



Women's Healing Sanctuary



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Now**

We are excited! Welcome to our first Newsletter

After opening in June with as much enthusiasm as the women who came to stay as our first guests, Covid and lockdowns came with an instant and heavy hand. How's 2021 been for you? Need a relaxing, serene space away from whatever steals your peace? We are thrilled to welcome you to Women's Healing Sanctuary.

Our first guests

What a privilege it was to host our first guests when we opened in June. They didn't want to leave. Ever! And their feedback warmed our hearts, as they shared how meaningful their stay was. They loved toasting marshmallows over the fire pit and pondering at the dam, mesmerised by the beautiful reflections. In fact, as multiple women realised they weren't the only one who gained insight

while spending time there they renamed our dam The Pondering! Another winner was the food ... oh, the food!! Delicious, nutritious and beautiful. Good for the Soul!





Life in Lockdown

We used the slower months of lockdown to beautify the grounds, update the maintenance and even managed some internal renovations, creating an office and another bedroom. To make you even more comfortable we installed ceiling fans in the bedrooms.

Since we moved into this property earlier in the year it's been an endless delight to witness what has fruited, flowered, flapped and flourished. The lemon tree gifted a massive yield and we discovered there is no such thing as too much Lemon Slice! The mandarins were huge, juicy and sweet, however the Sulphur-Crested Cockatoos enjoyed many well, at least they enjoyed ripping them apart to dig for the seeds buried inside. The Black Cockatoos had other tastes and were regular visitors beneath the macadamia trees having a cracking time. We befriended a pair of beautiful King Parrots that visit most days to be hand fed. The Wood Duck families showed off their ducklings and as budding birdwatchers we were excited to see our first Pacific Baza!

We've lost count of the number of different species of frogs that have surprised us in some unusual places and their choral cacophony at night and after it rains is a delight. They LOVE the swimming pool but alas can't get out, and due to our reluctance to give them CPR we bought a "Critter Escape Ramp" instead. Next they'll likely request their own hammock and umbrella too!

Nosey Neeeeeighbours - Mackaby and Harry will always come to the fence for a pat, and our guests especially loved spoiling them with carrot and apple snacks!

Our property is a Biodiversity Site, so if you are lucky you may spot things you rarely do, like koalas, turtles and sugar gliders etc .

If you're into stargazing at night you'll be in heaven out here away from the city lights and may even spot a Brush-tailed Phascogale, recently sighted!





Meet the Founders

If you've explored our [website](#) you may have already had a glimpse of us! We are Sharalyn and Janine, two longtime friends who have a shared commonality in our persistence to seek growth and transformation while navigating our individual trauma and healing stories, which often were not pretty nor comfortable!

We are opposites in many aspects, but our different ways of being and perceiving proved to be complimentary for each other as we each navigated our own paths. Not surprisingly, we both ended up with careers that gifted us many years of being privileged to support other women as they struggled with the challenges of their own life stories and circumstances.

Founding the Women's Healing Sanctuary as a charity is our way of ensuring that every woman who needs a break can have access to one, regardless of their capacity to pay. There is something empowering about women supporting other women! For some, it may mean just having the time and space to sleep, and sleep again on and off for a day (or 2 or 3) while all their meals are prepared for them. Yes, some women are THAT tired! For some, the chance to share stories with another woman (or 2 or 3) can be normalising, thought-changing and healing. For some, being in quiet solitude amongst beautiful nature can allow new depths of processing, enabling a new vision for a way forward, etc.

We want to let you know that there IS light at the end of the tunnel and that choosing to be gentle with yourself and taking time out for yourself are not luxuries after all, but can be essential for reaching a place of thriving instead of merely surviving.

Go gently



Janine Hanna
Manager

Sharalyn Drayton
Chairperson



Christmas Gift Vouchers

Still looking for that special gift for a special woman in your life?

Up until 24th of December there is now a 10% discount on Gift Vouchers!




What's Coming Up

WORKSHOPS

Workshops are already being planned for 2022.

Keep an eye on our website and we'll keep you updated via newsletters.

DONATE

A gentle reminder that we are a not-for-profit charity and your donations will enable many more women to experience the healing properties of rest, nurture and nature.

Donations can be made via our website or call us directly for more information.

MAILING LIST

To remain informed of what we've been doing and what's coming next, subscribe to our *mailing list and newsletters*.

You can do that on our website or drop us an email and we'll sign you up!