



THE  
CENTRE  
FOR WOMEN  
& CO.

# Hen Newsletter

OCTOBER 2021

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.

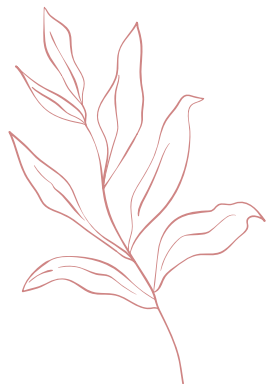
Our services are free and available for people who live or work in Logan, Beenleigh and the Redlands. We accept self-referrals and referrals from other organisations or doctors.

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](https://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](mailto:hello@centreforwomen.org.au).

## DONATIONS

To inquire about donations and support, get in touch at [hello@centreforwomen.org.au](mailto:hello@centreforwomen.org.au).

# HELLO

Hello to **YOU** reading this amazing newsletter. It's crazy how time passes by, and now we are heading into the last quarter of the year, WOW! Our CFW team have been busy these past few months and had some exciting new changes to our office spaces, and we welcome some incredible fresh minds to the mix of our CFW team.

Our talented marketing team work hard to bring you our community newsletters each quarter. Their creativity brings to light all the beautiful educational materials for our media content and our Her Shop. As part of QLD Mental Health Week, we will be releasing a gift pack called "Mindful Me Gift Pack" with some new readings and goodies this month. So keep an eye out on our socials and website.

It has been a little over a year since the launch of our first children's book, "My Friend Gordon". It has been a great success! So many families and organisations in the community have been talking about it and have expressed how helpful this book has been for them. Our Beenleigh centre recently hosted a book reading event for National Child Protection week, which was a great turn out and the families who attended had a great time.

As we slowly wrap up for the year, we want to thank you for all the support and for remaining connected with



us this year. I couldn't be prouder of our CFW Team who work tirelessly in keeping women and families in our community engaged and safe.

There sure has been a lot of uncertainty about what our country and the whole world is facing this time around, but I know for sure we will get through these challenges, and we are here to get through it together! Our centres will remain open over the Christmas period, and our incredible team are here to assist you. So please reach out if you need any assistance or need to have a chat!

To sign off, we are all excited to wind down in the coming months. Please take extra care of yourselves and each other. I only wish bigger and greater things for all of us in the coming year!

CHY - SENIOR ADMIN

# WHAT'S BEEN GOING ON?

The last few months have been a great time for us to regroup and get some prepped for some big projects coming up including October's Qld Mental Health Week, which is our time to really show our support for the women's health side of CFW. Nic, our Integrated Community Education and Her Platform Project worker has developed a Women's Guide to Wellbeing which contains a bunch of useful information to support mental health and wellbeing. This will be available from early October at our centres and community events so keep an eye out!

## **New TikTok Account!**

We've had so much positive feedback around our Guide to Self-Care and Healthy Relationships for Young People booklets we've extended our social media accounts to Tick Tock!! This account is will be wholly focused at young people, and spreading incredibly important information around what healthy relationships look like, ways to say 'no', consent and meaningful self-care.

## **NAIDOC Week Family Fun Day**

We had a gorgeous day at Logan's local NAIDOC Family Fun Day last month, celebrating our Indigenous sisters and brothers. The weather was fine and the turnout was amazing, especially for our children's face painting corner. It was so great to be out and about in the community again like this, it's been so long. A massive congrats to the organisers for such a successful day. We had a blast.



## National Child Protection Week

To celebrate National Child Protection week, as well as the move of our children's counsellors to our Beenleigh site, we held a special morning tea at the end of the month, especially for kids. We had our resident face-painter there and Michelle, one of our counsellors at Beenleigh, read *My Friend Gordon* for the kids. We released *My Friend Gordon* last year as part of National Child Protection week as an early intervention initiative to speaking with young children about healthy relationships. It was such a beautiful way to officially welcome the kids to this space and we couldn't have asked for better weather.



## Her Platform Shop

As always, thank you for your ongoing support for our Her Platform shop. We've been super busy with our new screen printing model and the flexibility of different products we can supply. We've also been planning our upcoming Makers Markets which our new Community Engagement Officer, Ella, has been heading up. Super excited to see you all at this event for a morning of treats, tunes and chill. The profits are allowing us to do so much more in the primary prevention space than we would otherwise and we look forward to sharing more of this with the community over the next year. In line with Qld Mental Health Week, we'll be releasing a limited edition with some very special products including a jigsaw and scented candles so watch this gorgeously scented space!!

**SCAN HERE**



her.  
platform

**MAKERS**

**MARKET**

AT HER SPACE

**SATURDAY**

**NOVEMBER 6TH**

**8:00 AM - 12:00 PM**

**[UNIT 12] 126-130**

**COMPTON ROAD,**

**UNDERWOOD, 4114**

**HERSPACE**

[hello@herplatform.com.au](mailto:hello@herplatform.com.au)



# MINDFUL ME GIFT PACK

## HER PLATFORM

COMING SOON - 9TH OCTOBER 2021



- A4 Puzzle
- 850gram Candle
- Wellbeing Guide (NEW RESOURCE)
- Self Care Note Pad
- Sticker



# WHAT'S COMING UP?

WELLBEING WORKSHOPS FOR WOMEN LIVING IN LOGAN, BEENLEIGH AND THE REDLANDS

## OCTOBER

**Friday 1st:** Morning Tea DIY Zines, 10am - 12pm, Free, Beenleigh

**Friday 15th:** Painted Pot Plant Workshop, 9:30am - 12pm, \$25, Underwood

**October 12th:** Spark Employment Workshop, 10am - 12pm, Free, Beenleigh - Review and update your resume, prepare for interviews, access job vacancies, link up with employers and much more.

**October 15th:** Gentle Flow Yoga, 9am-10am, \$10 a class, Beenleigh - Enjoy our gentle yoga flow classes every Friday for 6 weeks to help increase body awareness, soothe the mind and understand the mind-body connection, improve balance and stability and create a sense of wellbeing and calm.

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](http://www.centreforwomen.org.au/services/workshops).

## NOVEMBER

**Friday 5th:** Morning Tea DIY Christmas Wrapping, 10am - 12pm, Free, Beenleigh

**Saturday 6th:** Makers Market, 8am - 12pm, Free, Underwood

## DECEMBER

**Friday 3rd:** Christmas Calligraphy Morning Tea/Workshop, 10am-12pm, \$25, Underwood





# HAND PAINTED POTS WORKSHOP

15th October  
10am - 12:30pm

Unit 12 - 126-130  
Compton Road,  
Underwood, QLD 4114

\$25 per person

TO REGISTER  
VISIT [www.centreforwomen.org.au/  
services/workshops](http://www.centreforwomen.org.au/services/workshops)



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# CHRISTMAS CHAOS

Christmas is utterly magical. If by magical, you mean busy, exhausting and demanding... then sure!

Okay okay, I'll dial down the pessimism. But seriously, whilst there are snowflakes of glittery magic sprinkled throughout the holiday period, there really is a blizzard of expectations that can overwhelm the magic sometimes.

As a kid, Christmas was just the absolute greatest time of the year. We got two whole months off school, endless activities and mountains of chocolate. But, behind all the magic was my family, well, specifically it was my Mum. As an adult, I now look forward to Christmas every year to see my extended family and see the magic of Christmas in my littlest cousins, nieces and nephews. But also as an adult there are the expectations to see absolutely everybody in the precious two weeks off work, buy and prepare food, sought the perfect gifts for every living soul I've met and still manage to 'wind down' and 'relax'. And I am lucky enough to come from a family where everyone pitches in equally and I am still bloody exhausted by lunchtime on Christmas day!





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If you come from a family where there was separation, then the Christmas expectations are doubled and twice as exhausting. I'm only new to this, but it's next level trying to have the perfect Christmas multiple times in the same 48-hour period.

And then, there's the grief of Christmases without a loved one we've lost. Or the grief of border closures separating us from those we long to see the most. Or the grief of the new in the wake of changes that seem never-ending in the last 18 months.

I guess the point of all this, is just to say. It's okay to be exhausted. It's okay if the Christmas magic seems a little too tough to muster up this year. Christmas is about family. Christmas is about love. It's about being happy. So if visiting every person you've ever met over the holiday period is too much for you, then take some time out. Put into practice your boundaries and prioritise your self-care.

- You are allowed to have the Christmas **YOU** want.
- You **DO NOT** have to buy gifts for every person you know.
- You **ARE** allowed to say "no, not today."
- You **CAN** have a small, intimate holiday season.



# GIRL BOSS

*Our Girl Boss 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 Girl Boss, for letting us share her awesome story.*

## RAINA

GIRL BOSS, SMALL  
BUSINESS OWNER

### Tell us about yourself?

My name is Raina. I am a person who is obsessed with collecting stuff. If I like something I collect the thing until I feel I have enough. The interest randomly keeps changing but mostly Stickers, Converse shoes, Lego Minifigures are what I love. And of course postage stamps!

### What made you want to start your business?

I have always had a longing for making my own brand, but I was afraid of failing. However, it would never come true if I only keep thinking, isn't it. So I decided one step forward before it is too late.

### Introduction about what you do?

The main medium that I am using is clay and used stamps. Recycle and reuse. That is the key to my products. And I give a new life to the stamps as fridge magnets, bottle stoppers, tea bag rests, pin badges, and etc. The idea is very random as I get inspiration from the stamp design. I believe that there are many possibilities with the issued year of stamps, the style, colour and culture of stamps.

What do you love most about it?

People are interested in sustainable living more than ever before and so do I. I wanted that my brand is to be connected to sustainability practices as well. I had a look around what I've got and the hinged stamps on a letter on my desk were waving to me.

Is there a women/someone in your life that inspires or inspired you?

Simone de Beauvoir

Do you have any tips for someone who wants to start their own bussines?

Regrets are caused by doing nothing. Start now if you have something in your mind.

Favorite Affirmation?

**"I live in my house therefore I don't trash my house. I live in my mind therefore I don't trash my mind." - Dandapani**



# MORNING TEA - DIY CHRISTMAS WRAPPING

5th November  
10am - 12pm

29 City Road,  
Beenleigh, QLD, 4207

Cost: Free

TO REGISTER  
VISIT [www.centreforwomen.org.au/  
services/workshops](http://www.centreforwomen.org.au/services/workshops)





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# WINDING DOWN

It's well and truly that time of year where we feel the weight of the world on our shoulders more than ever. While we are often aware of this weight, we often push through the holiday period and into the New Year without actual rest, relaxation and reflection. This can leave us burnt out as we start a new and somehow even busier year.

As you move into the holiday period, I want you to reflect on some simple questions. You can write them down in a journal or you could just keep them in your mind.

- When did I surprise myself this year (in a good way)?
- How did I get through the tough times?
- Who am I grateful for this year?
- What have I improved on this year?

No matter HOW TOUGH this year was – **YOU MADE IT.** You are here. And you are incredible.

Rest. Relaxation. Reflection.

**You are more than enough, cut yourself some slack and appreciate YOU!**





**ELLA**

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# CHRISTMAS GOOEY CHOCOLATE BROWNIES

## INGREDIENTS

- 200 gram - Your Choice of Chocolate
- 200 grams – Unsalted Butter
- 4 – Eggs
- 165 grams – Plain Flour
- 100 grams – Desiccated Coconut
- 40 grams – Cocoa
- 250 grams – Brown Sugar
- 100 grams - Caster Sugar
- 190 grams – Your Choice of Chocolate Chips/  
Chunks
- Jar of Lotus Biscoff or Nutella/Hazelnut Spread





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## METHOD

1. Grease a Brownie Tin and preheat your Oven to 160c (Fan Forced)
2. Melt 200 grams of unsalted butter and 200 grams of your chosen Chocolate in a heat proof bowl over simmering water. Mix these ingredients together.
3. In a second bowl, mix together your 4 eggs, 250 grams of Brown Sugar and 100 grams of Caster Sugar. Mix this with a Wisk or Electric Mixer until the mixture is a pale brown colour.
4. Slowly and carefully fold through your chocolate/ butter mixture into your egg/sugar mixture.
5. Fold in 165 grams of Plain Flour, 40 grams of Cocoa and 100 grams of Desiccated Coconut
6. Once your mixtures have been completed combined, add your 190 grams of chocolate chips/chunks (white, milk or dark chocolate)
7. Pour half of your batter into a greased brownie tin [TIP – line your tin/tray with baking paper for an easy removal]
8. Top with as much Biscoff or Hazelnut Spread as you want and then pour the remaining batter on top!
9. Bake for 35min and not one second more. Once your brownie is finished baking, let your brownie completely cool before removing and cutting.



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## 3 QUICK & EASY STRESS RELIEF TIPS & TRICKS

### CHRISTMAS EDITION

**1. TAKE SOME TIME OUT** - Focus on doing something that you find relaxing to recharge your batteries, such as reading a book, watching a Christmas movie, listening to music, or going for a walk. If you aren't able to step out and away from the group, below are some other forms of Stress Reliefs you can do while at the table or in a group setting.

**2. STRESS RELIEF PRESSURE POINTS (UNION VALLEY POINT)** - To use this point: With your index finger and thumb, apply firm pressure to the webbing between the thumb and index finger of your other hand. Massage the pressure point for four to five seconds, taking slow, deep breaths.



**3. BREATHING EXERCISE (BELLY BREATHING)** -

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. ...
4. Breathe out through pursed lips as if you were whistling. ...
5. Do this 3 to 10 times.



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# DIY CHRISTMAS GIFTS

## LIP SCRUB EDITION

PREP TIME: 5MIN

COOK TIME: 5MIN

### INGREDIENTS

- 1/2 cup. – Honey (Maple Syrup also works)
- 1/2 cup. – Coconut Oil - Room temperature (Alternatively Olive Oil, Jojoba Oil)
- 1 cup. – Sugar (White sugar or Caster sugar works best!)
- Peppermint Oil/Lavender Oil/  
Vanilla Extract/Cinnamon

### METHOD

1. Measure your ingredients into a metal bowl
2. Mix all ingredients together to create a thick paste like mixture (wet sand)
3. Distribute your lip scrub evenly into air tight jars and decorate!

### SHELF LIFE

Most homemade sugar scrubs will last around 6 months. The most important tip is to keep the lid on the jar as much as possible. This will help stave off the carrier oil going rancid. Once the oil has gone rancid, you'll be able to smell the difference in your scrub.





# CALLIGRAPHY WORKSHOP

3rd December  
10am - 12pm

Unit 12 - 126-130  
Compton Road,  
Underwood, QLD 4114

\$25 per person

TO REGISTER  
VISIT [www.centreforwomen.org.au/  
services/workshops](http://www.centreforwomen.org.au/services/workshops)

## 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](http://www.centreforwomen.org.au)

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

Instagram: [CFW.CO](https://www.instagram.com/CFW.CO)

OTHER IMPORTANT SERVICES

DV Connect - **1800 811 811**

Lifeline - **13 11 14**

Chat online at - **[lifeline.org.au](http://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](http://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](http://youthbeyondblue.com)**  
(3pm- 12am daily)

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

Chat online - **[1800respect.org.au](http://1800respect.org.au)**

IF YOU OR SOMEONE YOU KNOW

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



**PROMOTABLE YOU**

**we  
are  
stronger  
together.**

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Specialist Domestic Violence  
& Women's Wellbeing Services