

NORWACS NEWS

News from women for women about women



Issue 3 | August 2024

NEWS

COMMUNITY

CULTURE

INTEREST

HELLO & GOODBYE

We are delighted to introduce our new CEO, Kim Boyd.

Kim has come to us after 30 years of combined experience in Women's Health program development and presentation within the Private Health System, and Community Service Management for large Not for Profit Organisations in NSW. The most recent being with St Vincent De Paul Society as a senior manager responsible for the overall management of a large portfolio of 56 sites located from the QLD Border to Newcastle, accountable for the continual growth in funds to support the growing service needs in each Community.



Our outgoing CEO, the formidable, Kelly Banister is looking forward to new adventures as she heads into a lovely break before deciding on her next chapter. Please join us in welcoming Kim and expressing our immense gratitude for Kelly's inspiring and engaging leadership over the past four years.

A few words from Kelly:

"It has been an honour and pleasure to work with you over the past four years. I am delighted to introduce Kim Boyd as the new CEO of NORWACS. Kim has extensive expertise as a leader in the community and women's health sector and I am confident NORWACS' critical and quality services for women will continue and grow under her management. Thank you for your trust and support and I wish you good health, success and satisfaction in your future endeavours."

**We're on the look out for a new
Lismore Women's Festival
Co-ordinator.**

**Is this you or somebody you know?
For more information see the Briefing
document below:**

LWF Co-ordinator

From 1 July 2024, coercive control became a criminal offence in NSW when a person uses abusive behaviours towards a current or former intimate partner with the intention to coerce or control them. The criminal offence captures repeated patterns of physical or non-physical abuse used to hurt, scare, intimidate, threaten or control someone. The law only applies to abusive behaviour that happens after 1 July 2024.

For more detailed information about coercive control and law please click on the link below:

Coercive Control

E: ADMIN@NORWACS.ORG.AU | P: 6621 9800 | 60 URALBA STREET, LISMORE



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 and present. Always Was and Always Will Be Aboriginal Land.



STAFF PROFILE

Emma Siegel

Manager – Lismore Women's Health & Resource Centre

Emma joined us 6 months ago and has become an invaluable member of our NORWACS' Team.

Let's get to know her a bit better:

If you could visit any place in the world, where would it be?

Marrakesh – for the food, culture, and chaos

What's your favourite type of food or cuisine?

Middle Eastern

What is one thing you can't live without?

Pickles

Why did you choose to pursue a career in your field?

There aren't many jobs where you get work with people and play with data, so public health seemed like a good fit for me.

What type of books/movies do you enjoy?

I'm more likely to watch a tv series than a movie. I tend to like quirky dramas or documentary series. I like to read fiction, memoirs, pop-psychology, and the occasional trashy crime novel as a palate cleanser.

Where did you grow up?

I grew up here in the Northern Rivers. I couldn't wait to get out of here as a teenager but was drawn back when I started a family.

What day in your life would you like to relive?

Any day that includes the sun, the beach, and a good book

Describe yourself in three words?

Driven, compassionate and a bit neurotic 🤔

What was your dream job as a kid?

I always wanted to be a lawyer or a judge, until I was old enough to understand that meant studying law!

What are the top three items on your bucket list?

Scuba dive at Ningaloo reef, climb Kilimanjaro and bike pack through South America or Central Asia

Who would be the three guests at your dinner table?

Well, many people I admire would be boring dinner guests so I would probably invite some funny and fabulous people like Betty White, Ru Paul, and Tiny Fey.

What is your proudest achievement?

Co-creating two exquisite tiny humans

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

CREATIVE COMPASSION

Creative Compassion is delivered as a one day workshop enabling the discovery of self compassion through mindfulness and art. At our latest workshop delivered in Goonellabah the focus was 'The River' as we understand the river is what connects a lot of our communities. It also holds a lot of pain and trauma for the community post flood. However, we incorporate this collaborative group artwork as a way to heal together. We are hoping to deliver this group in many communities across Northern Rivers and expand our collaborative River piece.



"I found the workshop highly valuable because it allowed myself the time to go deeper. To not avoid or be consumed with other business. I would describe my experience as enriching. Participating in these sessions has given me permission to honour my creative nature."

"I really enjoyed painting something. I've always wanted to do this, for a long time. It was very therapeutic and healing for me"

RECLAIM THE NIGHT

Stand up against violence
against women

#ReclaimTheNight2024

save the date

Thursday,
24 October 2024
@ the Quad, Lismore

 **norwacs**
northern rivers women & children's services inc.

Did you know you are able to support NORWACS by way of a donation? This helps us to continue and expand our work with women in the Northern Rivers region.

All donations over \$2 are tax deductible.

DONATE
HERE

SHARK CAGE® FOR YOUNG WOMEN

After a beautifully successful year of presenting the Shark Cage Group to adult women, we are excited to now be offering Shark Cage for Young Women in school and community settings, promoting healthy relationships amid a global crisis of violence against women. Group facilitator Emma wrote about the nationwide program in the pages of Ballina Wave recently - learn about the human rights framework that empowers women of all ages to understand the cultural context of gendered violence and embrace self care as a core tool for healing and building resilience and a positive sense of self.

Please read more about the program in the August edition of the Ballina Wave (page 50) here: [Empowering Young People in Relationships](#)

For more information and to book, please phone 0492 897 599 or email: ywsharkcage@norwacs.org.au



MENOPAUSE AWARENESS SURVEY

The transition to menopause is a natural event for women and can impact women in many different ways. NORWACS will be organising a series of Menopause Awareness workshops and would love to have your input. This survey should only take about 3 minutes to complete. Thank you for your contribution.

survey link

IN THE NEWS

In July 2024, The Conversation ran a media article entitled, More than half of Australian young people are using strangulation during sex: new research. This story, by Professor Heather Douglas and colleagues, unpacks their new Australian research on the prevalence of sexual choking among 18 to 35 year old Australians. It includes a link to It Left No Marks as a source of support for those engaging in this practice.

Read the full article by clicking on the image below.

