



Hen Newsletter

APRIL 2022

At The Centre for Women & Co., we recognise Aboriginal and Torres Strait Islander peoples as the First Peoples of this nation.

We value and celebrate the uniqueness of knowledges, histories, languages and cultures that have been created for over 60,000 years.

The Centre for Women & Co. pays respect to the Traditional Owners of the land on which we work including the Yugambeh, Jagera and Quadamooka people.

WHO ARE WE?

The Centre for Women & Co. is a not-for-profit organisation that exists to educate, support and empower women and their families across the Redlands and Logan regions.

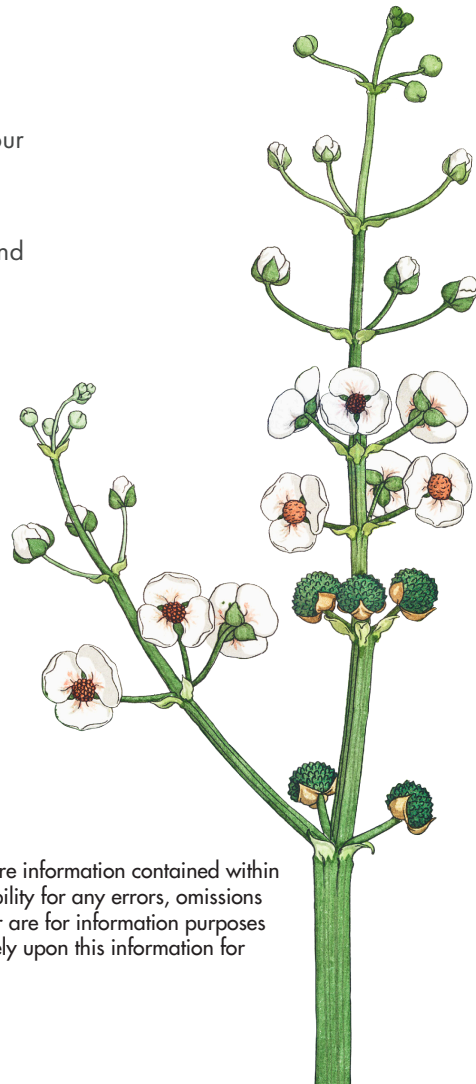
Our services are free and available for people who live or work in Logan, Beenleigh and the Redlands. We accept self-referrals and referrals from other organisations or doctors.

Please call 07 3050 3060 to speak with one of our team to arrange an appointment.

We also provide crisis support at the Cleveland and Logan Central offices.



Specialist
Domestic Violence
& Women's Wellbeing
Services



The Centre for Women & Co. has made every effort to ensure information contained within this newsletter is accurate. However, we accept no responsibility for any errors, omissions or inaccuracies. Any articles contained within this newsletter are for information purposes only and we accept no responsibility to persons who may rely upon this information for whatever purpose.

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SUBSCRIBE

Never miss an issue.

Subscribe at **centreforwomen.org.au**.

CONTACT US

For general inquiries about our newsletter, social media pages or community education and engagement, write to **hello@centreforwomen.org.au**.

DONATIONS

To inquire about donations and support, get in touch at **hello@centreforwomen.org.au**. or follow this link **<https://centreforwomen.org.au/donations>**

HELLO

Well done to all of us for making it through the first few months of 2022 – what a wild and wobbly time it has been. For those joining us as new readers, welcome to our newsletter, which is filled with lots of love and care - highlighting the important work we are doing in our community and welcoming you with open arms.

Firstly, with the recent Government changes we are no longer mandated to wear masks or fill in screening questions when you come to Centre for Women locations. We understand you might like to continue to wear a mask so please do so if you wish, we fully support you.

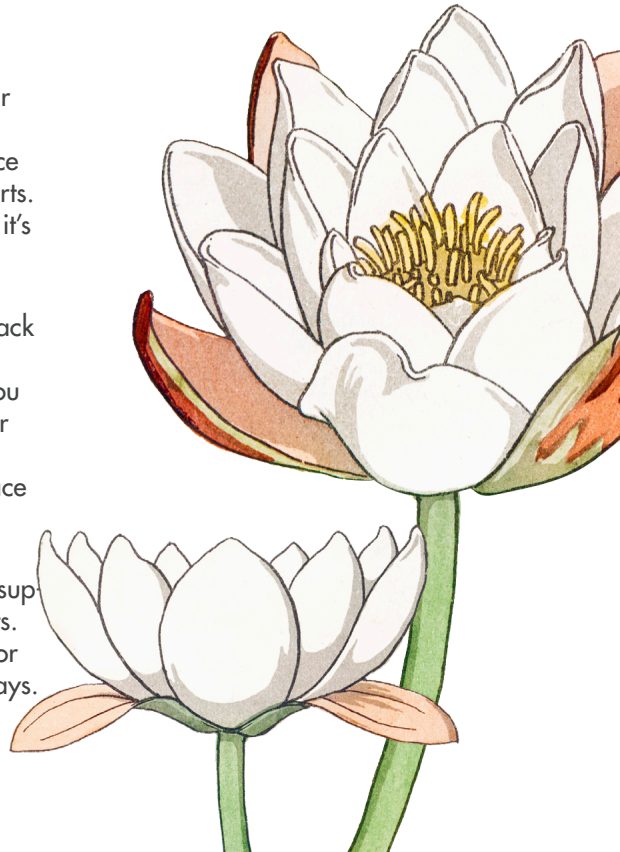
We are thrilled to share with you our Qld Women's Week & International Women's Day campaign - Our Space – an adventure wellbeing map of sorts. Check out all the details on page 7, it's truly a beautiful wellness guide.

Workshops and morning teas are back in full swing, look out for times and dates regarding when and where you can participate. Our first ever Maker in the Space is launching and we are thrilled to expand the use of our space to lift up small businesses.

Don't be a stranger, we are here to support your involvement at CFW events. We hope you find the time to care for yourself even if it's the smallest of ways.

CFW is committed to finding innovative ways to engage and support our communities better, so reach out and talk to us about how we can do that best for you.

CARA - COMPLIANCE MANAGER



WHAT'S BEEN GOING ON?

CRAZY START TO 2022

February saw us through flooding, COVID, and the atrocities occurring for our sisters and brothers in Ukraine are significant events impacting us all in different ways –it's certainly not been the start to 2022 that we hoped for. It is times like these that simple acts of kindness and compassion make a difference. We've seen so many acts of kindness and care recently in response to the devastating floods. Seeing our communities come together to support each other through hard times is what keeps us hopeful, resilient, and able to move forward.

QUEENSLAND WOMEN'S WEEK

Queensland Women's Week and International Women's Day are always exciting for us at CFW. We love to celebrate incredible women and we had some fabulous social media campaigns highlighting the achievements of some particularly strong and admirable Queensland women during this time. We also launched our beautiful Wellbeing Map!! More details on how you can get this are on the next page!

SUCCULENT ARRANGEMENT WORKSHOP

We had the chance to run our first Creative Workshop of the year with Elle from Elle's Balcony Garden! Elle ran us through her 2 hour Succulent Arrangement Workshop. We learnt how to propagate, plant and care for succulents as well as paint our pots.

We are so excited to host more fun and creative workshops in the coming months. Watch this space!



BACK IN THE OFFICE!

Our teams have shown great adaptability and resilience through recent events. We are all very excited that we've all returned to our sites to provide face-to-face services in Beenleigh, Logan Central and Cleveland. We're also excited to be able to offer workshops again – you will find all of the details of what's coming up with these pages.



QUEENSLAND WOMENS WEEK ACTIVITY MAP

For Queensland Women's Week, we created this A2 Activity Map that gives gentle encouragements about connecting with yourself, your loved ones and nature. It was created to help you think about self-care activities and fun adventures in your local suburb, city or state!

This map comes wrapped beautifully like a treasure map with a QR code to our guide to the map.

You can purchase the map via our shop by clicking this safe link: <https://herplatformshop.com/products/our-space-activity-map>

FRIDAY, 22nd APRIL, 9:30am - 1:00pm
29 CITY ROAD, BEENLEIGH
\$10 PER PERSON

N O U R I S H

A WORKSHOP TO NOURISH YOUR MIND, BODY AND
EMOTIONAL WELL-BEING



THE
CENTRE
FOR WOMEN
& CO.

Contact us on 3050 3060 or
reception@centreforwomen.org
www.centreforwomen.org.au/services

#STRONGERTOGETHER

WHAT'S COMING UP?

WELLBEING WORKSHOPS
FOR WOMEN LIVING IN
LOGAN, BEENLEIGH &
THE REDLANDS.

APRIL

Tuesday, 19th: IGNITE, 9.30am -
1pm, \$10, 29 City Road, Beenleigh

Friday, 22nd: Flourish Series,
9.30am - 1pm, \$10, 29 City Road,
Beenleigh

MAY

Friday, 6th: Morning Tea - Topic TBA,
10am - 12pm, Free, 29 City Road,
Beenleigh

Friday, 19th: Abstract Textured Wall
Art Workshop, 10am - 12pm, \$25,
Unit 12, 126/130 Compton Road,
Underwood

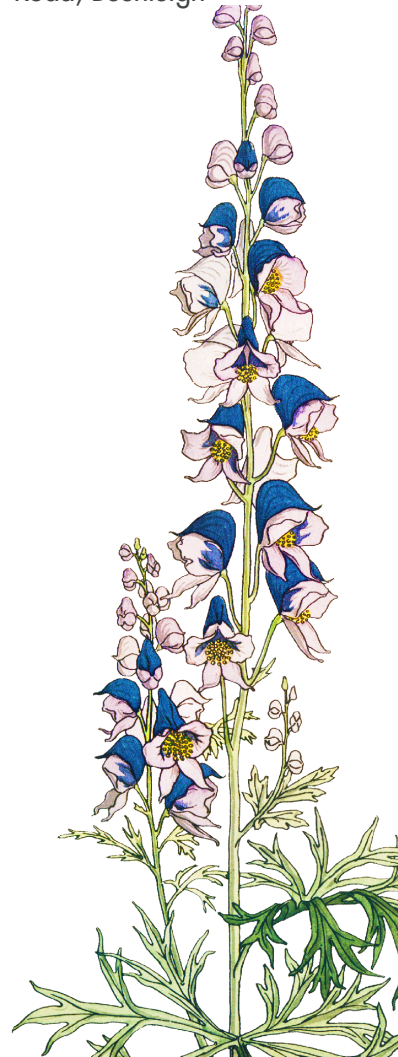
JUNE

Friday, 3rd: Morning Tea - Recycled
Hoop DIY, 10am-12pm, Free, 29 City
Road, Beenleigh

Thursday, 9th: DIY Wooden Book
Ends Workshop, 10am - 12pm, \$25,
Unit 12, 126/130 Compton Road,
Underwood

Our workshops are generally run
in the morning between 10am and
2pm, depending on the duration.
Some are held at our Centre in
Beenleigh and some at Her Space
at HQ. To find out more, visit our
website at www.centreforwomen.org.au/services/workshops.

Friday, 10th: IGNITE, 9.30am - 1pm,
\$10, 29 City Road, Beenleigh





SPARK EMPLOYMENT

JOIN US TO ENHANCE YOUR EMPLOYMENT

TUESDAY, 5TH APRIL | 11AM - 12PM
29 CITY ROAD, BEENLEIGH

Review & update your resume, prepare for interviews, access job vacancies, connect with employers and overcome barriers getting your way.

RSVP BY CALLING 3050 3060 (OPTION 1) OR
EMAILING
RECEPTION@CENTREFORWOMEN.ORG.AU

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WOMEN IN QUEENSLAND

#KEEPMAKINGNOISE #BREAKTHEBIAS

In March we celebrated Queensland Women's Week. The theme for this year was "keep making noise." We thought, what better opportunity is there to talk about some incredible women who have helped shape Queensland to encourage every woman in Queensland to use her voice and "keep making noise" to end gender discrimination and break the bias of gender stereotypes.

DR LILIAN COOPER (1861 - 1947)

Was the first female doctor in Brisbane. Although she was born and raised in England, Dr Cooper moved to Brisbane immediately after qualifying as a doctor in London and set up her practice in the city. Dr Cooper specialised in diseases of women and children and even travelled to her patients via horse and cart. As well as her medical knowledge, Dr Cooper was widely respected for her kindness to her patients and the general public. Dr Cooper offered her medical experience for the Australian Army in World War I. She was told female doctors were not wanted and she should stay home. Instead, Dr Cooper volunteered for the Scottish Women's Hospital Service and served on the frontlines in France and Serbia. She received the Order of St Sava from the King of Serbia for her efforts. Once the war ceased, Dr Cooper returned to her busy Brisbane practice. Upon her death, her house was donated as a hospice - it is now part of the St Vincent's Hospital at Kangaroo Point.

OODGEROO NOONUCCAL (1920 - 1993)

One of Queensland's incredible women was Oodgeroo Noonuccal (1920 - 1993). Oodgeroo was a key figure in history and is well known for her invaluable





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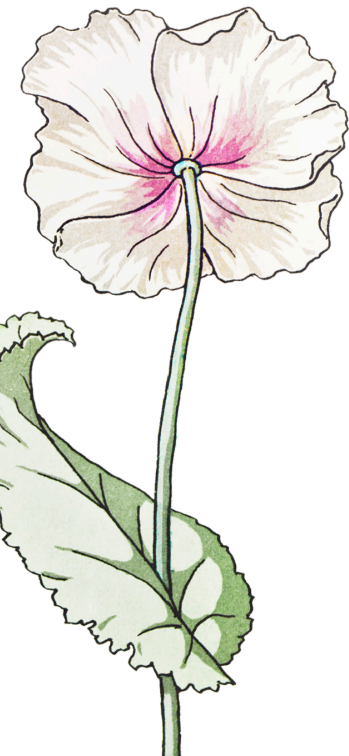
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contribution to First Nations Peoples' rights, education and literature. She grew up on Quandamooka Country - on Minjerribah (North Stradbroke Island). As a young adult, Oodgeroo enlisted in the Australian Women's Army Service to support World War II. In her later life, Oodgeroo travelled across Australia and the globe to raise awareness of the continual oppression being experienced by First Nations Peoples in Australia. Oodgeroo wrote poetry and books, which did very well throughout her life. Oodgeroo's poetry and books are still often studied in high school curriculums across the state.

IRENE LONGMAN (1877 - 1929)

Irene Longman was born in 1877 and was the first woman elected to Queensland Parliament in 1929. After this monumental win for women everywhere, Irene made a significant impact on women and children. Irene played a crucial role in women working as police in the Queensland Police Service. She also was instrumental in creating private, safe and separate places for Children's Court hearings in Queensland - something which was not done before her time. Irene achieved all this whilst having to leave Parliament to use the bathroom as there were no female toilets in the building and having to eat her meals on the verandah as she was never allowed to use the dining room the male politicians had at Parliament House. How crazy is that?

We hope you enjoyed learning about three of Queensland's incredible women. It was tough to choose just a handful. We do have a digital storytelling piece available on our website that shares a snapshot into female history in Queensland, including challenges and triumphs from the 1800s until now. How can you use your voice, skills, knowledge, or creativity to "keep making noise" to end gender discrimination and break the bias of gender stereotypes in Queensland?





you are not
responsible for
negative
reactions to your
boundaries.



EM

COMMUNITY CHANGE
MAKER/SMALL
BUSINESS OWNER



COMMUNITY CHANGE MAKER

Our Community Change Maker segment takes time out to give massive high fives to some of the legends in our community, ripping it up like a Boss with a capital B. We know you all are out there and we're your biggest fans!

A massive thank you to this edition's Community Change Maker, for letting us share her awesome story.

TELL US ABOUT YOURSELF?

My name is Em, I'm a Meanjin based writer, and textile and ceramic artist. I run the project 'Consent Patches' and I also work as a Digital Community Coordinator for a university.

WHAT HAVE YOU RECENTLY BEEN FOCUSING ON?

I've been focussing a lot on my new job, and balancing my time out. I'm working really hard on finding a sustainable balance that supports my work and my artistry, and I think that's something worth pursuing. I'm also planning a converging ceramics/textile launch quite soon that I'm really excited about, I just need more hours in the day!

FIND EM ON INSTAGRAM!

[@consent.patches](#)

[@emreadman](#)

[consentpatches.bigcartel.com](https://www.consentpatches.bigcartel.com)

ABSTRACT TEXTURED WALL ART CREATIVE WORKSHOP

Wednesday 18th May 2022
10am - 12pm

\$25 PER PERSON

Unit 12, 126/130 Compton
Road, 4119

REGISTER ONLINE

THE
CENTRE
FOR WOMEN
& CO.





ELLA

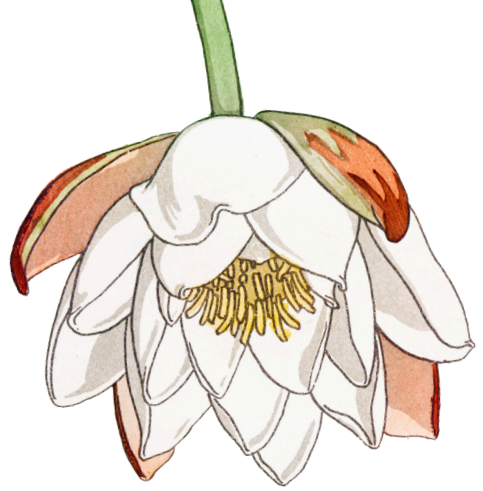
COMMUNITY
ENGAGEMENT OFFICER

CREAMY TOMATO PASTA

As the temp drops and we slowly get closer to winter all I want to eat is creamy pasta! This is a delicious, simple and fast lunch/dinner/snack that only takes 20mins to make!

INGREDIENTS

- 1 red onion (diced)
- 1 tbsp unsalted butter
- 2 garlic cloves
- 2 tbsp tomato paste
- 1 & 1/2 cup of heavy cream
- 3/4 cup of pasta water
- salt & pepper
- 1 tsp oregano
- 1 cup of parmesan cheese
- 500gram of pasta



DIRECTIONS

1. Add your diced onions, garlic, oregano, salt & peper and butter into a frying pan until the onion is translucent (cooked through).
2. Place your pasta into a pot of boiling water and set to the side to let it cook.
3. Add your tomato paste & heavy cream. Stir until it the tomato paste is mixed through completley. Then add you pasta water. Leave to simmer for 3 min.
4. Add your cooked pasta into the Creamy Tomato Sauce and stir through.
5. (Optional) Add 1 cup of parmesan cheese and stir through.

Finished! Enjoy your yummy meal!



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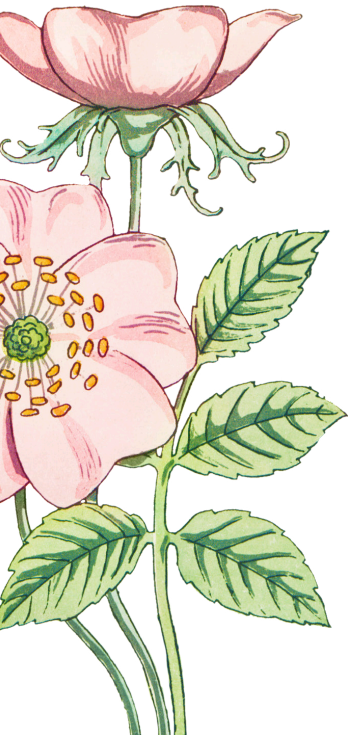
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THE DIRTY 'B' WORD

I think we've all been at a family get-together where a relative made a comment, a joke or demand that didn't sit right with you. Maybe it made you angry, or perhaps it made you feel small. Often, it's because something they said or did, didn't align with your core values. But when it's family, it can feel tough to stand up and say something about it.

Maybe you don't want to 'rock the boat', or you don't want to be the person who 'can't take a joke.' But you go home after the event, and you still feel the yucky feelings swimming around in your gut. The longer you ignore these feelings, the more time they have to grow, and grow, and grow. And soon enough, they will no longer be little yucky feelings. They will be full-blown resentment for certain people, events and situations.

Why does it build into resentment? Well, here's the thing. Actually, it's two things. One, your feelings are valid, so ignoring them for the sake of another person or people won't make them go away. And two, boundaries are a necessary part of healthy relationships - of ALL healthy relationships.



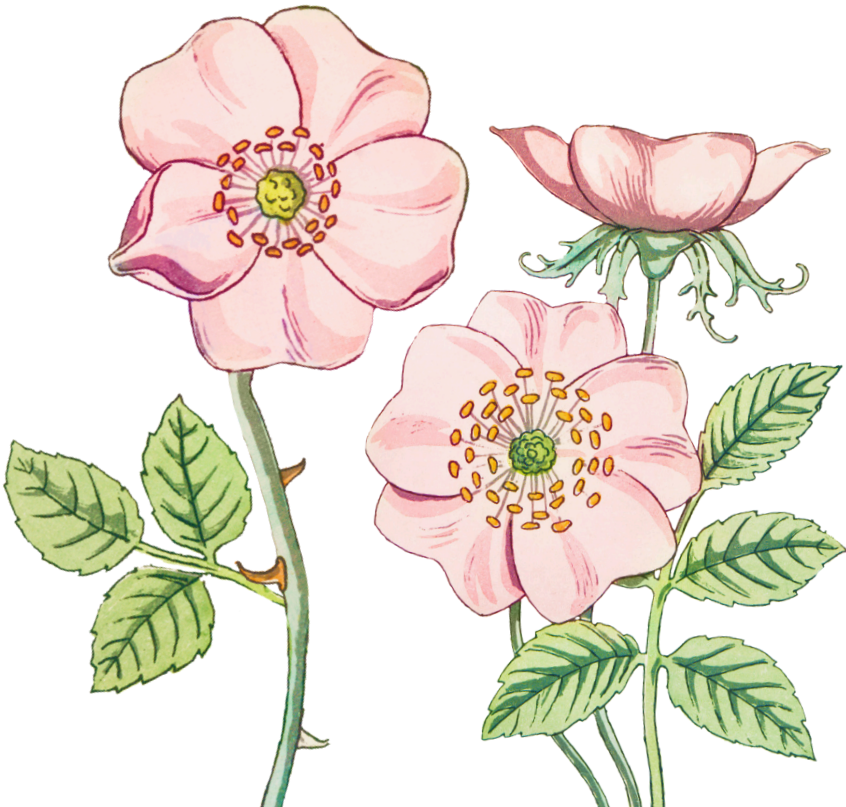


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Boundaries are at play in every relationship. They are either being respected or disrespected. But either way, they're always there. They're in every interaction you have with someone, positive, negative or neutral. They're in every interaction because your existence in the world impacts other people just like other people's existence has an impact on you. Boundaries are ways to ensure the impact you have on someone isn't harmful and is made with good intentions.

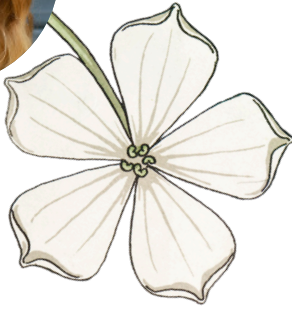
So let's get comfy with rocking the boat. And don't panic; you can start with a small boat and a minor rocking. Hmm, for now, let's set you up on a canoe floating on a lazy river bend. The canoe is close to the shore, nothing too scary. So let's nudge the canoe. Set a small boundary. Remember, every movement has a ripple effect - and not setting a boundary is still a move.





ELLA

COMMUNITY
ENGAGEMENT
OFFICER



SELF-CARE SPOTLIGHT - THE ELEMENTS

Wellbeing is different for every person. But generally speaking, wellbeing is high when you feel content, calm and safe.

Humans are complex creatures.

So, wellbeing requires a delicate balance of health; physical, emotional, psychological, social, spiritual, intellectual & financial.

The key ingredient for this fragile recipe is self-care.



PHYSICAL

movement, nutrition, sleep, rest, sexual need

EMOTIONAL

navigating emotions, stress management, compassion, seeking support

PERSONAL

hobbies, me-time, knowing yourself, learning new skills

PROFESSIONAL

work boundaries, time management, taking breaks, professional development

SOCIAL

connection with others, support systems, boundaries, positive social media

SPIRITUAL

art, music, nature, beliefs, values, connecting inwardly, gratitude

SPACE

safety, organised space, stimulating environment

FINANCIAL

conscious relationship with money, goal-setting, money management, savings



JENNA

WOMEN'S SERVICE
MANAGER LOGAN
CENTRAL

HAVE YOU HEARD OF...

'Have you Heard Of' is a new section in Her Newsletter where we take some time to spotlight the amazing podcasts, books, shows and resources we have available in our communities!

Thankyou to Jenna, our Womens Service Manager at our Logan Central Office for the Podcast recommendations! ([found on spotify](#))

1. COME OUT WHEREVER YOU ARE

Come Out, Wherever You Are is a podcast about coming out experiences, told by the people who've done it.

In each episode, host Sean Szepe, speaks with guests across Australia's gender and sexual spectrum to learn about their unique experiences and understand what it's like to come out for the first time (and every time after that).

2. COMING OUT STORIES

Coming Out Stories will take you to one of the most important moments in many people's lives.

It doesn't even matter if you haven't had this conversation yourself. Everyone recognises the innate human desire to love and be loved, and that's what these stories are about.



CONNECT WITH US

CLEVELAND ARE OPEN:

Monday to Thursday:

9am to 4pm

Friday: 9am to 1pm

BEENLEIGH & LOGAN CENTRAL ARE OPEN:

Monday to Friday,

9am to 4:00pm

(From 1.30pm on Thursdays)

We are located at Beenleigh, Cleveland and Logan Central, for the full address, please call us on **07 3050 3060**

www.centreforwomen.org.au

Facebook: [CentreForWomenandCo](https://www.facebook.com/CentreForWomenandCo)

Instagram: [@thecentreforwomen.co](https://www.instagram.com/thecentreforwomen.co)

OTHER IMPORTANT SERVICES

DV Connect - **1800 811 811**

Lifeline - **13 11 14**

Chat online at - **lifeline.org.au**
(7pm - 12 am daily)

Text support on - **0477 13 11 14**
(6pm - 12am daily)

Kids Helpline - **1800 55 1800**

Chat online at - **kidshelpline.com.au**
(24 hours all year round)

Homeless Persons Information Centre -
1800 474 753

Youth Beyond Blue - **1300 22 4636**

Chat online - **youthbeyondblue.com**
(3pm- 12am daily)

National Sexual Assault, Domestic
Family Violence Counselling Service -
1800 010 120 (*1800 RESPECT*)

Chat online - **1800respect.org.au**

**IF YOU OR SOMEONE YOU KNOW
IS IN DANGER, CONTACT THE
POLICE IMMEDIATELY ON 000**

**YOU ARE
NOT ALONE.
BE CONNECTED.
BE SAFE.**

THANKS

We are blessed to be supported so wholeheartedly by our community. A big thank you to our partners and sponsors for all your support and for being part of the solution. These are just some of the people who have supported this past year.

#strongertogether



**we
are
stronger
together.**