

# Her Newsletter

J U L Y      2 0 2 3



The Centre for Women & Co. acknowledges and pays respect to the traditional owners of the lands on which we work and live; the Jagera, Yugambah and Quandamooka peoples and to the more than 250 Indigenous nations across Australia.

We recognise our First Nations peoples continued connection to land, sea, culture and community. We learn their histories and teachings through considered and purposeful collaboration and reconciliation.

The Centre for Women & Co. recognises sovereignty has never been ceded.

Always was and always will be.

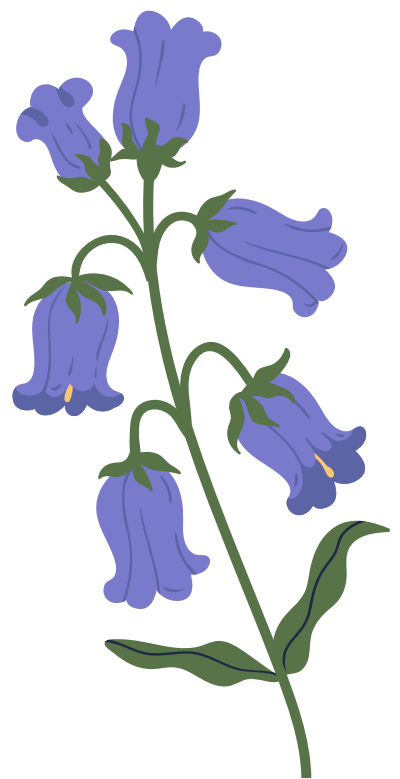
# *Who are we?*

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 DFV support at the Cleveland and Logan Central offices.



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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). or follow this link <https://centre-forwomen.org.au/donations>

# Hello!

Hello everyone, and welcome to the July Community Newsletter! Can you believe we are halfway through the year already? Because I can't.

The last three months have been so busy in all areas across The Centre for Women & Co. (CFW). We have held workshops, supported campaigns like Domestic and Family Violence Prevention Month, Men's Mental Health Week & Pride Month, and we are already starting to prepare for the end of year!

But not to get ahead of ourselves, let's focus on the next three months. We have over half a dozen workshops across the Logan and Redlands areas.

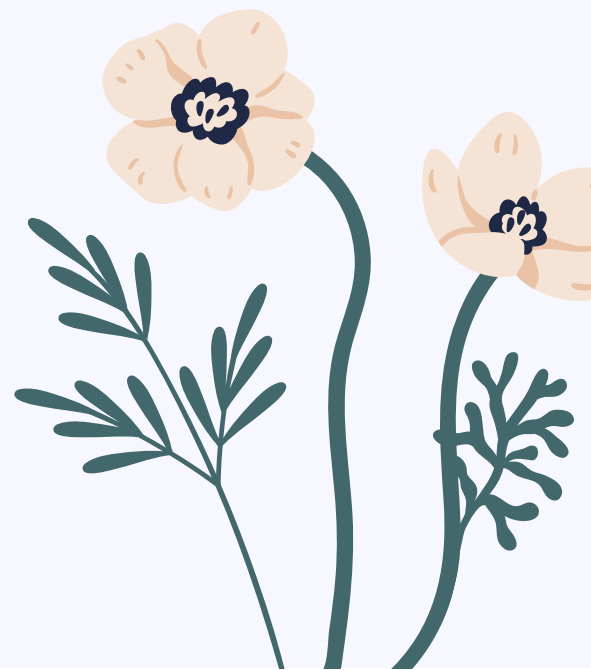
Our team is continuously growing and we are so excited to meet all of our new team members!

We also have NAIDOC week and National Child Protection Week coming up during July and September - Check out what we are doing for these campaigns on our social media.

I hope the next few months treat you well and we will see you here for the October Newsletter <3

ELLA-JAYNE

COMMUNITY  
ENGAGEMENT  
OFFICER



# What's been going on?

## DFVPM

During May, we celebrated Domestic and Family Violence Prevention Month. During this month, we also mourned the lives of those who have been taken away due to someone's choice to use violence at the Logan Candlelight Vigil.

Unfortunately, during May, we saw four more DFV-related deaths. We send our deepest condolences to the families and friends of the three women and one child, and we continue to push for action and change.

During May, we attended multiple DFVPM events; these included the Logan and Redlands Candle Light Vigils, The Wilted Rose Film Screening, the Local Link Panel night and we released a new shirt!





## FUME GARAGE MORNING TEA

On May 26th we had Fume Garage, Logan City's #1 and Australia's #3 Top Mechanic come to our Beenleigh office & facilitate an educational Morning Tea for some of the women in our community!

They showed us how to check our oil, understand what certain dash lights mean, how to change a tyre, what to do when you need further assistance, and so much more.



Thanks Mariah & Logan!



## PRIDE MONTH

CFW is now registered with the Welcome Here Project!

This beautiful project supports businesses and services throughout Australia to create and promote environments that are visibly welcoming and inclusive of the LGBTIQ+ communities. We also now have access to resources and a network of services that can support our work within the LGBTIQ+ community!



~~HOW'S WORK ?~~  
WHAT'S THE MOST  
PART ABOUT WH  
~~IS SOMETHING W~~  
WHAT DO YOU N  
NOW MORE 'THAN  
BEY CURIOUS x



herplatform  
shop.com



# IGNITE

THE  
CENTRE  
FOR WOMEN  
& CO.

SPARK YOUR JOURNEY TO SELF-COMPASSION

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FREE TO ATTEND  
20TH JUL 2023 | 9:30 AM- 1 PM  
29 CITY ROAD, BEENLEIGH

Join us for a 3-and-a-half-hour workshop where we introduce the concept of:

- self-compassion
- self-care
- mindfulness
- your inner critic
- managing emotions

Walk away with an increased understanding of your wellbeing and ability to practice adaptive coping skills in your every day life.

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Register by calling, 3050 3060 (Option 1) or  
email [BeenleighAdmin@centreforwomen.org](mailto:BeenleighAdmin@centreforwomen.org)  
[www.centreforwomen.org.au/services](http://www.centreforwomen.org.au/services)



# What's coming up?

WELLEBING WORKSHOPS FOR WOMEN LIVING IN  
LOGAN, BEENLEIGH AND THE REDLANDS.

## JULY

Thursday 20th: Ignite  
9:30am - 1pm | FREE  
29 City Road, Beenleigh

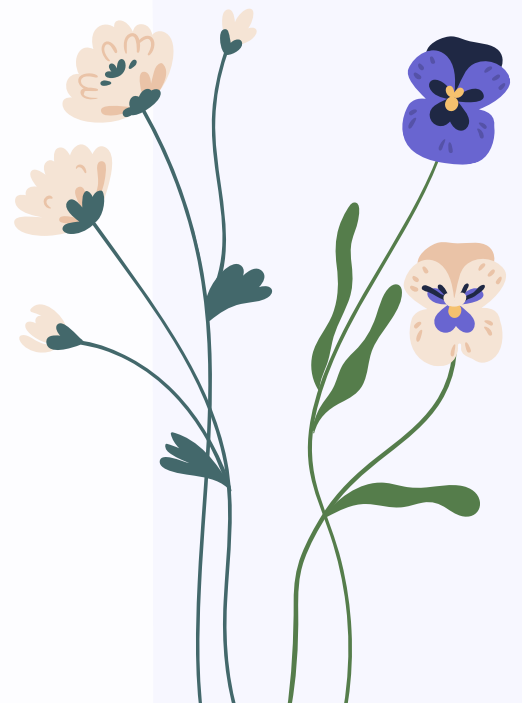
Thursday 27th: Flourish (5 weeks)  
9:30am - 1pm | FREE  
29 City Road, Beenleigh

Tuesday 25th: SMBI Kickstarter (8 weeks)  
10am - 2pm | FREE  
Bay Islands Wellbeing Clinic -  
3 Cambridge Rd, Russell Island - 4184

Wednesday 19th: Logan Kickstarter (8 weeks)  
10am - 2pm | FREE  
558-662 Kingston Road, Kingston - 4114

Thursday 27th: Cleveland Kickstarter (8 weeks)  
10am - 2pm | FREE  
286 Bloomfield St, Cleveland - 4163

TURN TO THE NEXT PAGE FOR MORE.



## AUGUST

Thursday 31st: Ignite  
9:30am - 1pm | FREE  
29 City Road, Beenleigh

## SEPTEMBER

Friday 15th: Gut Health Morning Tea  
10am - 12pm | FREE  
29 City Road, Beenleigh

Thursday 31st: Ignite  
9:30am - 1pm | FREE  
29 City Road, Beenleigh

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If you would like to attend one of our upcoming workshops or groups, please contact one of the following addresses:

For workshops in the Redlands areas:  
[redlandsgroups@centreforwomen.org.au](mailto:redlandsgroups@centreforwomen.org.au)  
(07) 3050 3060 - Option 3

For workshops in the Logan areas:  
[BeenleighAdmin@centreforwomen.org.au](mailto:BeenleighAdmin@centreforwomen.org.au)  
(07) 3050 3060 - Option 2

For Kickstarter registrations:  
[redlandsgroups@centreforwomen.org.au](mailto:redlandsgroups@centreforwomen.org.au)  
(07) 3050 3060 - Option 3

For general information or questions:  
[Hello@centreforwomen.org.au](mailto>Hello@centreforwomen.org.au)  
(07) 3050 3060 - Option 4

# FLOURISH

THE  
CENTRE  
FOR WOMEN  
& CO.

JOIN US FOR OUR SIGNATURE WORKSHOP  
SERIES

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FREE TO ATTEND  
9:30 AM- 1 PM  
29 CITY ROAD, BEENLEIGH

Nourish | 27/07  
Cultivate | 03/08  
Digging Deep | 10/08  
Digging Deeper | 17/08  
Bloom | 24/08

Flourish is our signature 5 part workshop series where we dive into personal development. We cover topics like personal boundaries, self-confidence, self-worth, diet culture, sleep hygiene, healing from trauma & wellbeing.

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Register by calling, 3050 3060 (Option 3),  
or email [redlandsgroups@centreforwomen.org.au](mailto:redlandsgroups@centreforwomen.org.au)  
[www.centreforwomen.org.au/services](http://www.centreforwomen.org.au/services)





**KIRSTY**

**INTAKE WORKER**

# 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!*

*Thank you to this edition's Community Change Maker for letting us share their incredible story.*

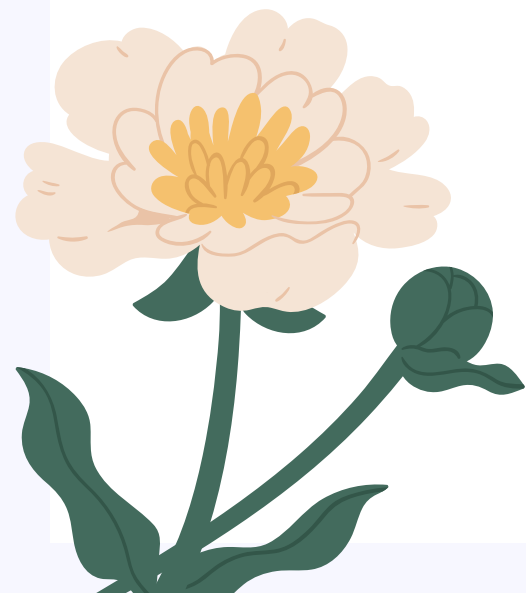
## TELL US ABOUT YOURSELF!

My name is Kirsty and I am one of the Intake Workers at our Logan Central office. I've been at the service for a year and a half, and love the work that we do every day.

A small snapshot of me: I am a big pet lover but sadly no pets, love traveling and seeing new places and embody the saying "jack of all trades, master of none".

## WHAT HAVE YOU RECENTLY BEEN FOCUSING ON?

A big focus for me recently has been getting my ADHD diagnosis. It's been in the works for a long time, and I'm unsure what the next steps will be currently, but I'm glad to have something formalised now!



I also have an array of unfinished hobbies that I'm picking up randomly to get done – knitting a jumper, learning to crochet, and trying to finish a not-very-good book – slow progress on all.

## WHY DO YOU DO WHAT YOU DO?

I'm very passionate about supporting and empowering the women we work with – and helping them see what they have done for themselves and their families already. Intake in particular is amazing as you get to engage with lots of different women and provide initial support, information they are seeking, or linking them in with our A&R team for more formalized supports. I feel incredibly lucky to work alongside amazing women – both our clients and my colleagues.

## WHAT IS SOMETHING THAT BRINGS YOU JOY?

A lot of little things that make up me – my friends, my partner, travelling – a trip to Japan at the end of the year is in the works, animals, my array of unfinished hobbies, and spending time outside. Also having laughs with the girls at work – this sparks joy every day.

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

I hope we've learnt to take breaks and go slow if needed – and if not that's okay too.





# FOR OUR ELDERS

2-9 JULY 2023



**Kingston Butter Factory**  
270 Jacaranda Avenue, Kingston

**Time: 9.00 am to 2.30pm**  
**Date: Tuesday 4th July 2023**

## THE LOGAN NAIDOC CELEBRATION

LOGAN DISTRICT ABORIGINAL  
& TORRES STRAIT ISLANDER  
CORPORATION  
FOR ELDERS

LANGUAGE  
WORKSHOPS

ELDERS  
YARNING  
UP

DEADLY  
SPORTS  
ARENA

WEAVING

RIDES  
&  
SLIDES

REPTILE  
FARM

GENUINE  
ARTEFACTS

"NANA MAGIC"  
SHOW

PERFORMANCES

JEWELLERY  
&  
APPAREL

DAMPER  
COMP

FREE ENTRY  
ON THE DAY

TRADITIONAL  
FOODS

DAMPER &  
JOHNNY CAKES  
COOKING  
DEMONSTRATION

DIDGERIDOO  
WORKSHOP

FREE  
BBQ

BUSH  
TUCKER  
TASTING

INFORMATION  
SESSIONS

# Potato & Leek Soup

Indulge in a comforting bowl of potato and leek soup—a velvety blend of tender potatoes, aromatic leeks, and savoury seasonings; warming both body and soul.

## INGREDIENTS

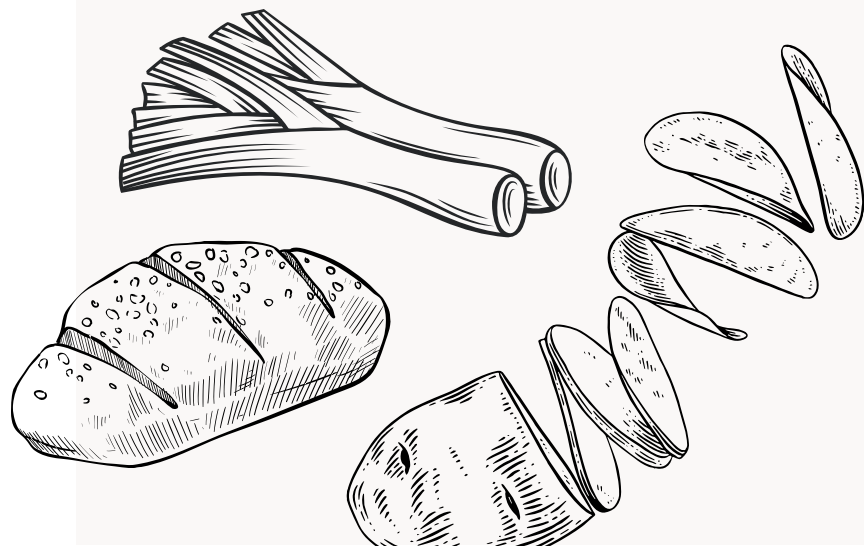
Garlic (as much as you like)  
2 large leeks  
1 large white or red onion  
2 large potatoes (cut up)  
1 ltr chicken or vegetable stock  
1 cup of water  
Bacon - Optional  
3 tbs thyme  
Salt & Pepper



**STACEY**  
**THE CENTRE FOR**  
**WOMEN & CO. CEO**

## DIRECTIONS

1. Cut up one large white or red onion & 2 large leeks into small slices - wash before.
2. Fry garlic, onion & leek in some olive oil until nice & brown - add in bacon if you wish.
3. Add in your 3 large peeled & diced potatoes.
4. Add in thyme, salt & pepper and stir well.
5. Add in the chicken or veggie stock & stir well.
6. Add water or extra stock to cover all ingredients.
7. Let simmer & cook away for 40mins +.
8. Blend & keep warm until serving.
9. Serve with sour cream or natural yogurt & some yummy sourdough.





# Winter Wellness

Winter isn't all hot chocolates, warm blankets and fireplaces. Winter can see a decline in mental health and an increase in physical illness (i.e. cold and flu season). Let's look at some things to keep in mind to boost your winter wellness so you can minimise your risk of falling ill this winter.

Have you ever been going through a stressful time where you've been incredibly busy and on the go, only to fall sick at what felt like the worst possible time? That stress probably made you more susceptible to illness. When you are stressed, your immune system can be compromised. Practising self-care and healthy boundaries is vital to minimise the risk of illness.

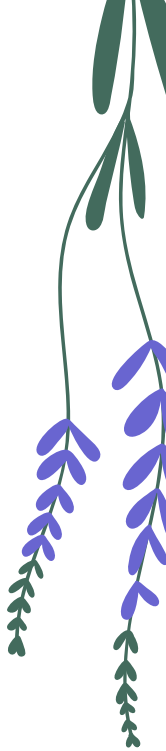
The sun is not only for the summertime; it's so important to get a healthy amount of sunshine in winter too. In winter, many people have much lower vitamin D levels than in summer. Some studies have found that vitamin D deficiency is linked with a higher likelihood of contracting the flu or respiratory infections.

Practising good hygiene is important every day, every season and all year around. However, with the risk of cold and flu higher in winter, we need to be extra vigilant about germs. You could place a bottle of sanitiser in your car, at your front door or in the kitchen to prompt you to wash your hands at times you might not otherwise think to.

Eat warm, nutritious meals to nourish your body. With the high cost of living, soups - homemade or store-bought - may serve as an affordable way to have healthy, warm meals throughout winter.



**NICOLA**  
**MCE TEAM LEADER**



Water is also beneficial for your immune system. Even though you may not feel thirsty in winter, drinking a few litres of water daily is another way to ward off illness.

Being sick at work is not a badge of honour, and this is two-fold. Firstly, continuing to work while you are sick does not allow your body adequate time to rest and recuperate. Secondly, it increases the risk of spreading the illness to your team. If your team becomes sick, then it will likely cause workload and workflow issues that may fall back onto you.

Mental health and wellbeing are just as important to look after as your physical health. Take time to do things you love and see people you love this winter, and your mental health will thank you for it.

Most of this article might be what you already know. If it is, then please take this article as a gentle reminder to take care of yourself and listen to your body this winter.

Stay warm and cozy this winter!



# Shopping Tips & Tricks

The rising cost of living and food shopping induces stress as limited budgets clash with increasing prices. Balancing finances, making ends meet, and the strain on mental wellbeing can create an overwhelming environment for many. So here are two resources!

## WISE LIST - APP



free to  
download

Wise List isn't just about organising your shopping lists; it's also your secret app for saving money. With its ingenious money-saving feature, the app scans for deals, discounts, and coupons from your favourite stores. It helps you make informed choices, find the best bargains, and maximise your savings, all at your fingertips.

## LIGHTHOUSE CARE

Lighthouse Care in Loganholme & Hillcrest, Logan, is a non-profit organisation striving to alleviate the burden of rising food costs and promote food security for their community. Their shelves are stocked with nutritious and affordable options, ensuring that individuals and families facing financial challenges can access wholesome meals.

Instagram: @lighthousecare  
Website: [lighthousecare.org.au](http://lighthousecare.org.au)

up to

**70%**

off rrp

**\$25**

trolleys

Mon - Fri

**9AM - 5PM**

Sat 9am - 12pm

# NUTRITIONAL FOODS & THE GUT BRAIN CONNECTION:

FUELLING YOUR BODY TO  
SUPPORT YOUR MENTAL HEALTH.

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FREE TO ATTEND  
15TH SEPT 2023 | 10 AM - 12 AM  
29 CITY ROAD, BEENLEIGH

Good nutrition is a key element of our wellbeing. It is part of living a healthy and balanced lifestyle.

We will be joined by naturopath, author and host of 'The Shift' Katherine Maslen. Katherin will share with us her knowledge about nutrition, gut health and wellbeing.

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Register by calling, 3050 3060 (Option 1) or  
email [Hello@centreforwomen.org.au](mailto>Hello@centreforwomen.org.au)  
[www.centreforwomen.org.au/services](http://www.centreforwomen.org.au/services)

THE  
CENTRE  
FOR WOMEN  
& CO.

shiff





REBECCA  
THE CENTRE  
FOR WOMEN &  
CO. CHIEF  
OPERATING  
OFFICER

# 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 Rebecca for the author recommendation!*

## RUPI KAUR

Have you heard of Rupi Kaur? Rupi is a Canadian poet, illustrator, photographer, author. She is a livewire! Born in Punjab, India, she moved to Canada with her family when she was just a girl . She began performing poetry in 2009 and using Instagram as a platform which catapulted her career into the stratosphere.

She now has 3 bold and raw collections of poetry that breathe life into my world! She is the epitome of modern day feminism, where no one box fits all and where tradition can also be met with a life of no apologies! We love! You can follow Rupi on Instagram or delve deeper into one of her best pieces "Milk and Honey".



*Connect  
with us!*

CLEVELAND, BEENLEIGH  
& LOGAN CENTRAL IS  
OPEN:

Monday to Friday  
9am - 4pm

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  
Instagram: @thecentreforwomen.co

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

# Other important services

DV Connect - 1800 811 811

Lifeline - 13 11 14

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

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

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

YOU ARE  
NOT ALONE.  
BE CONNECTED.  
BE SAFE.

*Thanks for  
reading!*

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.

