

# SEW FOR CHANGE NEWS

Summer 2022 | Issue 1



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

Welcome to our very first newsletter and I hope this finds you and your family well for the start of 2022. This past 6 months have been a whirlwind of activity, of so many DFG kits going out and lots of sewing, packing, markets, freight arranging and so much more. So we are doing it all again this year, and what fun we will have .....

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.



**DAYS FOR  
GIRLS**

**TUGGERANONG ACT  
AUSTRALIA TEAM**


*Thank you!!*

# Our Future Direction

*Canberra Circle of Women will increase our reach within the Canberra Community.*

As you might be aware, COVID stopped some important things last year - and one of them was the launch of Canberra Circle of Women. We have, for some time, been considering forming an organisation which oversees our work and becomes a charitable entity in its own right. This will allow us to be more flexible in using the charitable money we raise to further the work overseas - in areas we may not be able to do now - for instance offer a scholarship to a student, or assist with buying something to help women become more independent or financially able to support their families. We believe the time is right for Canberra women to get even more involved globally.

*Women making global change happen*



Canberra Circle of Women

Sew for a Girl Canberra will be part of that change - and we will begin to rebrand in 2022 to Sew for Change - incorporating our branding which we have been using on our clothing for some time.... this is more in line with what we do now and will more easily reflect all we do - incorporating the Days for Girls Kits, sewing and packing activities, markets and more!





# Sewing News

Lots of flannelette is now available for washing and liner making - Pick up at Pearce

She who has the most fabric wins!



Thank you to everyone who works so hard behind the scenes so we can do what we do so well - in particular I would like to thank Jenny Pettigrove for cutting the market tote bags that we sell to raise freight money, Sue and Ron Haviv for cutting the fabric into the clothing packs, and to Gill Pennock who cuts the DFG bags, pieces the bags and overlocks and traces the shields. Without this amazing help we would not be able to achieve our goals. I also thank the coordinators and everyone who helps us every month with packing, washing and sewing.



A few of us began this group 5 years ago

Tote bags on display



# DFG News

It is essential that committed local people are trained and able to reach their community. They are respected and understood.



Jorlyn and the DFG Team are making great roads to the poorest women and girls in the Philippines, sometimes traveling up to 8 hours to get to a village.

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



The first session in the Philippines - COVID style with social distancing



Every Girl.  
Everywhere. Period.

# Pakistan News

We have certainly completed a number of huge deliveries to Pakistan over the past months, and even through COVID restrictions, whilst we could not meet the demand through lockdown, other teams provided an enormous amount of kits to help supplement our shipments, not only to Pakistan but also to Sri Lanka and the Philippines.

We now have two Ambassadors for Women's Health in Pakistan - Lubna Ghani in Toba Tek Singh - Punjab, and Sara Asif in Taxila. I am so grateful for their work with the girls and women there and it is through their tireless support that we are able to reach so many in the villages, towns and rural centres.

Currently Pakistan is in Winter and we have been supplying winter knitted clothing, blankets and babies clothing to make the winter just a little easier. In particular we are grateful to the CWA and our knitters all over the ACT and NSW for their amazing work.

In 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, but when the choice is between buying food to feed the family and a bra for the woman - of course the family comes first. So we are grateful for your assistance in this important part of our distributions.





# Pakistan News

In Pakistan the need for hygiene to save lives is critical and teaching the children these skills has been incredibly important to the health of kids and to reduce disease. Donations of toiletry items and in particular tooth brushes and paste has gone a long way in teaching kids that simple things like washing hands and brushing teeth are essential for their health and well being.

In addition the stationery supplies for schools are vital to assist kids who do not have the resources such as pencils and stationery items to have their own items for use at school and home. It is seeing these happy faces and the recognition that such a simple item can make so much difference.

Lori - a contact of mine - has a brother involved in a tennis club - this has really been such a wonderful resource as we have been able to send tennis balls (used but so much life left in them still) to the kids of Pakistan. It really is the simple things that help so very much in this work.

It is so true that it takes a village to raise a child, and perhaps this is even more apparent in the case of kids in Pakistan. There is so much poverty, but also so much joy and colour - I am very proud of the work we continue to do there and what we have achieved in 5 short years.

*Carol Mead*  
**Pakistan Coordinator**



## Currently we need for Pakistan

- Bras up to size 16 (preloved is fine)
- Toothbrush and paste
- Stationery - pencils lead and colour pencils
- Boys underwear to size 10

# Sri Lanka News

In January of 2021 we decided to introduce DfG feminine hygiene kits to Sri Lanka. The search for committed individuals to serve as DfG Women's Health Ambassadors began immediately afterwards.

Having received every encouragement, guidance and assistance from Carol Mead and the team, the first shipment of 208 kits generously donated by Lismore DfG team was sent to Sri Lanka in May 2021. By this time the pandemic was affecting everything including shipping schedules.

Once the kits finally arrived in Sri Lanka the distribution was severely impacted due to island wide lockdowns and other pandemic-related restrictions.

Our first Women's Health Ambassador in Sri Lanka - Kusum Amarathunga has since managed to distribute 205 kits at four different venues including an orphanage for teenage girls, during November and December against formidable odds.

I am grateful to the wonderful support we received from many DfG teams across Australia. In particular with generous contributions from Lismore, Iluka, Hunter Valley, Portland and Cairns teams, we have over a thousand kits ready for dispatch in the coming months.





# Sri Lanka News

We ran a fundraiser stall on 12 December, to raise money towards shipping costs for shipments planned during early 2022. I am very grateful for the support and commitment of Leonie Kentish and Jenny Pettigrove with the fundraiser.

In addition to restrictions resulting from the pandemic, we have experienced many a challenge throughout the year from finding individuals committed and capable to serve as local Women's Health Ambassadors, shipping issues through to significant customs duties and tariffs imposed on all imports to Sri Lanka.

In the end, it was a case of a great deal of perseverance and patience paying off.

With the many lessons learnt, I look forward to making a positive difference to the lives of disadvantaged girls and women in all parts of the island in 2022.

*Chandanie Kottege*  
Sri Lanka Coordinator

**DAYS FOR**  
 **GIRLS**  
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**AUSTRALIA TEAM**





# Philippines News

What's been happening in the Philippines... I will start with the bad news. The Philippines was hit by a huge typhoon right before Christmas, that devastated many areas, in particular the island province of Leyte, which was all but completely destroyed. Many people have been stranded without water, food or electricity, we have been providing funds to assist and Julian and Evelyn, our team on the ground that look after the dumpsite communities have travelled to Leyte to put the funds to use, rebuilding homes and providing essentials.

Ok, here's some happier news. Jorlyn, from the team has stayed behind to ensure the distribution of kits, clothing and essentials continues in the dumpsites. Seven boxes arrived in the Philippines for the dumpsites at the end of November and all items have already been distributed and several kit seminars have taken place.

There are 12 more boxes currently travelling across the seas to go not only to the dumpsites, but also to Sister Malen (one incredible nun) who runs an orphanage and works with single mothers and young women living in poverty in Manila.





# Philippines News

We also have boxes going The Teodoro Evangelista Memorial High School, a school for children living in poverty, where everything is provided. In the next few weeks every girl currently at the school will have their own kit, which is a massive achievement.

As always we are always grateful for the kits, clothing and all the other donations that help the beautiful people of the Philippines.

## Items we currently are in need of

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

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](mailto:micaelageorge@hotmail.com) and I can provide you the details.

*Micaela Centenera*  
**Philippines Coordinator**





# Calendar

*New friends are always welcome.  
You don't need to sew. there is plenty  
to do!*

Our packing and sewing days are a time of fun and production - come along and join the fun. On Sundays bring your lunch - tea and coffee is always provided.

**January 2022** - there is no packing or sewing day as COVID restrictions are in place and your safety is our main concern

**February 2022** - Friday 18th - 1pm to 4 pm - please note that February is a Friday - we will be packing for Philippines this day

**March 2022** - Sunday 27th - 10am to 2pm - please bring your lunch - we will be packing for Philippines this day

## What to bring

For sewers please bring your sewing machine or overlocker - we do have machines available onsite if you wish to use them. You will need your general tools - scissors, pins and thread. All our sewing kits are ready to sew - we also have instructions and someone is always happy to assist.

If you are not a sewer or dont want to sew - please come along - no tools necessary

## Location

SHOUT Meeting Room  
Building 1 Pearce Community Centre  
Collett Place  
Pearce  
Phone Carol if you need assistance  
0423385354

*Babies are welcome as long as they aren't too mobile. so it isn't dangerous for them. Teenagers and young people love to be involved.*



# Pearce Crafter's Market

*Pearce Crafter's Markets will commence in April and we will be looking for our amazing volunteers once again to help us make this spectacular..*



## Social Media

We are active on Social Media - it is currently under two groups Sew for a Girls .... Canberra (this will change to Sew for Change shortly)

And the Canberra Circle of Women - which will become more active over the coming months.

## Contact Details

You are welcome to contact Carol Mead on my phone (text is best) 0423388354 Or email Carol@tatteredinspirations.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  
9th and 10th July  
24th and 25th September  
3rd and 4th December

## Pearce Crafter's Market ACT

has a page on both Facebook and Instagram

