



# Her Newsletter

N O V E M B E R  
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! I hope you are as excited as I am to be reading the Community Newsletter! We are truly racing towards the festive season, I personally cannot wait to spend time with everyone, finally pull out my Christmas tree and eat all of the yummy food.

Although I still think of myself as the newest kid on the block that is not the case! It is so exciting meeting all the new team members stepping into their roles, I can't wait to see the growth of The Centre for Women & Co. in 2024. But before I get ahead of myself I wanted to take the time to highlight the last few months!

Over the past few months, we had Yoga Sessions run by our resident yogi Chantel, we secured a new site, our insanely talented MCE team released some incredible campaigns over National Child Protection Week and Qld Mental Health Week just to mention some and our AGM went off without a hitch! It is always so amazing to get together as a team

and celebrate the meaningful work we do.

That is not to say we are wrapping up for the year, there are so many exciting things to look forward to! Since starting at The Centre for Women & Co. my cheesecake tin has had its fair share of use and I am so grateful to be included in this year's Maker's Market on the 11th of November. It truly is going to be the place to buy all of your Christmas gifts and of course, treat yourself. Later in November we have the 16 Days of Activism Against Gender-Based Violence, this campaign is such an important piece of work curated by the MCE team. But I have to say I am most excited for the 2023 CFW Christmas Party!

Thank you all for these last few months and remember to take care of yourself through this holiday period, it is so well deserved.

**COURTNEY**

**CFW RECEPTIONIST**

# What's been going on?

## NATIONAL CHILD PROTECTION WEEK

For the 2023 NCPW The Centre for Women & Co's. Children & Youth Counselling Team came together to produce three A3 posters and one sticker design.

These designs have been created to be displayed in your home or in a practitioner's office. With key messaging and quotes our team use on a daily basis with our clients and our beautiful child & youth branding, these calming posters can be displayed anywhere.

To shop this campaign, visit out online [Her Platform Shop](#).



## QLD MENTAL HEALTH WEEK

At The Centre for Women & Co. we believe that to love others you should love, nurture, prioritise and take care of yourself too.

For this year's Qld Mental Health Week campaign we have released this Tote Bag with the quote 'Loving Myself to Love Others'!



To shop our QLD MHW Tote Bags, visit our online [Her Platform Shop](#)!

## CFW 2023 AGM

On the 24th of October we held our 2023 Annual General Meeting (AGM). To start our morning, we had amazing coffee from Substation 33 Coffee Van, we caught up with friends and ate delicious breaky foods. We heard from our team, Tim from Purpose Made and our Board of Directors.

We closed the morning with some more mingling and look forward to next years AGM.

If you would like to read our 2023 Impact Report, please read [here](#).





saturday, november 11th  
9:00 am - 1:00 pm  
HER Space, compton plaza  
unit 12, 126 - 130 compton road,  
underwood, 4114.



# BANGLE Weaving Workshop

BY KUNIKA STUDIO

Join Lisa from Kunika Studio as she guides you in your making journey, weaving a bangle using contemporary natural fibers.

Through this experience, you will gain an appreciation for traditional Aboriginal weaving techniques that have been passed down through generations, as well as an understanding of the cultural significance of the craft. Pick from Peel Island Water, Native Iris, and Coral Gum colour palettes, and add a freshwater pearl to complete the look.

SATURDAY NOVEMBER 11TH  
9AM - 10.30AM (GROUP 1)  
11AM - 12.30PM (GROUP 2)

SUITABLE FOR AGES 13+ TICKETS  
ARE \$50PP

REGISTER VIA OUR [WEBSITE](#) OR EMAIL  
HELLO@CENTREFORWOMEN.ORG.AU

THE  
CENTRE  
FOR WOMEN  
& CO.

#STRONGERTOGETHER

# What's coming up?

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

## NOVEMBER

Friday 3rd: Gentle Yoga

9am - 10am | FREE

29 City Road, Beenleigh

Friday 10th: Gentle Yoga

9am - 10am | FREE

29 City Road, Beenleigh

Saturday 11th: Bangle Weaving Workshop

9am - 10:30am | \$50pp

11am - 12:30pm | \$50pp

Unit 12, 126-130 Compton Road, Underwood, 4119

Thursday 16th: Christmas Mini Pot Plant Painting

9am - 11am | \$25pp

Unit 12, 126-130 Compton Road, Underwood, 4119

Friday 17th: Gentle Yoga

9am - 10am | FREE

29 City Road, Beenleigh

Thursday 30th: Ignite

9:30am - 1pm | FREE

29 City Road, Beenleigh



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)

For workshops in the Logan areas:  
[BeenleighAdmin@centreforwomen.org.au](mailto:BeenleighAdmin@centreforwomen.org.au)

For Kickstarter registrations:  
[redlandsgroups@centreforwomen.org.au](mailto:redlandsgroups@centreforwomen.org.au)

For general information or questions:  
[Hello@centreforwomen.org.au](mailto>Hello@centreforwomen.org.au)

07 3050 3060



# MINI POT PLANT PAINTING

CHRISTMAS CREATIVE WORKSHOP

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

FREE

THURSDAY, 16TH NOVEMBER

9AM - 11AM

UNIT 12, 126-130 COMPTON ROAD,  
UNDERWOOD

REGISTER VIA OUR WEBSITE OR EMAIL  
[HELLO@CENTREFORWOMEN.ORG.AU](mailto:HELLO@CENTREFORWOMEN.ORG.AU)

THE  
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# Community Change Maker

CHY

SENIOR ADMIN

*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!

Hi my name is Chyann I am the Senior Admin at our Logan Central office and I have been with the CFW for 7 years now and enjoying every day working for an amazing organisation.

A bit about me: I am quite the introvert and homebody but keen to go out anytime with good company. I love watching my Korean dramas/tv shows with some good fried chicken and I love music whether it be listening, dancing or singing.



## WHAT HAVE YOU RECENTLY BEEN FOCUSING ON?

Work wise its de-cluttering the spare office spaces and clearing old furniture OUT! Personally planning our next family trip overseas which is yet to be decided, this year we went to Fiji and it was awesome would definitely recommend for a tropical holiday.

## WHY DO YOU DO WHAT YOU DO?

I do what I do because I want to give back to our community. Being the face that welcomes the many women and children into our space I want to ensure they are safe and comfortable. We cross paths with so many women from different walks of life and although they are seeking advice/support from us we are also learning from them and hearing their stories of resilience and courage to taking the first step.

Within my admin role, I am pretty much an all-rounder supporting the team with processing referrals, setting up phones/alarms, dealing with maintenance/maintaining office spaces to supporting with booking crisis accommodation. I love the work that I do and what I contribute to our service, it definitely keeps me on my toes and I have learnt/grown so much along the way.

## WHAT IS SOMETHING THAT BRINGS YOU JOY?

My family, I am the oldest of 4 girls and there is never a dull moment in this household. My family keep me grounded and are always supportive in everything I do. Also my work colleagues have to give a shout out to them, they are a weird and funny bunch but they for sure brighten up the days.

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

I would tell myself that everything happens for a reason it may be good or bad but we learn from it and keep moving forward.



# GENTLE YOGA SESSION

QUALIFIED YOGA INSTRUCTOR

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FREE TO ATTEND  
17TH NOV 2023 | 9 AM- 10 AM  
29 CITY ROAD, BEENLEIGH

Join Chantel, a qualified yoga instructor, for an hour-long gentle yoga session at our Beenleigh office.

Gentle Yoga is a gentler style of Hatha Yoga practice. With its emphasis on breathing and quiet reflection, allowing us to come away feeling more flexible in our bodies and can help invite more calm into our minds and nervous systems.

Gentle Yoga can be practiced by just about anyone, regardless of age or physical condition. Modifications are made to help people of all fitness levels enjoy the benefits of yoga. These workshops include extra time for meditation, pranayama (yogic breath work), and relaxation in this gentle yoga practice.

*Yoga mats are provided, you're welcome to bring a towel.*

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Register by emailing  
[BeenleighAdmin@centreforwomen.org.au](mailto:BeenleighAdmin@centreforwomen.org.au)  
[www.centreforwomen.org.au/services](http://www.centreforwomen.org.au/services)

THE  
CENTRE  
FOR WOMEN  
& CO.

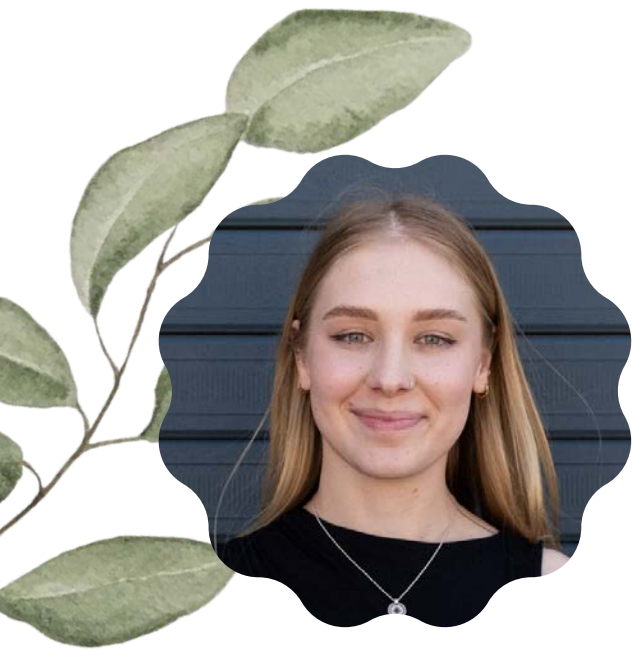


# Nicest Slice Ever

I love baking, however I do love a non-bake slice even more! Here is a quick recipe you can whip up just in time for the upcoming holiday season! It really is the Nicest Slice Ever.

## INGREDIENTS

- 1 pack of Marie Biscuits
- 1 family size Cadbury Block
- 1 tin of Condensed Milk
- 2 tbs Butter
- 2 tbs Golden Syrup
- 1 cup Coconut



**ELLA**  
**COMMUNITY**  
**ENGAGEMENT OFFICER**

## DIRECTIONS

1. Break your packet of Marie Biscuits into a blender and blend until it is a powder.
2. In a saucepan, over medium heat, add your butter, golden syrup and condensed milk - stir until combined.
3. Combine your blended biscuits and coconut in a large bowl and add the warm condensed milk mixture.
4. In a shallow cake tin, smooth the base mixture out evenly.
5. In a separate bowl, break your chocolate into smaller rows and heat in the microwave in 45 second intervals (this is to avoid burning - stir each time).
6. Pour your melted chocolate over the base and set in the fridge for 3-4 hours, or in the freezer for 1-2 hours.

Your slice is now ready to serve!



# Loving yourself to love others

You don't have to love yourself to be able to love someone else. There is no 'ultimate goal' or level of self-love you have to reach. But, practising self-love and self-compassion are key to your wellbeing and your wellbeing plays into your relationships.

There are three main areas of self-love which may be helpful to keep in the back of your mind.

1. Self-kindness versus self-judgement. Essentially, give yourself a break and speak kindly to yourself. Use self-kindness to self-soothe and comfort yourself in difficult times rather than antagonise yourself.
2. Common humanity versus isolation. Keep in mind that humans are all inherently flawed and we make mistakes all the time. Self-kindness plays into this one as you need to be kind to yourself when you make mistakes or fall short of your standards for yourself.
3. Mindfulness versus over-identification. Stay in the present moment as much as you can. Try not to focus on regret for the past or worrying about the future. Instead, focus on what is happening right now and find a sense of calm in the present moment.



**NICOLA**  
MCE TEAM LEADER

This time of year can be emotionally and physically exhausting. Deadlines at work, increased social commitments and the slow crawl towards holidays can take its toll. It's more important than ever at this time of year to be focusing on your wellbeing.

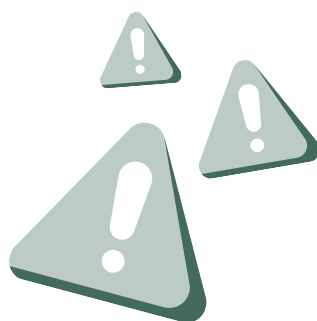
# Aussie Summer Prep

Last month The Australian Fire Authorities Council (AFAC) released it's spring forecast, warning Queensland, New South Wales, South Australia, Victoria and the Northern Territory that they are all facing an increased risk of significant bushfires in the months ahead.

So what should you do? Well, we know these warnings are scary and daunting to read. We also know that being prepared and having a plan in place can help alleviate the stress and worry surrounding this upcoming summer.

Here are 5 things you can do to help prepare for the potential 2023-2024 summer and the predicted weather concerns.

1. MAKE AN EMERGENCY KIT
2. MAKE AN EMERGENCY PLAN
3. CHECK YOUR INSURANCE
4. PREPARE YOUR HOME
5. STAY ALERT



For more information on how to prepare for the Australian Summer, visit our Instagram post [here](#).

# IGNITE

THE  
CENTRE  
FOR WOMEN  
& CO.

SPARK YOUR JOURNEY TO SELF-COMPASSION

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FREE TO ATTEND  
30TH NOV 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 or email  
[BeenleighAdmin@centreforwomen.org](mailto:BeenleighAdmin@centreforwomen.org)  
[www.centreforwomen.org.au/services](http://www.centreforwomen.org.au/services)





To close off 2023, Her Platform will be having a sale!

**UP TO**

**50 % Off**

**SITE WIDE!**

15.11.2023 | 12.12.2023

Start | End

[herplatformshop.com](https://herplatformshop.com)

BEENLIEGH  
TEAM

# 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!

*Thank you to Nic & Madelyn for the book & app recommendations!*

## THE WORRY CURE SEVEN STEPS TO STOP WORRY

Learn to conquer worry with Dr. Robert L. Leahy's proven seven-step program. Identify and change worry patterns, manage time, embrace uncertainty, and overcome safety behaviors. Achieve a healthier, successful life.

## SMILING MIND (FREE APP)

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. Suitable for children and adults!

[Download here.](#)



# Christmas Closure

**As we near the end of the 2023, our teams are wrapping up their work and getting ready for some well-deserved time off.**

Our Domestic & Family Violence Assessment & Response Teams at Logan Central and Cleveland will continue to operate across the holiday period - excluding public holidays.

Our Beenleigh, Men & Co., Cleveland counselling and HQ sites will be closed from December 27th and will re-open on January 8th.

During this holiday time we will be posting less content on social media.

*If you need support during this holiday season, please reach out to services listed on the "Other Important Services" page.*

*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.

