

# SEW FOR CHANGE NEWS

Summer 2022 | Issue 5



A publication by Canberra Circle of Women



These last few months have been very very busy and we have continued to send out boxes throughout the world. As you know we work in 4 countries, and recently also donated extra goods for a container to Sierra Leone.

Our volunteers have been amazing this year and I do hope to encourage you all to come to lunch to celebrate our year! We have been so focused on the work we do, I think it is time to also celebrate together. The details of the lunch are on the next page.

As you might know I was a finalist in the Australian of the Year - Local Hero ACT. And, while I didn't win, I am so grateful to have been nominated and be part of this amazing honour. So thank you all the impact we have changes lives and makes a difference.

The Canberra Circle of Women is now an incorporated organisation and has its own bank account. We are currently waiting for a new easier EFTPos facility and things are looking very good for the future. I congratulate the new board and look forward to a busy and exciting year ahead..

Thank you for helping us make a difference!

Regards  
Carol Mead

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



**DAYS FOR  
GIRLS**  
TUGGERANONG ACT  
AUSTRALIA TEAM

**Our new email:  
sewforchangeact@gmail.com**



# Volunteer Update



## Sewing Circle

Thank you everyone who is involved in the Sewing Circle - this has grown from strength to strength and we are now gaining new sewers week by week. While it is currently monthly - I will see whether to start another sewing group in the new year as it is wonderfully popular!! We will need a coordinator for this new group, so if you are interested let me know.

We have been gifted with lots of great fabric and we are finding uses for it all. Sue, Gill, Kim, Jenny and Anne are all cutting clothing, bags and other items. I also went to Bali recently and picked up some great lace and elastic! That was so much fun and so cheap.

## Packing Days (DFG)

Thank you to everyone involved in our packign days - thisis so fantastic - when I think of the first 24 we sent 6 years ago to what we achieve today - I am blown away. The packing days are fun and busy, with lots of chatter and lots to do. Our final one is 20th November and then we have a couple of months off until February.

## Sewing for Sri Lanka

Thank you for all your amazing work - as I am writing this Chandanie is packing the kits up ready to send the Mumma and Joey kds to women in Sri Lanka. I cannot wait to see the response. Thank you for sewing countless amounts of nappies, dolls, throws and sheets, not to mention the very sweet minipinis!!

## Knitting Circle

We stated a knitting circle - and how great is this going!! Every week for a couple of hours, there is wonderful chatter and lots of industry at the knitting circle. We are so fortunate to get lots of wool donated and the ladies make use of it all. Thank you to Anne and Julie for coordinating it all!

## Markets

The markets are the best way we can raise funds for the work we do and I am shoping that everyone will assist us to volunteer at the markets if you can. As you know it is not just the sales of our beautiful items, but the markets are a fantastic way of meeting new volunteers and getting the word out there about what we do.





Let's Celebrate 2022



# Christmas

## LUNCH

---

16 DECEMBER

---



---

1-3 PM

---

SHOUT Meeting Room  
Pearce Community Centre, Pearce

RSVP to [sewforchangeact@gmail.com](mailto:sewforchangeact@gmail.com)  
or text 0423388354 by 9th December



# Sew for Change - making a difference

January - June 2023

Sew for Change is a local volunteer program under Canberra Circle of Women Inc, which support women and children in a variety of ways.

We sew menstrual kits through Days for Girls International to help women and girls globally. Our packing days are to pack these kits so we can send them out to the world.

Everyone is friendly and ready to help newcomers. We look forward to meeting you!



## Friday Sewing Circle

13 January Friday 1-4pm

10 February Friday 1-4pm

10 March Friday 1-4pm

14 April Friday 1-4pm

12 May Friday 1-4pm

9 June Friday 1-4pm

## Tuesday Knitting Circle

January 17, 24, 31 - 1.30-3.30pm

February 7, 14, 21, 28 - 1.30-3.30pm

March 7, 14, 21, 28 - 1.30-3.30pm

April 4, 11, 18, 25 - 1.30-3.30pm

May 2, 9, 16, 23, 30 - 1.30-3.30pm

June 6, 13, 20, 27 - 1.30-3.30pm

## DF6 Kit Packing Days

19 February Sunday 10-2pm

19 March Sunday 10-2pm

16 April Sunday 10-2pm

21 May Sunday 10-2pm

18 June Sunday 10-2pm

**Venue - SHOUT Meeting Room  
Building 1,  
Pearce Community Centre,  
Collett Place Pearce.**

**Ph: 02 62901984 (SHOUT)**

**Everyone is welcome at our days.**



**sew for change**

**email [sewforchangeact@gmail.com](mailto:sewforchangeact@gmail.com)**

**CANBERRA  
CIRCLE OF  
WOMEN**





**Come join in the fun,  
we love our volunteers**

# **Christmas Sparkle Market**



**PEARCE COMMUNITY CENTRE  
COLLETT PLACE  
PEARCE**

**10 am to 2pm  
3 & 4  
December**



# Pakistan News

Sadly there has been a lot of flooding in Pakistan and the aftermath of this will be felt for many months to come. Many families lost everything, and food packs, and supplies were desperately needed in this disastrous unprecedented event.

We have continued to send boxes of supplies to Pakistan over the past three months and will continue as we can. As Pakistan heads into their winter months we are sending lots of knitwear and warm hats and scarves, school supplies and bras.

Sara managed to distribute 180 Days for Girls Kits to in two sessions in the Islamic Madrasa where the Muslim girls are given their religious education - Sara also spoke to them about breast cancer awareness and personal hygiene. While no photos were allowed, it was fantastic that these girls have the information and the Days for Girls Kits they need for their future.

Lubna has been working with a number of charities to distribute food and clothing packs along with DFG Kits and other items. It is a hard time for Pakistan, and even more so as it goes into winter.

Over the next few months a number of cartons will land in Pakistan and the mothers and children are always so happy to receive the contents, it makes such a difference to their lives and comfort.

We are in need of school supplies currently for Pakistan and hope to send whatever we can in the new year.

I would like to thank Pak Express Freight - Ahmer and Adsar, who support us so well in getting our kits overseas. I hear stories often about abandoned kits in ports and people not understanding the intricacies of freighting to Pakistan - I particularly am grateful for a seamless service that they offer us.

*Carol Mead*

**Pakistan Coordinator**



*Currently we need the following for Pakistan*

- Toys & balls - clean
- Winter knitted items
- Toothbrush and paste
- Toiletry items
- Stationery and pencils for school
- Kids underwear all sizes
- Hats and beanies - all sizes



# Sri Lanka News

Since the last update, we have been quite busy with help from many generous people who donated their time, effort and money to help Sri Lanka. Thanks to these contributions we have been able to despatch another 280 DfG kits to our local partners for distribution. Some of these kits were produced by our own team members with the rest donated by Canberra City, Portland VIC and Cairns QLD Days for Girls teams. The Central and Southern provinces of Sri Lanka received multiple distribution sessions since the last update:

- Karen and Gayani of Asha Foundation did a distribution of DfG kits at the coastal town of Seenigama to a group of 60 women who are members of a Women's Empowerment program run by a local charity.
- Facilitated by ChildFund SL, their local implementation team's DfG-accredited Ambassadors of Women's Health completed no less than five DfG kit distributions and health education sessions in Nuwaraeliya region plus another session in Kandy.
- A total number of 248 girls were the recipients. These distributions were conducted between end of October and mid-November

The batch of children's jumpers and blankets donated by wonderful Canberra Knitters enabled us to try out a new project. 60 Knitted baby clothing items were distributed in Balangoda located in the high country of Sri Lanka. Our local contact Ms Sumithra coordinated the distribution with assistance from public health nurses of the area. These items have been very gratefully received by pregnant women and mothers with newborn babies in the area.





# Sri Lanka News (Cont)

ChildFund has facilitated the distribution of another 80 knitted baby sets and children's jumpers in Nuwaraeliya area. It is pleasing to announce that the trial of Mumma & Joey Packs containing some essential items for the newborn baby and the mother has actually begun! After a great deal of preparation, discussion and rationalisation, we prepared a few sample packs, containing the essential items. Many variables needed to be considered: appropriateness for use in cooler and warmer climates, the size range and quantity that is appropriate etc. were amongst these. The items identified for individual packs were then designed by Anne Bozsoky, sewn by many of our wonderful volunteers. Other items that were donated and procured in the numbers required and placed in draw string bags of appropriate size to accommodate all the items. Size and weight of each bundle had to be carefully considered to optimise the capacity of shipping boxes. A total of 30 of these packs suitable for areas of warmer climate and 12 for cooler high country areas were shipped last week. These are due to arrive in Sri Lanka in the new year. Once landed, Mumma & Joey Packs will be distributed to disadvantaged pregnant women and mothers of newborns in rural and regional areas.

Since our last update, the need for DfG kits in Sri Lanka has significantly increased. It is becoming increasingly difficult for our team to produce the quantity of kits needed and cover shipping costs as well. Therefore, our Team Leader Carol is looking at ways to get support of interstate DfG teams for the supply of DfG kits and where possible defray the costs of shipping so that we can continue to support Sri Lanka over the coming months.

During the month of October and November my dear friend Kumu has collected over \$800 of donations from Sri Lankan community in Canberra and the regions. In addition, we have received a generous donation from a member of our group. These donations are being used to cover shipping costs to send DfG kits to Sri Lanka. The contribution of everyone who supported with shipping costs is greatly appreciated.

2022 Year in Summary

1830 DfG kits shipped (some still in transit)

904 DfG kits already distributed

140 knitted baby sets and extra knitwear for kids

42 Mumma & Joey packs are on the way to Sri Lanka

*Chandanie Kottage*  
Sri Lanka Coordinator





# Philippines News

What's been happening in the Philippines...

This month our team in the Philippines travelled by plane to the island of Cebu, a fairly remote region to distribute DFG kits, clothing, other essential items and some toys too. We sent eight boxes from Australia many months ago and the team waited patiently for their arrival in Cebu so they could head over and help the communities there.

This is the first time that Julius, Eveyln, Jorlyn and the rest of the ground team have been required to fly to a remote area, and it took quite a bit of planning to make it happen, however it has been worth it to help those in need that usually miss out due to where they are situated. Now that this has been a success we are looking at other regions to serve next year.

As always we are so grateful to all who help us in so many ways, from making and assembling kits, to donations, it truly takes a small army to make it all happen. Thank you!

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

*Micaela Centenera*  
**Philippines Coordinator**



## Items we currently are in need of

- Warming medicine
- Over the counter medications (these can be expired) Gumboots - children and adults
- Gumboots- all sizes
- Shoes - children and adults
- Summer clothing- babies, children and adults
- School supplies
- Children's bedding



# Zambia News

We have had a lot of holdups with the freight to Zambia which has been quite frustrating, I think I may have got into the headspace that freight was so easy - when in fact - we were in the honeymoon phase. Currently we are waiting on finding out what has happened to four boxes - but we have tracking numbers and hopefully soon they will appear magically!

I am totally grateful that we have had fabulous sponsors to send boxes overseas to Zambia - we just could not afford to pay for the shipments and the need over there breaks your heart.

When I see mothers sitting on worn and torn black vinyl covered beds with their new babies, without adequate clothing, or kids without shoes or warm clothes - it breaks my heart.

As I write this we have had notice that 6 or the 10 boxes are on the way to Nawa - she has hired a taxi! Her words were that the women are already jubilating! She is wanting to give them items from the boxes for Christmas too - so I will keep you posted.

As we move past to the end of the year, our priority is to meet with the **Zambian High Commissioner** and also find a better option for the freight - Zambia needs us, and we need to work in Zambia too.

Lastly we continue to provide the women in Zambia with bras as often as we can, such a small piece of dignity for a woman, and so very much appreciated - but out of reach for so many as the cost is so inhibitive. We need bras from size 10 to size 18 and the women are given 2 so they can wash one and wear one.

*Carol Mead*  
**Zambia Coordinator**



## Items we currently are in need of

- New underwear (undies) cotton not lace if possible - sizes women's 10 to 16
- Bras, nursing bras, camisoles and sports bras - size 10 to 18
- Fish and Chip baby sets
- Baby and childrens clothing
- Small toys
- School supplies



# 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**





# Pearce Crafter's Market 2022

## Christmas Sparkle Market

### 3rd and 4th December



### Social Media

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



**Sew for Change**  
**Canberra Circle of Women**

### Contact Details

You are welcome to contact  
Carol Mead on my phone  
(text is best) 0423388354

Or email

[sewforchangeact@gmail.com](mailto:sewforchangeact@gmail.com)

### Thank You

Every week we receive wonderful donations of fabric and wool, usually from people who are downsizing.... Please try to go through these donations first, we are now finding that we are not able to sift through the mountainous donations at the moment. However if you cannot go through it our wonderful friend Liz will do it for us.

We are grateful as we use those fabrics in our work and we treasure that you thought of us to make use of them in the best way possible.

### We thank the following organisations for their continuing support.

Nexis Financial Services, Intimo, SHOUT Inc, Pearce Community Centre, CWA - we are currently supported by five chapters, Brindabella Print, Roundabout Canberra, Global School Partners, Rotary Daybreak Group, TransDirect, Pak Euro Cargo Company, Uniting Church Weston, Probus and VIEW Clubs, Knit and Natter, The Sewing Room, Rosemont Mogo.

### VOLUNTEERING

If you would like to be involved as a volunteer at the Pearce Crafter's Market there is a lot to do.

Each market raises \$3000 to \$4000

Email: [pearcecraftermarket@gmail.com](mailto:pearcecraftermarket@gmail.com)