’

The Human Rights Commission, 2012, found sexist and offensive jokes were the most common form of harassment reported in Australian work places. This behaviour doesn’t end in the work place. The University of Sydney found that sexist comments made about Julia Gillard, the former Prime Minister of Australia, reduced women’s interest in politics and leadership positions.

Let’s imagine that what are acceptable and not acceptable ways of treating woman in society is represented by a rubber band. Sexist humour now stretches this rubber band, expanding the boundaries of society to make gender harassment, sexism and gender inequality acceptable in society.

“While racist and homophobic

jokes are no longer tolerated the way they once were, and people understand the harm and discrimination they represent, demeaning jokes involving women continue to get a free pass” (Huffington Post). If sexist humour and comments are accepted in our society, then the likes of Donald Trump, Kyle Sandilands and other prominent men will lead us back into the dark ages!

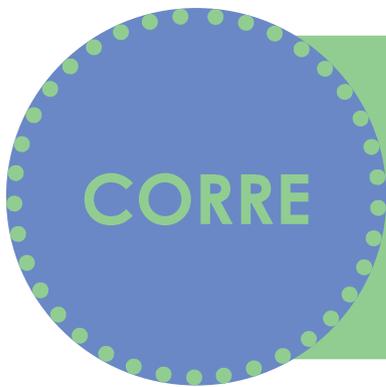
CAN WE STOP THESE ‘JOKES?’

The brotherhood is a very important concept and should not be dismissed. This unity of men should be given the right tools to strengthen their bond in ways that do not put down women. Gender differences should be recognised but should not be a point of inequality and injustice.

Men, call out your fellow mates. Tell them ‘hey man, that’s not a cool thing to say.’ A simple phrase like that can be enough for someone to rethink their words.

Make your workplace, home, sports club a place where ‘go make me a sandwich’ comments are frowned upon.

Be mindful of the things you think and the words you speak. Language matters— we can all play a role in ending sexist jokes.



Creating
Options
Rights
Responsibilities and
Equity

Update

SUPPORTING MUMS WITH LEARNING DISABILITIES NDIS at the WASH House

The WASH House is a registered provider for the National Disability Insurance Scheme (NDIS). We provide Support Coordination and skills development in a group and for individuals- if you need a plan, phone the NDIS on 1800 800 110 to see if you are eligible.

TERM 3 2017 GROUPS

In Term 3 the CORRE Support Team will be running groups and workshops for mums who have learning disabilities. There will be opportunities to book into parenting and skills development groups. We will send the group invitations to mums who use our service. If you are not a current client and want to know more about the groups please contact Emma or Janis on 96771962.

CORRE FAMILY SUPPORT

**SELF CARE AND SUPPORT FOR MUMS PARENTING SKILLS LIFE SKILLS
NDIS INFORMATION AND SUPPORT HOME MAINTENANCE BUDGETING
SAFETY FIRST AID HEALTHY RELATIONSHIPS HEALTH AND WELLBEING**

Congratulations Kathy on receiving your 'L's'

The WASH House would like to send our congratulations to Kathy, one of our CORRE Mums for successfully sitting her 'L' Plate exam. Kathy has worked very hard practising for the exam. She says: "If it wasn't for the NDIS, I wouldn't have gotten my Learners Licence; the provider gave me the extra help I needed. They made it easy for me".



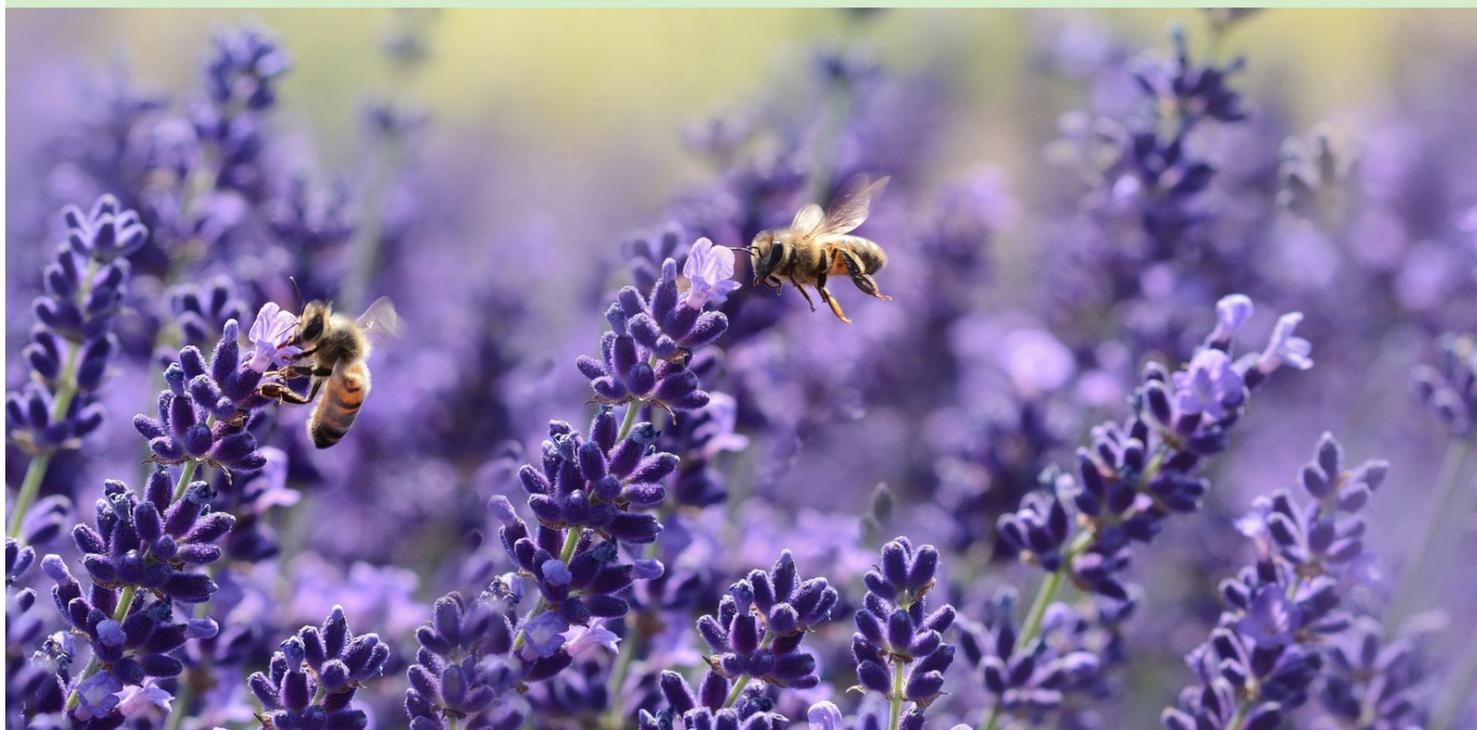
STAFF SPOTLIGHT- Welcome to the WASH House Emma

My name is Emma, and I am thrilled to be a part of the CORRE team here at The Wash House. I have already had the opportunity to meet many of the wonderful mothers who are a part of this program and I look forward to meeting many more of you over the next few months! A little about me...I have 5 years' experience working in the human services sector with parents, children and people with disabilities in varying roles from support worker to case manager and group facilitator. I thoroughly enjoy the work I do and consider myself approachable and down to earth. My role here is two days per week where I work individually with mothers in their home, here at the WASH or in group work settings around skill development and parenting support.



SAVE THE DATE

WASH House Inc.
35th Anniversary
Celebration



THURSDAY 14TH DECEMBER 2017

The WASH House is a place for women and has been a part of the Blacktown community for 35 years. This amazing achievement wouldn't be possible without the support from the community and we want you to be involved in making our celebration of this milestone EXTRA special.

**TELL US HOW YOU WOULD LIKE TO
CELEBRATE 35 YEARS OF THE WASH HOUSE**

BE THE CELEBRATION-CALL US ON 9677 1962

WASH HOUSE GROUP PROGRAM

TERM 3 2017

BOOKING DAY IS MONDAY 17TH JULY

10AM AT THE WASH HOUSE

5 KELLY CLOSE MT DRUITT OR BY PHONE ON 9677 1962

GROUP BOOKING INFORMATION

How Do I Book?

COME INTO THE WASH HOUSE OR PHONE 9677 1962 ON AND AFTER BOOKING DAY

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?

1 BLUE GROUP (PG7)

2 GREEN GROUPS (PG7)

AS MANY RED GROUPS AS YOU WANT (PG7)

YOU DON'T HAVE TO BOOK INTO THE ORANGE GROUPS— JUST TURN UP (PG8)

CAN I BRING KIDS TO THE GROUPS?

NO YOU CANNOT BRING CHILDREN TO GROUPS. CHILDCARE IS AVAILABLE THROUGH GUMNUT GROVE FOR CHILDREN NOT YET AT SCHOOL. ASK THE STAFF FOR DETAILS ON HOW TO BOOK. IN MOST CASES, THIS WILL NOT COST YOU ANYTHING. IF YOUR CHILD IS SICK OR UNABLE TO ATTEND SCHOOL OR CHILDCARE, YOU MUST MAKE YOUR OWN ALTERNATIVE ARRANGEMENTS. PLEASE NOTE THIS IS NOT AVAILABLE FOR EVENING GROUPS.

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)

BLUE GROUPS YOU CAN PICK 1 BLUE GROUP

ART @ MT DRUITT

Mondays 9.30pm - 12.30 pm
24th July - 11th September

Learn drawing and painting techniques then use your new skills to create your own art work on canvas. All materials will be provided. Beginners are welcome.

The teacher will be Barbara

COMPUTERS @ MT DRUITT LIBRARY

Mondays 9.30am - 12.30pm
24th July - 11th September

Increase your skills and confidence on the computer - this group will help you with your Word Processing, Internet and Basic Computer skills. The teacher will be Supapon

THIS GROUP IS RUN BY TAFE OUTREACH

SEAMS SEW EASY @ MT DRUITT

Wednesdays 12.30 pm - 2.30 pm
26th July - 13th 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

YOGA @ MT DRUITT HUB

Thursdays 9.30am - 11.00 am
27th July - 14th September

Relax and meditate while doing gentle exercise. Must be mobile & able to get down and up from the floor. Check with your doctor if you have any existing injuries. Bring your own yoga mat or use one of ours. Bring a towel, water & wear comfortable clothes.

The teacher will be Cathy

GREEN GROUPS YOU CAN BOOK INTO 2 GROUPS

FLOWER ARRANGING WORKSHOP @ MT DRUITT

Tuesday 22nd August
9.30pm - 12.00pm

This one off workshop is an introduction to the creative world of flower arranging. For beginners, you will learn how to design and assemble interesting and vibrant arrangements for any theme or style.

The facilitator will be Widad.

FOLK ART @ MT DRUITT

Tuesdays 12.30pm - 3.30pm
25th July - 12th September

Learn painting skills to create decorative items for your home or create unique gifts for family & friends. Beginners are welcome. You will be supplied with resources and paint, but you can bring in your own projects as well.

The teachers will be Robyn & Linda

RED GROUP

MINDFULLY ME @ WILLMOT PUBLIC SCHOOL

Thursdays 10.00am - 12.00 noon
10th August - 14th September (6 weeks)

Have you ever wished you could slow down life when feeling overwhelmed? Mindfulness skills can help develop calm, improve relationships, learn about yourself and lots more. Join us as we explore how mindfulness could work for you in a safe, fun and creative space.

Call Maria on 4724 3019



Belly/Bolly Fusion is one of our fantastic ORANGE Groups. That means you don't have to book in, you can just turn up and join in all the fun. It's a great way to stay active and healthy, meet people, and learn some new dance moves to wow your friends and family.

ORANGE GROUPS YOU DON'T NEED TO BOOK INTO THESE GROUPS

DANCE, STRETCH & TONE @ MT DRUITT HUB

Mondays 10.00 am - 11.00 am
24th July - 11th September

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 or use one of ours.

The teacher will be Jrisi

MEDITATION @ MT DRUITT HUB

Tuesdays 10.00am - 11.30am
25th July - 29th August (6 weeks)

This meditation/relaxation class is focused on practicing meditation using a guided imagery to relax the mind, body and spirit. We also focus on personal growth, facilitated by affirmations and open discussions.

The teacher will be Bernadette/Catherine

BELLY/BOLLY FUSION @ MT DRUITT HUB

Tuesdays 1.00pm - 2.00 pm
25th July - 12th 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
26th July - 13th 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 Mark

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 FOR AFGHAN & IRANIAN WOMEN

Run by Rabia Azizi in Dari/Farsi

Starts Thursday 27th July 10.00am - 12.00noon

HEALTHY EATING AND PHYSICAL ACTIVITY

A 6 week course with a tea break. If childcare is required, you need to inform us at enrolment time for the information needed for you to organise childcare with Gumnut Grove Child Centre.

Contact Rabia on 0425 363 782 before 10/7/17 to enrol or WASH House on 9677 1962



Congratulations to our Self Defence Group

The WASH House in partnership with Sydney Self Defence have been providing women with the opportunity to learn important skills in self protection and personal safety. From defusing situations to practical defence strategies and everything in between, the women have developed confidence and skills to increase their awareness and capacity to deal with unsafe situations. Well done!

If you are interested in learning self defence and personal safety at the WASH House, please let us know and we will keep you posted when our next group will run.

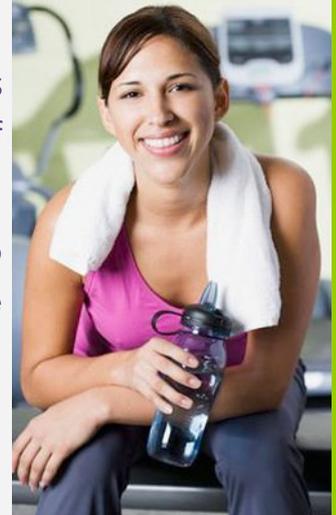
ARE YOU JOINING ONE OF OUR FANTASTIC HEALTH AND EXERCISE GROUPS? HERE ARE SOME TIPS TO MAKE THE EXPERIENCE FUN AND ENJOYABLE FOR YOU AND THE WHOLE GROUP:

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.



Have Fun!

PLEASE READ: GROUP 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.

EVENTS



11TH AUGUST 2017

YOU ARE WARMLY INVITED TO

The Women's Multicultural Luncheon



11AM-1PM MOUNT DRUITT HUB

**REGISTRATION IS ESSENTIAL
CALL THE WASH HOUSE TO BOOK ON
9677 1962**

**LIMITED CHILDCARE AVAILABLE- PLEASE
LET US KNOW WHEN YOU BOOK**



EVENTS

WOMEN'S HEALTH MORNING TEA

A chance to talk to health care professionals about different aspects of your health.

THIS TERM:

Annual FREE Hearing Check

Guest speaker is Nerida from Australian Hearing

10:00am - 11:30am at the
Mt Druitt HUB

FRIDAY

1st

September

To book, call the WASH House on
9677 1962

Light Morning Tea provided

WOMEN'S ACTIVITIES AND SELF HELP HOUSE INC.

Annual
General
Meeting

Thursday
12th October
2017
10:30am-1:00pm
Mount Druitt
Hub

CELEBRATING 35 YEARS

You are warmly invited to attend the WASH House Inc.'s AGM. This is an opportunity to hear about the important work of the WASH House and celebrate our achievements over the past 35 years.

Light refreshments will be served

Booking Essential
Contact the WASH House on
96771962 to RSVP

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** - short term crisis counselling is available on a range of issues. Call us to make an appointment with Lisa or Nancy.
- ◆ **BRIGHTER FUTURES** - Provides support to vulnerable families with children under 9. It aims to strengthen parenting and provide service and resources to prevent escalation of child protection issues. Contact Rachel, Hayem or Anne-Grethe
- ◆ **C.O.R.R.E. FAMILY SUPPORT** - supports women with a learning difficulty or intellectual disability who are parenting. Services include case management, home visiting and advocacy as well as a group work program. Contact Rachel, Emma or Janis.
- ◆ **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. Contact Josephine.
- ◆ **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 Anuna, Amanda, Melanie or Vinita.
- ◆ **BOOK NOOK** - Our Book Nook is available to anyone. You can buy a book for \$4 or swap a book you bring to us for one of ours (conditions apply).
- ◆ **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 W.A.S.H House Inc. receives funding from Department of Family and Community Services, Department of Ageing, Disability and Home Care and NSW ClubGRANTS. We are also supported by Housing NSW, Blacktown Workers' Club and Blacktown City Council.