

NORWACS NEWS

News from women for women about women

Issue 2 | November 2023



NEWS

COMMUNITY

CULTURE

INTEREST



THANK YOU

It's hard to believe we have nearly reached the end of another year. We have had the pleasure of engaging with so many wonderful women this year. We really value the contributions from our funding bodies which enables us to provide meaningful support to the women of the Northern Rivers, both in-house and via our outreach service and group work.

We are currently on the look out for a Nurse and Counsellor. Please press on the careers link below for all the details.

CAREERS @ NORWACS

We are happy to introduce a new staff member – Jessica Barrett who has joined our WORTH TEAM as their new Social Worker



If you'd like to be a part of the Lismore Women's Festival organising committee please contact Madeleine via email: projects@norwacs.org.au

WORKSHOPS & GROUPS

We facilitate regular workshops and groups over a range of topics. Please reach out if you'd like to partner with us or have any ideas for new events. For details of current offerings press on this Events link:

[EVENTS](#)
[LINK](#)



CLIENT SURVEY

We'd love your feedback

We are always interested in what you have to say whether it's about our groups, individual services, staff members or the organisation as a whole. This assists us in tailoring our work for the community we serve. The survey can be accessed using the QR code or by pressing on the survey link below

[SURVEY](#) ➔

LET'S TALK MENOPAUSE

Gen X seem to be the first generation of Australian women to be speaking out about perimenopause and menopause – in fact, it feels like it may have even lost its taboo status. Jean Hailes has some great resources, you can find them here: [JH Resources](#)

We'd love to start a support group for women going through peri menopause – let us know if you'd be keen to join by completing this short survey: [Survey Link](#)

In the meantime, if you'd like support from our Women's Health Nurse please contact us:

[@ Lismore Women](#)



WE ARE NOW ON INSTAGRAM
Follow us [@norwacs](#)

We are so grateful to Shearwater, the Mullumbimby Steiner School for their very kind donation of some great quality clothing. We have these clothes set up in our reception area until we close on 21/12/23. Please come, have a fossick and grab a few items.



STAFF PROFILE

Kelly Banister

Chief Executive Officer

Our illustrious leader, Kelly, has been at the helm since June 2020.

We threw a few 'get to know you' questions to Kelly which she very kindly answers below:

Where did you grow up? **Travelling**

What day in your life would you like to relive? **Exploring rock pools in Stanwell National Park as a child**

Describe yourself in three words? **Loving, Sensitive, Courageous**

What was your dream job as a kid? **Investigative Journalist**

What are the top three items on your bucket list?
Learning to speak Spanish like a local while living in San Sebastian
Sailing a catamaran around the Whitsundays
Ice skating through downtown Ottawa on the Rideau Canal

What movie scene is worthy of an Oscar? **The red fabric rolling out of the Dressmaker's house and down the street of small town Australia**

Who would be the three guests at your dinner table? **Frida Kahlo, David Bowie, Jeanette Winterson**

What is your proudest achievement? **Delivering the closing speech to the plenary of the 6th Australian Women's Health Conference**

RECIPE

Our amazing Health Promotions Officer, Nerida, is delivering Nourish Northern Rivers groups throughout the region and has shared one of her simple and delicious recipes with us. Enjoy!

(Nourish will continue in 2024. Keep an eye on our Events calendar for future dates)

Nourish Northern Rivers



8 serves



25 minutes

Chickpea Salad



SERVING SUGGESTIONS: *If you have fresh produce on hand then feel free to substitute. Add spring onion, celery, carrot for example. Enjoy this salad as-is or serve it over greens or literally anything that could use some substance and vegetables (nachos or pasta, even). It's nice with crumbled feta cheese as well.*

Ingredients

2 cans (425 g each) chickpeas rinsed and drained, or 3 cups cooked chickpeas.
2 tablespoons sundried tomatoes (bottled), chopped.
1 ½ cups chopped fresh flat-leaf parsley (about 1 bunch)
½ cup chopped red onion (about ½ small)
3 tablespoons extra-virgin olive oil
3 tablespoons lemon juice (from 1 to 1 ½ lemons), or more if needed.
2 cloves bottled or fresh garlic, minced.
½ teaspoon fine salt
Freshly ground black pepper, to taste

Method

- In a medium bowl, combine all the ingredients. Toss until combined. Taste and add additional lemon juice, salt, or pepper if necessary.
- Serve immediately, or chill until you're ready to serve. Leftovers keep well, covered in the refrigerator, for up to 4 days.

We wish you a
very joyful holiday
season

WE'D LIKE TO THANK YOU FOR YOUR
SUPPORT THIS YEAR

OUR OFFICE WILL BE CLOSED FROM 4:30PM ON THURSDAY, 21 DECEMBER 2023
AND RE-OPENING AT 9AM ON TUESDAY, 2 JANUARY 2024

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We acknowledge the traditions and culture of the Widjabul Wia-bal People of the Bundjalung Nation, the First Peoples of Lismore, where we live and work. We respect and acknowledge their Elders, past, present, and emerging. Always Was and Always Will Be Aboriginal Land.