

From Kelly's Desk

It is truly with great honour and appreciation that this edition of our newsletter is dedicated to all those in the community that give so generously to Nova for Women and Children.

The donations and kindness have provided women and children with so much; removalist assistance, starter packs for new accommodation, clothes, food, hygiene products, blankets - the list goes on.

Our reliance on our community has never been so important. It has been a year of lockdown, inclement weather, housing shortage and new ways of connecting!

Importantly, in the conditions mentioned Nova provided assistance well over our contracted figures. The need for housing, shelter and safety increased to numbers the organisation had never experienced before.

Nova supported 2,028 women and children throughout the past financial year and the generosity of the community enhanced our ability to ensure that we could alleviate barriers and enhance their transition to safer and secure shelter.

You will find in this edition, how we have been able to utilise donations and grants, how they have transformed women and children's lives and the importance of goodwill within a community.

There have been many notable heroines and heroes this year, those who have worked in essential and emergency services during some very tough conditions.

I would like to extend that title to all those members in our community who, also during those tough times, have worried for those more vulnerable and even provided much needed goods and funds to our organisation.

From Nova for Women and Children, we say thank you!



In This Issue

- From Kelly's Desk
 - Local Legends
 - Socially Aware
 - Beautiful Gifts
- Community Grants
 - Meet our Board
 - COVID Update
 - Contact Us

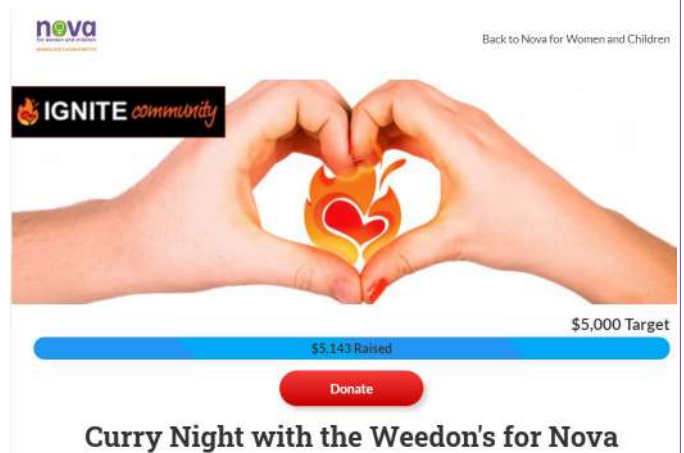
Local Legends

As Kelly mentioned in her opening message, Nova has been extremely fortunate and we are sincerely grateful to so many groups, individuals, businesses, corporations, clubs and other charities who have donated to us in so many ways. Some have been in the past few months, some further back and although we post our gratitude on social media, we want to thank those people just a little bit more, as it is so very much appreciated and deserved.

Curry for a Cause

For the past number of years now, the amazing people at the Ignite Community have held a Curry Night Fundraiser where we've been lucky to be the charity recipients. What a fun and creative way to raise money for others and they get to enjoy delicious curry's as well.

Aside from the enjoying the curries and their financial donations, this great community of people also pack up and donate food items, toiletries and kids fun packs for the women and children we are supporting. It's an amazing community effort, and we are completely in awe of the preparation and coordination that goes into this year after year! Thank you so much to all involved, we truly appreciate everything you do for us year after year.



Paddling for Good

Here's another group of amazing people who just keep doing great things, not just in the community, but in support of Nova and the vulnerable women and children of our town we assist.

On Sunday 28 March, over 30 people from: Newy Paddlers, Lake Mac SUP Club, Newcastle Cruising Yacht Club, Newcastle Outrigger Canoe Club, and Hunter Valley Paddlesports Club took to the water to in the Annual Paddle for Good Fundraiser that has been part of their events calendar for a number of years now. Paddlers compete against each other over 5 and 10km courses along Throsby Creek at Carrington, all in aid of our Trisha House Refuge, which was started as a community driven project. This unfunded refuge costs us a lot of money to operate and maintain and without community support from people such as these great folks, it would just be unsustainable.

Once again this year the wonderful people at McCloy Group very generously contributed, as did the Tilligerry RSL and Transitions Chiropractic to provide a combined donation of \$8520.00 which is just fantastic.

Thanks so much to all involved in organising this great event, as well as all the competitors and supporters, we truly appreciate everyone's amazing effort!

Local Legends

Multi-talented Boxing Team

There's no doubt about it, those that box, definitely know how to think fast on their feet and look to alternate solutions to solve problems when they need to. And that's exactly what Brad and Jackie from Action Boxing and Fitness have done - once again in support of us at Nova.

You see some people may not know, that aside from being an all round legendary bloke and boxing coach, Brad is also a great photographer. During recent massive seas at the Newcastle

break wall he grabbed this amazing photo, had it professionally framed and raffled it off on our behalf to raise even more money than they already do from their annual fight camp nights.



This stunning photo was won by another legend that bought \$100 worth of tickets, all because it was for a good cause, and we can only imagine how great it looks on the wall of his house.

To Brad and Jackie, thank you once again for thinking outside the square, for the donation of this amazing work of art and your fantastic ongoing support. Thank you also to the rest of your team and to everyone in the community who purchased tickets in this great competition, we really appreciate all your support as well.

Women on the Green

When a bunch of amazing women get together for an Annual Golf Day, you know it's going to be a fun and very successful day.

Nothing like fresh air and sunshine, exercise, friendships, and good fun competition, to bring out the creativity, kindness and generosity towards others, and that's exactly what happened at the recent Waratah Golf Club, Annual Ladies Day Fundraiser.

Aside from the golf, they had lucky door prizes, raffles, and a market day selling plants, clothes, amazing cakes and slices and fun golfing items. There was lots of laughter in the room that day, and I'm sure even more out on the course during the morning as well.

You could feel the passion and compassion from these incredible women - all there to have fun and help others less fortunate than themselves along the way.

Prior to the event, (aside from all the organising) the women also gathered almost a car full of blankets, winter woolies, clothes and other essential items to pass on to us to assist the women and children we are supporting.

Ladies, thank you so much for having us at your club, and for all you achieved that resulted in a very generous donation indeed.



More Local Legends

Bikers say No!

One thing we love at Nova is how people think of so many different ways of not just helping us do the work we do, but also raising awareness about the Homelessness and Domestic Violence issues the community as a whole is facing. And there's nothing like doing it out on the road, on a bike, on a great sunny day.

In April this year (while we still had freedom!) the crew at the American Motor Cycle Club - Slopes and Plains Chapter, did exactly that, with their Annual Bike run event from Dungog to Denman, while proudly supporting us here at Nova along the way! Kicking off at the Dungog Pub they had raffles and lucky door comp's organised with some great prizes up for grabs. Saturday morning they were up and at it to get on the road. After a pit stop along the way and some group photos, they arrived at the Denman Pub.

Thanks so much to each and every one of you for thinking of us, being involved and supporting the work we do for others. We just love this initiative, and really appreciate the amazing donation you all managed to raise as well!



Meals on Wheels



Palm Lake Resort

RSL
LifeCare

Classic Crafts keep people warm

There are people in the world that just keep thinking, helping and serving others and this group of amazing people from the Tea Gardens/Hawkes Nest area are exactly that. For a number of years now, the craft groups at these villages have been making the most amazing quilts, knitted blankets, beanies, scarves and toys to assist others - mainly during our Winter Woolies campaign, but throughout the rest of the year as well.

Once finished, they pass them onto another amazing man by the name of Dan Holmes. Aside from running the local Meals on Wheels - Dan not only coordinates all this, he then takes time out of his day to drive all these handmade beauties, down to our office in Newcastle. Honestly - the care, the time and generosity of all involved just warms our heart every time we receive another bundle. So where do these items go?

Most go to women or families coming into refuge. They're popped on the beds for them to use and take with them when they leave. And every one of these beautiful gifts is a



little reminder that, although they may never meet, people out there care about the situation others they find themselves in and genuinely want to help. Thank you to each and every one of you for sharing your amazing craft, and for your kindness and generosity towards others.

More Local Legends

Community Boost!

When you engage local community help, you can certainly make an impact and that's exactly what the fabulous team at Boost Juice Glendale have just done. Aside from spreading some fun, laughter and a colour burst to the world during covid, they set up a stand outside their shopfront and collected about 30 bags of the most amazing blankets, beanies, scarves and more, (many of which were purchased brand new at local shops) to help us with our Winter Woolies campaign. Thanks a bunch to Ash, her super fun team for your energy and overall passion to help others and to everyone that contributed with these super helpful items - you all rock!



Egg-cellent Hunter Mums

At Easter time this year the Hunter Newcastle Mums Group contacted us wanting to assist the women and families we had staying with us to celebrate Easter in the most delicious way.

Arms laded with nearly 100 beautifully wrapped Easter Bunnies, Chocky Eggs, and fun children's activity packs, these were the perfect gift to keep families involved in fun traditions over the Easter holidays. From all of us, to all of you, thanks for keeping the Easter Bunny spirit alive for so many!

Saving Grace

Nothing warms your heart, soul and tummy more, than those that cook to feed others and we are always grateful for the delicious meals that come to us from the hearts and kitchens of the Grace Church. These are just so handy to have and we use them at our Drop In Hubs, for women/families staying in a motel that may only have a microwave, or at our refuges when people have just arrived, it's late and they're in need of some meals. They are Priceless! Along with the meals we received some fantastic goodie bags, with snacks, toiletries and some pantry staples. Bless you all.



Trivia Time

A big loud thank you goes to the students and friends of the University of Newcastle Law Students Association and the Sponsor for their fun trivia night (a long term supporter of ours) Hall and Wilcox. Around 100 people gathered at the Greenrooft on a very chilly night, to test our knowledge on all sorts of things. And tested we were! It was a great fun night though, with lots of fabulous raffles and lucky door prizes that also raised over \$3000 for us to assist the women and children we are supporting. Thanks so much to all involved and those who came along, it was great!

Socially Aware...

Special Social Circles!

They say women can move mountains - and of course we agree!

Here's a snippet about some amazing women's groups that have been a tremendous help to us.

The Lemon Tarts:

Based in Lemon Tree Passage this group of women have been such an amazing help to us with so many wonderful and very practical donations. From hand sewn items made with love, to brand new household items such as linen, toasters, kettles, microwaves, small appliances, bedside tables, toys and lots more.

All these goods are paid for via donations from their get-togethers and the sale of goods from one of their members market stalls. Then, all delivered to either our Newcastle or Charlestown Hubs, by the ever amazing Julie and her husband Russ. Thanks so much to all the Lemon Tarts for you're amazing community spirit and generosity towards others - you're just incredible!



Women's networks are a necessary part of life.
A mixture of empathy and brainstorming can move mountains.

Hazel Hawke



The Leopard Ladies:

Another group of incredible women, - locally around the Newcastle/Kotara areas that get together, have fun and contribute for the betterment of others along the way (and yes they wear leopard!) Blankets, clothing, personal items and a wonderful financial donation, were all generously donated and certainly helped make life easier for many when they've needed it. Thank you to another group of wonderful and very generous women, - please don't ever change your spots!

Pearls of Port Stephens:

Just as the name suggests, these equally amazing women are from the Port Stephens area and they too are as priceless as Pearls! Their group connects for fun and socialisation but they also contribute along the way to assist charities, NFP's and the like - supporting their community groups, projects or causes that resonate to them.

Some members have experience in associated sectors such as ours and in winter this year they generously reached and donated to our Winter Woolies campaign which was such a great help during those super chilly months. Just recently they have made another very generous donation to support families we are assisting - especially those doing it tough during COVID lockdowns. This time, part of their amazing financial donation enabled us to buy a trampoline for a family who have a son with disabilities and needs it for therapy. Pearls - please know that you have provided an incredibly valuable and practical gift that is so helpful for the family we are supporting. Thank you for assisting us to help people thrive.



Beautiful Gifts

Like most that work in this sector, our Nova staff are a pretty humble lot, and so it kind of takes us by surprise when someone wants to do something - just for us. But two very kind and generous acts absolutely blew us away and we want to thank and acknowledge these people (again), to let them know just how much we appreciate it.

A Decadent High Tea

You never know when people are watching you from afar, and after a recent donation from the wonderful team at Novotel Newcastle Beach, that's apparently what they'd been doing! Then one day out of the blue, we receive an amazing phone call, inviting us all to High Tea, to thank us for the work we do within the community! Who us?

To say we were shocked and humbled, (but excited) is a genuine understatement. How decadent and special, but of course we gladly accepted!

A few weeks later, all dressed up, we were all warmly welcomed by the team at [Novotel Newcastle Beach](#) and were one of the first to try their new High Tea Menu. I can tell you now, for those few hours we were relaxed, enjoying ourselves and in absolute foodie heaven!

Thanks so much Novotel for this beautiful treat, you have no idea how special and valued that made us all feel and we really appreciate it.



We got flowers!

In the middle of what's been a busy and eventful year already, our whole team and every woman staying with us at the time, were recently surprised by the delivery and gift of these gorgeous blooms by the wonderful people at [The Posy Post](#).

The women we were supporting were just delighted to think that someone they don't even know gave them such a beautiful gift. Acts of kindness like this give people hope and for our staff, it was just the boost we needed too.

Big Thank You to everyone at The Posy Post, for choosing Team Nova, and to all The Posy Post followers who chipped in a little extra to make sure everyone received one as well. They were absolutely beautiful and very much appreciated by all!

Community Grants



PAWS Grant

In January this year we were excited to receive a fantastic grant that's been close to our hearts for some time. With thanks to the Department of Communities and Justice, we were awarded a PAWS Grants to assist women and families in, or fleeing Family and Domestic Violence situations with Pets.

It's almost a given that if people are experiencing DV, their pets will also be affected and most people are reluctant to leave without them. However, finding or affording pet boarding or temporary accommodation, can be difficult, expensive and usually unaffordable. This grant enables us to provide that temporary accommodation, but also assist with other things such as food, accessories, paying for council registrations, de-sexing, and more, for

the family furry friends. It's a great heart-warming and very practical grant, one that is very much needed and we are extremely grateful to receive. Thanks DCJ!



**Communities
& Justice**

Starting Over with help

When you need to move house and start over after domestic violence or being homeless, one of the first (but most expensive) costs you may incur is for a removalist. Along with that comes the simple logistics. How do you move larger items, beds, or furniture if you don't have a car or only have a small one.

Many say grab a mate or a bunch of friends, but what if you've also lost that social network, or perhaps for safety reasons, had to move away from your previous town or area. It's almost impossible and often another expense that's unmanageable.

Thankfully Wests Group, Lake Macquarie Council and Central Leagues at Charlestown understand this issue, and have been fantastic financial supporters of ours, for what has definitely become our most valuable and most utilised request for help.

We also thank the support we have from Shaun and the team at Picked Packed and Delivered. Shaun give us great prices, so we can help more people, is fantastic to work with and understands the level of confidentiality required for this type of job.



**LAKE
MACQUARIE
CITY**



**CENTRAL
LEAGUES CLUB**

Community Grants

'Betty' gets a makeover!

Many of you may have seen Nova's promotional bus out and about at various events over the years, but what you may not know is, to us she is affectionately known as 'Betty'. Betty has been used for many things, - collecting goods and helping women and families move house, she's been to NAIDOC week, Walk a Mile Koori Style, to the Jets home game, the Women's Rugby, Carols by Candlelight, Hunter Homeless Connect and much much more.

Her beautiful signwriting was initially done with the generous help of Girl Friday, however, all those years in the sunshine have really taken their toll on her. She was faded, cracked and looking very tired. But not for much longer!

This time, with thanks to a **Stronger Communities Grant** via Sharon Claydon's office and Signarama Newcastle, Betty's had a fresh new makeover, with all new signwriting. Have a look at her now!

'This project received grant funding from the Australian Government'



*'Betty's makeover - before (top) & after (below)
See more pics on our [Facebook page](#)*



Drive towards freedom!

A drivers licence is something so many of us take for granted. It's almost a right of passage in our teenage years to get our Learners Permit, get some lessons or have our parents teach us to drive, then go for our P's. It's an exciting achievement.

However, in many controlled relationships, through family and/or domestic violence, we find women often being denied the right to learn to drive at all, to maintain their licence, or re-gain their licence if it's expired. Why? Because that licence could be a means of escape. Aside from the freedom of being able to drive, it's also another form of identification, and

controlling partners don't want to allow that. We find many women coming to us in this situation, but thanks to our local community getting involved and buying a coffee/paying it forward at participating in Cafés, we were awarded a **Café Smart Community Grant** to assist women to go for lessons, re-sit their tests, pay for the cost of the test or even pay for the licence itself.

This helps give women back their power, independence and freedom. It means they can borrow or hire a car one day if they need to, or even save up to get one of their own. It also enables them to drive safely and legally.

Thanks so much to everyone who bought a coffee towards this grant - it's a very empowering gift to give someone.

Meet our Board Member

Did you know that Nova is managed by a Voluntary Board of Women?

Our board members are drawn from professional fields as well as various local community organisations. They bring a vast range of qualifications, knowledge, expertise and professionalism and have great commitment and passion about the work that Nova does. Our board sets our strategic direction that enables our dedicated and committed team to achieve its vision and purpose. We are extremely thankful to our board and would like to introduce you to our long standing Treasurer.

Let's chat with Rayleen

How long have you been on the Nova Board?

I have been on the Nova Board for five years now .

Tell us a little about your work history:

I am a Chartered Accountant having worked in public practice my whole career. I specialise in Self - Managed Superannuation.

Who/What inspires you?

Passionate, caring humans.

Those who have a go and inspire others to do the same.

My favourite:

Movies: Why Him?, It's Complicated, Something's Got to Give, Failure to Launch, when I need to laugh. Powder – for a smile and a tear, and Muma Mia and Rock of Ages – when I want to sing!

Music: Teasha Jackson (my niece) INXS, Powderfinger, Bon Jovi, 3 Doors Down, Pink, Deep Purple, Eagles etc

Books: Shirley MacLaine – The Camino

Family: I love them all.

Something I'm looking forward to:

Freedom to Travel and Covid to be gone!

We all can't wait for that!

You can see the rest of our current board members by going to our website:

https://www.novawomen.org.au/our_board.html



Covid Lockdown Update

We're still open!

During this current lockdown period, we just want to assure our clients and stakeholders that as an essential frontline service, Nova is still very much operating, albeit a little differently.

Rather than face-to-face contact with clients, Nova staff are working with many people as remotely as possible to limit the amount of contact and potential transmission. This includes using phone calls, facetime calls, zoom meetings, verbal consents (rather than written), and emails where possible.

For those needing immediate face to face assistance, please be assured that **both our Newcastle and Charlestown Drop in Hubs are still open**, however with minimal staff and Covid safe practices to protect everyone involved.

All staff and clients must use the Service NSW QR code to check-in to our buildings upon arrival, wear a face mask, use hand sanitizer and physically distance.

Women with or without children are also still welcome to attend either site for assistance with washing and drying clothes, as well as food assistance or to speak to staff about matters they need support with.

Our Operating hours are for Newcastle: 9am to 4.30pm, Monday, Wednesday, Thursday and Friday and Charlestown: 9am to 4.30pm Monday to Friday.

Don't forget you can contact us by phone, email, or refer to our service via our online referral form. Please see the back page of this newsletter for a list of our contact details and website link, and in the meantime, **Stay Safe!**

Please also remember, you can leave the house if you need to flee or seek help from domestic or family violence, and if you are in danger and need urgent help, don't hesitate to call 000.



NEWCASTLE OFFICE: 558 Hunter St



CHARLESTOWN OFFICE: 21 Canberra St



Ways to Help or Donate

Help others, just by shopping

We're excited to be in a great partnership with Betterthat.com – a new online marketplace helping you shop with purpose. Up to 25% of their net commission revenue goes to good causes (just like us!)

Not only will you shop exclusive brands and get better prices, but you'll also be making a social impact too. Use this link <https://bit.ly/3tuKn6p> to start shopping and supporting us today.



Donate via our new QR

You see and use QR Codes here, there and everywhere these days, and we've joined the party!

Thanks to our friends at Benojo, we now have a new, very secure donations page on our website making it much easier for you donate online with your credit card.

Did you know that unlike many other charities, Nova makes a firm stand that we **do not and will not use any** of your donations towards administration, marketing, wages etc. **100% of funds we receive are used to assist the women and children we support.** #Proud



Our Values

Nova for women and children is based upon a feminist philosophy and is guided by the principles of social justice that are;

- Act with good intent
- Focus on strengths
- Promote collaborative, innovative and inclusive practice
- Embrace diversity
- Work respectfully

We will work with you to make sure you receive the best possible assistance to avoid becoming homeless or, if you are homeless, to access safe, affordable and secure housing.

We are committed to working with you in a respectful way that protects your dignity, is fair, and does not discriminate. **#WomenAndChildrenMatter**

OPENING HOURS

General Office Hours:

9am to 4.30pm
Monday to Friday

We are closed on weekends and public holidays.

Please Note:

The Newcastle office is closed to the public on Tuesdays, except for pre-booked appointments.

CONTACT US

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Newcastle West NSW 2302

Charlestown Hub:

21 Canberra Street
Charlestown NSW 2290

Intake Phone:

1800 769 654

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02 4023 5620

Email:

nova@novawomen.org.au

Website:

www.novawomen.org.au

Facebook:

@novawomen

Twitter:

Novawomen1

AFTER HOURS

If you are a woman escaping domestic violence, requiring after hours assistance please

Phone: 1800 656 463