



# SWR THRIVE HIVE

## South West Refuge Inc Newsletter

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*If there was ever a time to dare, to make a difference, to embark on something worth doing, it is now!*

## 6 Wardandi Noongar Seasons.

### Djilba

Djilba marks a transitional time during the year. It has some cold & clear days, along with warmer rainy & windy days. This is a great time to catch some djildjit (fish).

### Kambarang

This season produces longer & warmer days with less rain. In full bloom are the *Djet* (types of flowers), along with plants that are collected & used for medicine, crafts, tools, *Mereny* (food), *Kaal* (fire) & ceremonies.



## South West Refuge Inc—DV Outreach GROUP

### FLOURISH GROUP FOR WOMEN

The Flourish group is a gently structured group for women who are seeking to heal from trauma.

Learn how to better manage feelings of anxiety, depression, helplessness and low self esteem in a safe and supportive environment centered around healing and moving forward through greater self awareness and self nurturing.

You are invited to join us every Friday during school term at the South West Women's Health Centre between 10am and 12pm. There is no charge for participation.



For more details call Maggie on 0488 084 273



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### From The CEO.

As we wind down for another year, I want to thank the staff for their resilience, continued commitment to delivering a high standard of service and their enduring compassion and good humour despite working in a very challenging environment.

Welcome to our new staff members Ashleigh and Jayde. We wish long time team member Kattrina farewell as she leaves us after nearly eight years of invaluable service to start a new role working with children.

I am absolutely delighted that our Mobile Outreach service will continue after November until February 2024 and we have again been nominated for Synergy Spirit's workplace giving program.

We have a lovely new citrus tree in a pot for our courtyard and we are waiting on our brand new 8-seater people mover expected any time in November.

Our Christmas festivities are being planned for staff, clients, and the children so we can ensure we all enjoy a happy Christmas and New Year.

New works to commence over the next few months include **continuing the external painting of the refuge & an upgrade of the bathroom vanity's**

Please enjoy a happy, safe, and wonderful Christmas, *Ali*.

### Baking with Gerry! (SWR Financial Counselor)



During the school holidays in October with support from the Social Work student Sam we provided an Adults and children baking session.

The session was for mums and kiddos to work together, but primarily for Mums to support and encourage the children and young people in this activity and for the children to have primary control over the shaping and decorating of the cookies.

The cookies were mixed from a recipe and not a packet, dough was formed by the hands of the children and rolled out then shaped or cut into shape with a variety of cutters. There were options of adding chocolate chips as well – just to add even more sugar! Icing was hand made with a vanilla or chocolate option and the choice of sprinkles seemed endless.....as was the mess!

The uptake for this activity was better than any session before hand and the enthusiasm and excitement from the participants was contagious.

There were 9 participants, 5 young people ranging from 2 – 11. Not all adults who participated had young people with them but engaged in the process with just as much spirit as everyone else.

The verbal and non verbal communication from everyone was encouraging and supportive throughout the event and there was a genuine willingness to share resources and make sure all the young people were included and had a positive experience.

The kiddos were able to take a break while the cookies were baking and cooling before coming back to decorate and of course EAT their cookies and some even donated a special cookie or two to the staff who were helping.

A special mention to the young person whose Mum was having a challenging day and who made her a special heart shaped cookie, decorated with all the prettiest pink sprinkles and a massive amount of love and care. Oh and one more special mention to several young people who 'attempted' to help us clean the floor afterwards without any prompting.



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## UPCOMING FREE LOCAL EVENTS!

- **Xmas in the city:** Bicentennial Square Saturday 10th December from 4pm
- **Dunstan Street Xmas lights display:** Dunstan street, Bunbury 22-24th December 7pm onwards
- **Xmas Celebrations: Crafts, Morning Tea & Movie session:** Bunbury Library, 15th December 10am
- **Community Bank Collie Xmas Tree:** Energy West Hall, Collie. 11th December 10am



## Kids Holiday fun!

### Grand Cinemas Bunbury movies coming soon:

*Puss in Boots: The Last Wish*

*Matilda the Musical*

### Bunbury skate park:

Bunbury's brand new skate park on Blair street. Free for all ages!

### Gravity Dalyellup:

Book a jump for the family, or choose a party package & have a stress free day, loads of fun & they clean up the mess!

### Crocs play center:

Open Monday—Friday 9-3, Kids under 1 FREE & over 1 \$11 entry.

Book a baking party & make your own pizza & cookies!

## WHATS NEW?

### Refuge washing lines!

Thank you to our handyman for installing 2 hills hoist washing lines in front of our admin building! These will ease the work load of the dryers, & allow staff a larger area to dry linen.







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## WHAT'S NEW?

### New aboriginal wall art!

SWR have installed 3 new beautiful aboriginal art pieces in our courtyard for clients.



### School uniform donations!

We had a big donation of school uniforms for our children from the local community. So thank you to all who donated! Our Child Advocate has them neat & tidy with our new storage baskets.

