



Her Newsletter

JULY 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



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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

Welcome to our Winter Her Newsletter - and wow, doesn't it feel cold this week for a Queensland July? I hope you are all keeping warm and toasty in lots of jumpers and blankets!

We have been working on some exciting projects over the last three months. Notably, we filmed, produced and released our first ever YouTube series called Get Fresh with Consent. If you'd like to watch it on YouTube please [click here](#).

We were lucky enough to have our Co-Responder role funded by SmallSteps4Hannah. We shared a lovely morning tea with Sue and Lloyd Clarke as well as Attorney-General Shannon Fentiman and Treasurer of Queensland Cameron Dick to celebrate this exciting moment in our community and in our organisation. You can read more about our Co-Responder Mikaela and how her role will make a positive change on page 12.

Our Kickstarter program has taken off at Redlands which is wonderful to see. Kickstarter is a program for woman across Redlands and Logan who are wanting support as they step into or back into work or study.

- NIC



WHAT'S BEEN GOING ON?

GET FRESH WITH CONSENT

For Domestic and Family Violence Prevention Month we released 1 episode of our Get Fresh with Consent Youtube Series every Thursday night!

Get Fresh with Consent is a partnership between The Centre for Women & Co. and Men & Co. Services - leading specialist services in Logan and the Redlands. In this series, we talk with experts in Mental Health and Domestic and Family Violence (DFV) about healthy relationships and self-care.

This series is an extension from our Guide to Self-care and Healthy Relationships for Young people. So far we have reached over 550 people online via our Youtube Series and over 3500 people through our Healthy Relationship booklets!



NEW SHIRT

For DFVPM we released a new shirt design!!! This is one of our favourites to date and we hope you love it as much as we do. The shirt has 'No is a full sentence' along the front and down the back. [Buy yours here.](#)



CO-RESPONDER

We officially launched the Co-Responder Project for Logan and Crestmead!

We are very proud of the work we are doing side-by-side with Logan Police. Where we are supporting QPS in re-shaping how they engage with those who have experienced violence or control in their relationship, with a passionate group of general duties officers and our experienced team at The Centre For Women & Co.

Thank you to Small Steps 4 Hannah for their funding to our service to be able to continue this important work!



WILTED ROSE FILM

A SOCIAL IMPACT FILM

Producer & Screen Writer, Elise Lamb and Producer Madison Sturgess have partnered The Centre For Women & Co. to raise the profile of the services we provide to support those affected by Domestic and Family Violence in our community.

Drawn from the writer's own personal experiences and extensive research into recent local cases, the film aims to help deepen understanding of Domestic Violence through the power of storytelling.

The script for The Wilted Rose placed as a Semi-Finalist in the Los Angeles International Screenplay Awards (2022).



PICTURED: ELISE LAMB & MADISON STURGESS

WHAT'S COMING UP?

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

JULY

Tuesday, 12th: RISE - 6 Weeks, one session per week. Call 3050 3060 Option 2, Logan Central CFW

Monday 11th: Kickstarter. Email redlandsgroups@centreforwomen.org.au to register. Redlands.

Friday 15th: Flourish Series - 5 sessions. Call 3050 3060 Option 1 to register or enquire. 29 City Road Beenleigh

AUGUST

Tuesday 23rd: Spark Employment, 10.30am - 12pm, no cost. 29 City Road, Beenleigh.

Thursday, 25th: Pot Plant Workshop, 10am - 12pm, \$25, Unit 12, 126/130 Compton Road, Underwood

SEPTEMBER

Friday, 9th: Morning Tea - Plant Propagation 101, 10am - 12pm, Free, 29 City Road, Beenleigh

Our workshops are generally run in the morning times between 10am and 2pm, depending on the length. 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, 16th: IGNITE, 9.30am - 1pm, \$10, 29 City Road, Beenleigh



Kickstarter

Supporting women who are stepping in to work or study in the Redlands and Logan regions.

WHAT?

Kickstarter is an eight-week program covering topics such as values, boundaries, goal-setting, working through challenges and getting prepared for work or study.

WHEN?

Group 2 - Starting the week of the 11th of July
Group 3 - Starting the week of the 3rd of October

HOW TO MAKE A REFERRAL FOR KICKSTARTER, PLEASE CALL US ON 07 3050 3060 (OPTION 3), OR EMAIL YOUR INTEREST TO REDLANDSGROUPS@CENTREFORWOMEN.ORG.AU

THE
CENTRE
FOR WOMEN
& CO.

NAIDOC WEEK



#NAIDOC2022 #GETUPSTANDUPSHOWUP

As we do every day, The Centre for Women & Co acknowledges and pays respect to the traditional owners of the lands on which we work and live; the Jagera, Yugambeh, Turrbal and Quandamooka peoples and to the more than 250 Indigenous nations across Australia. We recognise their continuing connection to land, sea, culture and community, and we learn their histories and teachings through considered and purposeful collaboration and reconciliation.

NAIDOC week is a time that we as a nation lean into those intentions to reconcile and celebrate our first nations people. However, we encourage all CFW&Co colleagues, friends and followers to use that same interest and energy to celebrate, support and stand with our Indigenous partners and communities throughout the year. Reconciliation only occurs when we are intentional and persistent in our pursuit for connection and understanding.

The Centre for Women & Co recognises that now more than ever, we all need to Get Up! Stand Up! Show Up!

Always was, always will be.

- A GAMILARAAY WOMAN & CFW TEAM MEMBER



29 CITY ROAD, BEENLEIGH
9.30-1.00PM
\$10 PER WEEK

FLOURISH

JOIN US FOR OUR SIGNATURE
WORKSHOP SERIES.

NOURISH - JULY 15TH
CULTIVATE - JULY 22ND
DIGGING DEEP - JULY 29TH
DIGGING DEEPER - AUGUST 5TH
BLOOM - AUGUST 12TH

THE
CENTRE
FOR WOMEN
& CO.

TALK TO ONE OF OUR TEAM MEMEBRS
TO REGISTER YOUR PLACE.

#STRONGERTOGETHER



MIKAELA

COMMUNITY CHANGE
MAKER/CFW TEAM
MEMBER

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 their awesome story.

TELL US ABOUT YOURSELF?

Hey I'm Mikaela. I work for the CFW as the Queensland Police Service DFV Co-Responder. I grew up in Northern NSW and moved to Brisbane almost 10 years ago to be with my partner. We have a cat and a dog, love camping, 4wding, going to the beach and hanging out with our friends.

WHAT HAVE YOU RECENTLY BEEN FOCUSING ON?

Lately I have been trying to focus on self-compassion as to not put so much pressure on myself and be okay with making mistakes.



WHY DO YOU DO WHAT YOU DO?

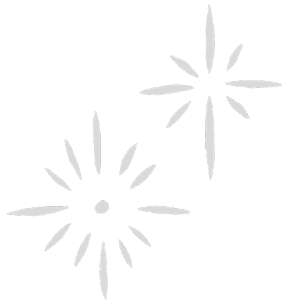
I just woke up one day and thought 'what am I passionate about and what gets me out of bed every day? I want to do that.' I fell into DFV and working with women because I believe everyone has a right to safety, and we live in a society that systemically disadvantages and hurts vulnerable minorities and groups. I wanted to make a difference to change cultural values and beliefs that not only disadvantage vulnerable groups, but allow for violence and abuse against women and children in our community.

WHAT IS SOMETHING THAT BRINGS YOU JOY?

A long boozey lunch in the sunshine with my friends, reading a really good book and walking along the beach with my dog Kevin.

WHAT IS A MESSAGE THAT YOU WANT TO TELL YOUR FUTURE SELF?

You can't be everything to everyone, and that's okay.





POT PLANT PAINTING

CREATIVE WORKSHOP

Join Elle from Elle's Balcony Garden for her 2 hour Pot Painting Workshop. You will have the chance to design and create your own customer pot plant. Let your creativity run wild!

\$25 PER PERSON

THURSDAY, 25TH AUGUST

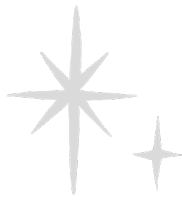
10AM - 12AM

**UNIT 12, 126-130 COMPTON ROAD,
UNDERWOOD**

REGISTER VIA OUR WEBSITE OR EMAIL
HELLO@CENTREFORWOMEN.ORG.AU

THE
CENTRE
FOR WOMEN
& CO.

#STRONGERTOGETHER



ELLA-JAYNE

COMMUNITY
ENGAGEMENT OFFICER

CRISPY SMASHED POTATOES

One of my favourite foods is potato!
So what's a better, quick and easy
snack/dinner than crispy smashed
potatoes???

INGREDIENTS

- 1 head garlic
- 1 tbsp olive oil
- 1kg baby white potatoes
- 90g butter
- 1 1/2 tbsp olive oil, extra salt, to taste
- 1 tbsp parsley, finely chopped

DIRECTIONS

1. Preheat your oven to 200c. Chop the top off the head of garlic. Place on top of a sheet of foil, drizzle with olive oil and sprinkle with salt. Wrap up firmly and bake for 1 hour.

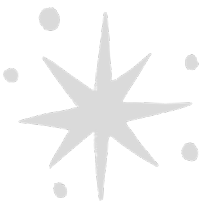
2. Place potatoes in a pot of cold, salted water. Cover and place over medium heat for 30-40 mins until tender, Drain potatoes and place in the fridge for 10 mins to evaporate moisture.

3. Place a small saucepan over low to medium heat. Add butter, oil and salt, followed by the garlic. Stir until melted and combined.

4. Place potatoes over two trays lined with baking paper. Using a glass, press down on each potato to flatten - go thinner for a more crispy potato (Making sure they dont fall apart).

5. Coat both sides of each potato with the garlic butter mixture and bake for 40min or until golden and crispy.

6. Sprinkle sea salt flakes and parsley & you're done! Enjoy your potatoes!





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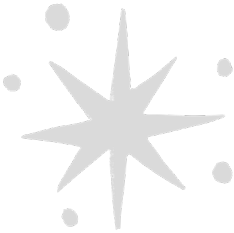
TIRED & MOODY ARE NOT YOUR DEFAULT FACTORY SETTINGS

Yes, you read that title right. Being tired and moody isn't your baseline state of being. Whilst stressors, highs and lows are part of life, feelings of contentedness shouldn't be so rarely felt or sought after. Let's talk about how mid-year burnout can impact you and how you can reboot to factory settings of well-being.

Consciously or unconsciously, we align to the 365 days of the year. Most of us hold out until the end of the year to have a decent break from work or responsibilities. We push ourselves to "just get to Christmas" before taking one, two or a mighty three weeks off. Then we dive right back into another 11 months of work.

This can lead to burnout. Burnout is not just a fancy or trendy word for 'tired'. Burnout is defined as physical or mental collapse caused by overwork or stress. If you feel the effects of burnout creeping in, address them. There's no point dismissing it as "it's just burnout" and continuing to push yourself. The thing about burnout is that it doesn't go away on its own. It's like a broken arm; the longer you go without addressing it, the more damage you do and the more difficult to bear it becomes.

Anybody can experience burnout. You don't have to be working more hours than anyone you know. You don't have to have more responsibilities than anyone you know. You don't have to have the busiest home life than anyone you know. We all have different strengths and coping capacities. Listen to your body. It will tell you what it needs.



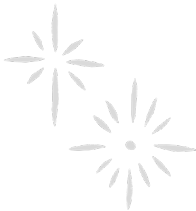
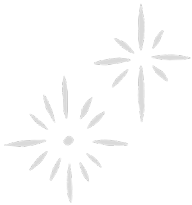


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So, if you've gotten this far, you might want to know how you can address burnout. It's not a one-size-fits-all approach, but here are some ways we address burnout at The Centre for Women & Co.

- Listen to your body and mind.
- Be transparent with your manager. Let them know what's happening. You don't need to figure it out on your own.
- Book some time off. More than a day here or there. Book off what you can.
- Don't spend your time off doing odd jobs around the house. You'll feel more exhausted than before you went on leave.
- Don't feel guilty for taking 'me time'.
- Start saying "no" to tasks and responsibilities that you don't have the capacity to take on.
- Re-assess your work/life balance. What's working and what isn't? What changes might you need to make to prevent or manage burnout better?
- Give yourself a break mentally, physically, emotionally and professionally.





ELLA-JAYNE

COMMUNITY ENGAGEMENT
OFFICER

SELF-CARE SPOTLIGHT - BURNOUT

Burnout is physical and mental exhaustion due to stress or excess work. Recovering can take weeks, months or potentially years. It can also become an unhealthy cycle.

The following tips for preventing or managing burnout can help you cope with symptoms and regain your energy, focus, and sense of well-being.

SET BOUNDARIES

Don't overextend yourself. Learn how to say "no" to requests on your time. If you find this difficult, remind yourself that saying "no" allows you to say "yes" to the commitments you want to make.

TAKE DAILY TECHNOLOGY BREAKS

Set a time each day when you completely disconnect. Put away your laptop, turn off your phone, and stop checking email or social media.

NOURISH YOUR CREATIVE SIDE

Creativity is a powerful antidote to burnout. Try something new, start a fun project, or resume a favourite hobby. Choose activities that have nothing to do with work or whatever is causing your stress.

SET ASIDE RELAXATION TIME

Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, a state of restfulness that is the opposite of the stress response.

REST & PRIORITISE SLEEP

Feeling tired can exacerbate burnout by causing you to think irrationally. Keep your cool in stressful situations by getting a good night's sleep.





SIDNEY

COMMUNITY PROJECT WORKER

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!

GET FRESH WITH CONSENT - PODCAST

Get Fresh with Consent is a partnership between The Centre for Women & Co. and Men & Co. Services - leading specialist services in Logan and the Redlands. In this series, we discuss healthy relationships and self-care with experts in Mental Health and Domestic and Family Violence (DFV). This project is an extension of our Guide to Self-Care and Healthy Relationships for Young People (see the 'Our Resources' link to view the digital versions).

<https://www.youtube.com/channel/UCWKG1Vb4YdshjcMnlzqi05A>

OPEN YOUR HEART TO COUNTRY- BOOK

By Jasmine Seymour

Told in English and Dharug, *Open Your Heart to Country* is a moving account of re-connection to Country from a First Nations perspective. Sharing the nourishing power of returning home and being immersed in the language of Country, this picture book invites readers to reflect on the importance of place, not only for First Nations' peoples but for everyone.



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.**

