

SEW FOR CHANGE NEWS

Autumn 2022 | Issue 1



Welcome to our second newsletter for 2022 - I hope that it will be interesting for you and full of information. This month we are working with a new team of interns from the University of Canberra building our new Canberra Circle of Women website. It will take a few months as it is being built from scratch so it is rather challenging - in a good way!

You will see that we are changing our look! We are going for a vibrant and fresh look - a bit bold and proud. This is because we needed something that catches the eye of everyone - with a bit of pizzazz too - like the people we serve - we hope you like it. There are a few more changes on their way ... it is such fun to reimagine!!

Bringing positive Change to the world, one child at a time!



DAYS FOR
 **GIRLS**
TUGGERANONG ACT
AUSTRALIA TEAM

Our new email: sewforchangeact@gmail.com

Our new look

Our new updated look!!

Sew for Change

making a difference

web:canberracircleofwomen.com



Our market stall will look new and fresh too

Our new flag for markets all ordered and ready for action at the next market

Bra Donations Needed

We send them to Pakistan & the Philippines

Your pre-loved bras are needed by the girls and women of the Philippines and Pakistan - who need them not only for dignity but also to stop them developing chaffing and infections, such as boils in hot and humid climates.

Imagine going to school and trying to play sport without a bra. Or nursing your baby. Or working through the hot day in the kiln factory.

Bras are very much a luxury in poorer rural communities, and often women don't have even one bra to use. Bras certainly are one of the most consistent items we are asked for. And they are so appreciated.



We make Days for Girls Menstrual Hygiene kits and include a bra for the girls and women at the same time.
Pakistan



A bra makes so much difference when you go to school, especially in sport Philippines

We need all sizes of bras, in preloved good condition and clean. Sports bras and nursing bras are very much appreciated as well.

Drop off points:

SHOUT Office

Pearce Community Centre, Collett Place, Pearce

Motherly Instincts

3/52 Woollongong Street, Fyshwick

Arthritis ACT

170 Haydon Drive Bruce

The Markets Wanniasa

Waniassa Shops, Sangster Place Wanniasa

Fernwood Tuggeranong

184 Scollay Street, Greenway

**DAYS FOR
GIRLS
AUSTRALIA**



DFG News

This wonderful photo from Lubna was used in the March edition of the International DFG Newsletter - Last month they featured our Philippines photo and this month Pakistan!!



She has got this. We've got her!

Our mission is to reach girls and women, to give them a DFG kit, along with training, so that they can break the stigma of periods, understand their value and to stay in school or work without shame. For the future it means fewer child marriages, reduced poverty and slavery, less children and a stronger community where education is supported



**Every Girl.
Everywhere.
Period.**

Sewing and Packing Day Calendar

Sewing and Packing Dates 2022

In 2022 we have our days on both **Sundays** and **Fridays**

18 February Friday 1-4pm

27 March Sunday 10 - 2pm

17th April Sunday 10 - 2pm

20 May Friday 1-4pm

19 June Sunday 10 - 2pm

31 July Sunday 10 - 2pm

21 August Sunday 10 - 2pm

16 September Friday 1 - 4pm

16 October Sunday 10 - 2pm

20 November Sunday 10 - 2pm

16 December Friday 1 - 4pm



Our Market Dates

In 2022 we have four seasonal markets - these help us to freight our DFG Kits and sewn items over to the countries we serve. Volunteers are always welcome and so appreciated.

23 & 24 April 10 - 2pm

2 & 3 July 10 - 2pm note date change

24 & 25 September 10 - 2pm

3 & 4 December 10 - 2pm

AUTUMN LEAVES MARKET

A beautiful bespoke market

23 & 24 April 2022

10am to 2pm

Pearce Community Centre

Collett Place

Pearce



Volunteers Needed

We need volunteers for our market which we raise funds for our work - buying fabric and freighting packages overseas. If you would like to help please join our facebook page or email ... There are many tasks to do and it is such a lot of fun!!



<https://www.facebook.com/groups/423563609535964>

Pakistan News

While we have been through various stages of lockdown this year we have continued to send an enormous amount of kits to Pakistan through - Lubna Ghani in Toba Tek Singh - Punjab, and Sara Asif in Taxila. Each has unfailingly worked hard to ensure that the kits and the clothes, toiletries, stationery supplies, toys and bras have reached the people who need it the most.

Winter is ending in Pakistan and as Sara said to me the other day, the fans are now on! We are still receiving winter clothing and I will be sending the next lot and then need to store for a while, as knitted clothing is not suitable for the Pakistan Summer! But I do thank the ladies who have knitted tirelessly - including the amazing CWA groups, you are all amazing.

In January we started a bra drive and we are Pakistan the girls and women need bras and we thank everyone for giving us your pre-loved bras - this makes such a difference to the dignity of women world-wide. In Pakistan you will not see the ladies hold up bras due to cultural reasons - but hundreds of bras have been distributed and are one of the most requested items.

So we are grateful for your assistance in this important part of our distributions. Bras are always important for girls and women:

- They offer dignity particularly in sport or school
- They offer privacy when breast feeding
- They reduce the incidence of chaffing and infections in hot nad damp climates
- They make women and girls feel valued

Carol Mead
Pakistan Coordinator



Currently we need the following for Pakistan

- Bras up to size 16 (preloved and clean)
- Toys - clean
- Cotton clothing, dresses and shorts coming into summer
- Toothbrush and paste
- Stationery for school
- Boys underwear to size 10

Sri Lanka News

Start of the 2022 saw us enter a new chapter where we established partnerships with two community welfare organisations ChildFund and Asha Foundation in Sri Lanka. This chapter has seen three new Women's Health Ambassadors receiving Days for Girls AWH accreditation. These three have joined us on this noble quest to address period poverty amongst the poor and disadvantaged girls and young women while educating them in women's health matters.

It is with great pleasure that I welcome our newest Women's Health Ambassadors in Sri Lanka; Thilini Upananda of ChildFund Sri Lanka and Karen Joachim & Gayani Ganegge of Asha Foundation. We are in the process of formalising our partnership with ChildFund Sri Lanka with a Memorandum of Understanding (MoU). This process is expected to be finalised by the end of March. ChildFund has also initiated the processes to facilitate the necessary government approvals and customs clearance for DfG kits consigned to Sri Lanka.

In 2022 Quarter 1, a total of 590 DfG kits were sent to Sri Lanka for distribution. The first consignment is due to arrive in Colombo in early April 2022 and the next one in May 2022.

290 Lismore & Hunter Valley DfG Team
300 Iluka DfG Team

I would like to thank the wonderful members and team leaders of Lismore, Hunter Valley and Illuka teams for their generous and thoughtful donations to Sri Lanka.



I look forward to working with the help of our wonderful DfG volunteers in Australia and our Ambassadors in Sri Lanka to make a difference to the lives of the poorest and the disadvantaged girls in Sri Lanka. Watch this space for further news and updates from Sri Lanka.

Chandanie Kottage
Sri Lanka Coordinator



Philippines News

What's been happening in the Philippines...

Our team spent about six weeks helping with the typhoon clean up in Lete and have now returned. While there they distributed the last of the Day's For Girl's kits that they had on them, as well as clothing, medicine, toiletries and toys to the children that lost their homes.

We have seven boxes of kits on their way to them at the moment along with 12 boxes of other much needed items, unfortunately shipping is taking even longer than usual (and usually it takes a really long time) so they likely won't receive the items until at least June.

At present aside from the usual items they have requested any old laptops, tablets and mobile phones, even if they aren't working they are happy to accept them as we have a repair person who will restore them for free.

These items are needed for the children going to school and are vital so they can attend and complete their school work. So these items would be greatly appreciated.

If you have items you would like to donate items you can drop donations to my place in Hughes. Feel free to email me micaelageorge@hotmail.com and I can provide you the details.

Micaela Centenera
Philippines Coordinator



Items we currently are in need of

- Old laptops, tablets and mobile phones (even if they aren't working)
- Worming medicine
- Over the counter medications (these can be expired)
- Gumboots & Shoes- children and adults
- Summer clothing - babies, children and adults
- School supplies
- Children's bedding



Thank You

We thank the following organisations for their continuing support in 2021 and look forward our continued partnerships in 2022.

Intimo, SHOUT Inc, Pearce Community Centre, CWA - we are currently supported by five chapters, Brindabella Print, Roundabout Canberra, Global School Partners, Uplift Australia, Rotary Daybreak Group, TransDirect, Pak Euro Cargo Company, Uniting Church Weston, Probus and VIEW Club.

Social Media

We are active on Social Media - it is currently under two groups



Sew for Change Canberra Circle of Women



Launch Canberra Circle of Women

We are looking at officially launching Canberra Circle of Women in the middle of the year after the July Markets.

Contact Details

You are welcome to contact Carol Mead on my phone
(text is best) 0423388354
Or email
sewforchangeact@gmail.com

VOLUNTEERING

If you would like to be involved as a volunteer at the Pearce Crafter's Market there is a lot to do and we call for assistance about a month before each market - we run 4 per year.

Each market raises \$3000 to \$4000 which goes towards freight costs and supplies for our work. This really assists us to get clothing DfG kits and items out to the women and children who really need it most.

Pearce Crafter's Market Dates 2022

23rd and 24th April

2nd & 3rd July (note date change)

24th and 25th September

3rd and 4th December



Pearce Crafter's Market ACT

has a page on both
Facebook and Instagram

Email: pearcecraftermarket@gmail.com