

SEW FOR CHANGE NEWS

Winter 2022 | Issue 3



Welcome to June and our Winter newsletter – well at least winter in the southern hemisphere. As we go into winter Pakistan is heading into their summer months and hot weather – this changes what we send them now as the days get very hot!

We have been changing our brand and we are starting to make some changes in how we operate – this is beginning with separating the sewing and packing days to 2 days a month – come Spring we intend to add a weekend sewing day.

Our July Market – Christmas in July – is high on the agenda now as we being to get ready for another successful market! We need you help as a volunteer if you can – there are lots of jobs to do and it really is a fun event. This time Santa will be on site for 3 hours each day – without the bell – and we are looking forward to raising much needed funds for Bosom Buddies through the purchase of tickets with Santa.

I want to thank all the DFG teams around Australia for supporting our work, donating kits, to the Sewing Room, Knit and Natter, and so many other individuals and groups that I cannot remember them all – thank you so much – your help is so very appreciated.

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



Our new email: sewforchangeact@gmail.com

Sew for Change - making a difference

Sew for Change is a local volunteer program 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 - these kits last 4 years and make a significant difference to girls and women reducing period poverty and enabling better outcomes for their future. Our packing days pack these kits so we can send them out to the world.

The sewing circle is run once a month on Fridays and everyone is welcome. We have sewing kits, including kids clothing, and spare machines to use, everyone is friendly and welcoming and ready to help newcomers. We look forward to meeting you!

Sewing Circle

10 June Friday 1-4pm

8 July Friday 1-4pm

12 August Friday 1-4pm

9 September Friday 1-4pm

14 October Friday 1-4pm

11 November Friday 1-4pm

9 December Friday 1-4pm



DFG Kit packing days

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



**DAYS FOR
GIRLS**
TUGGERANONG ACT
AUSTRALIA TEAM



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

Everyone is welcome at our packing and sewing days.



**We are on facebook
email sewforchangeact@gmail.com**



before and after the session



In the Philippines the team run a church session, feed the people, distribute clothes and supplies and do a DFG Distribution of kits for the girls and women a full days work aren't they magnificent!!



New Horizons



Warmth of a cuddly jumper which will be fun to wear and loved so much!!



We know that things grow and change with every wonderful volunteer we meet. And it seems we have hit gold with our knitting ladies who are making fish and chip baby sets, and a wide range of knitted toys, beanies and scarves and baby booties too. It is a foible of mine I guess, that I never say no, just let us see where this leads!! So here we are with our amazing knitting volunteers who are producing all these glorious items - and Pakistan who I usually send them to - going into Summer!

Here we come Zambia and Sri Lanka!!

Chandanie has approached our friends in Sri Lanka who are so excited to now be receiving knitted items and bras - it is cold in many part of Sri Lanka all year round and we are also talking about giving the new mums in hospital a DFG Kit, a couple of fish and chip baby sets and a small toy!! How great is that???

And I have been in contact with Nawa Mwakoi in Zambia who is also very excited about the knitted items and bras... we have sent over the first box by Air freight at \$27.50 a kilo (uggg) and I am currently negotiating free sea freight over if I can get it released through customs and taken to Nawa's door - watch this space.

History of Fish and Ship Sets

Are you confused by the term 'fish and chip baby sets' - the history goes way back to Nigeria where the new mums did not have the money to buy a set of clothing. So when the baby was going home they wrapped the baby in newspaper - like fish and chips.

A thoughtful lady decided we could do better and the easy knit jumper and matching hat were developed - and stay useable until 6 to 9 months.

The pattern is online or in the files on our facebook page - Sew for change





CANBERRA'S VERY OWN

Christmas in July Market

10 am to 2pm
2 and 3 July



PEARCE COMMUNITY CENTRE
COLLETT PLACE
PEARCE

Brought to you by
Pearce Crafters Market

Pakistan News

There have been many many boxes shipped out to Pakistan over the past months and so much support from CWA's, donation points for bras and other DFG Teams so we can continue meeting the huge need that is Pakistan. We have been working closely with Lubna and Sara so that the needs of the community and the children are looked after.

We are now sending through summer clothes as Pakistan starts its hot summer months and we have many sewers completing our dresses and shorts.

Bras are a luxury in Pakistan as they are in so many poor communities, the choice between dinner for the family or the purchase of a bra, is one that women have to make and like women most of the world over - the woman gives all to her family. Bra donations mean that the girl or woman has dignity and they are so very appreciated and enjoyed. 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.

Supplying kids pencils and exercise books makes learning so much easier, and these items are very appreciated amongst the young kids and the teens. School is not compulsory in Pakistan, so making these available is one more thing the parent does not have to worry about.

With Ramadan there were no distributions, however we are now in the swing of it all again. Sara has had to pay rent on a premises for a couple of months as the stock was becoming too large at home.

Today I heard the sad news that Sara's father had passed away - I passed on our condolences, and think of the family at this difficult time.

Carol Mead
Pakistan Coordinator



Currently we need the following for Pakistan

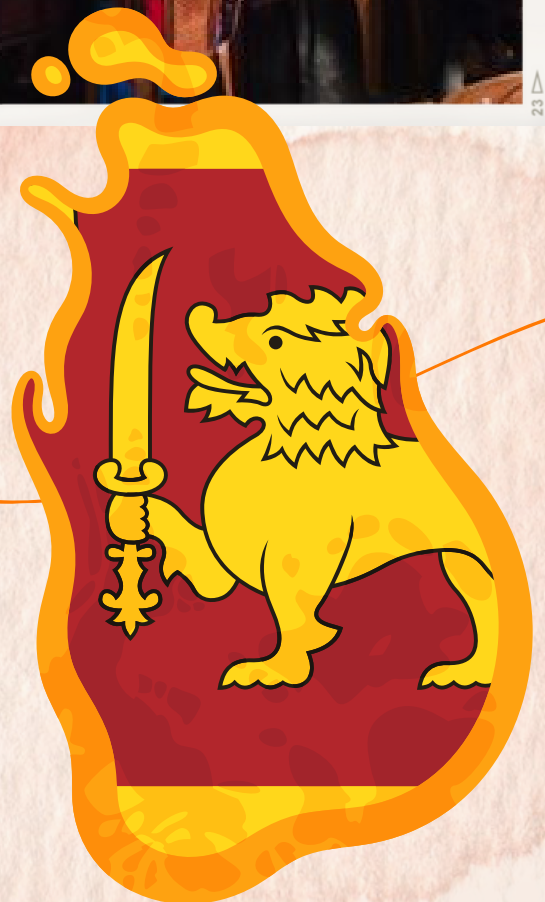
- Toys & balls - clean
- Cotton clothing, dresses and shorts coming into summer
- Toothbrush and paste
- Stationery and pencils for school
- Kids underwear 10

Sri Lanka News

I made considerable progress since the last newsletter, including the clearance of bureaucratic hurdles to deliver significant stocks of Days for Girls kits to Sri Lanka. Our new Ambassadors of Women's Health started the long-awaited distribution of kits and health education to groups of beneficiaries. Our Ambassadors worked creditably to overcome the many challenges posed by the current political situation and economic crisis in order to distribute the kits to the needy in suburban settings.

Since we last reported, we were also able to establish formal links with one of our principal collaborator organisations in Sri Lanka. In April, we signed a Memorandum of Understanding that formalised our partnership with ChildFund Sri Lanka. ChildFund is a non-government organisation that helps deprived, excluded and vulnerable children to improve their lives and the opportunity to be young adults who bring lasting and positive change to their lives and their communities through education and vocational training. Our Womens' Health Ambassador, Thilini Upananda of ChildFund had to postpone the first planned distribution due to current crisis situation in Sri Lanka.

Since the last update, a total of 680 Days for Girls kits have been sent to Sri Lanka. These kits were kindly donated by Days for Girls teams in Cairns and Illuka. The two shipments dispatched in January and February have been delivered to our collaborating teams in Colombo. As outlined below, the prevailing security situation in Sri Lanka requires the distribution of kits to be postponed in some areas of the country until it is safe to do so.



Sri Lanka News (Cont)

Despite the ongoing economic and political crisis in Sri Lanka, our newest DfG Ambassadors of Women's Health Karen Joachim and Gayani Ganegge of Asha Foundation (AF) had completed their very first distribution of DfG kits on Tuesday 18 May. Given the gravity of the current situation in Sri Lanka, this first distribution constitutes a significant achievement thanks to the commitment and dedication of Karen and Gayani.

A group of young girls and a few mothers from the re-settlement community of Badovita attended the distribution session at AF's community centre where beneficiaries were also provided with important women's health education. My sincere thanks go to Karen and Gayani for organising and carrying out the distribution of kits and education under such challenging circumstances.

Karen and Gayani have also donated 30 DfG kits to cancer patients being treated at Apeksha Hospital - the main oncology hospital in Colombo. This donation was made through the good offices of Indira Cancer Trust (<http://www.indiracancertrust.org/>). We expect feedback from the patients and their families through Indira Cancer Trust that would help us with planning and coordinating future distributions of kits.

While wishing Sri Lanka and its people safety and peace, I am hoping for better times and news in my next update.

Chandanie Kottage
Sri Lanka Coordinator



Philippines News

What's been happening in the Philippines...

This month we are celebrating our one year anniversary of providing Days For Girls kits to the Philippines.

In only one year we have helped over 3000 women and girls, and reached 38 different locations in the Philippines including some extremely remote areas that take our team days to get to on difficult roads and through rough terrain.

We can't thank our team enough for the incredible work they do in extremely hard and often dangerous conditions, they're beyond dedicated to reaching as many areas as they can to provide kits and the other essentials we send to those most in need.

They have plans to extend even further by flying to areas they can't access by car or a too far to drive to, and our next lot of kits will be going to those in need in Cebu, which was the first capital of the Philippines before it was Manila. So we are very excited to help the communities in need in Cebu.

Shipping is still taking quite a while to arrive at the moment with continued delays, but the boxes are arriving.

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 - everyone
- Summer clothing - babies, children and adults
- Toiletries
- School supplies
- Children's bedding

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**



Donations we love to receive

How you can help

Like many other community projects we rely on donations to assist us in our work.

While we of course appreciate funds, we also need everyday items to make the difference to families globally.

We need:

For our sewing

- Good quality cotton fabric
- Cotton lace and bias binding

For the Philippines and Pakistan

- Hotel soaps and toiletries
- Toothbrushes and toothpaste
- Stationery items for school including exercise books
- bras - pre-loved, clean with lots of wear left

For the Philippines

- Clean childrens summer clothing in great condition
- Kids shoes, sandals, gumboots crocs or thongs
- linen - towels and sheets

Drop off

**SHOUT Building 1, Pearce
Community Centre, Collett Place,
Pearce.**

Postal

**44 Charlton Crescent,
Gordon ACT 2906.**



Sew for Change

making a difference

web.canberracircleofwomen.com



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



Thank You

Every week or two we receive wonderful donations of fabric and wool, usually from people who are downsizing....

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.

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 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 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.

Email: pearcecraftersmarket@gmail.com

Pearce Crafter's Market Dates 2022

2nd & 3rd July

24th and 25th September

3rd and 4th December