



## NATSIWA Newsletter – February 2026

**Welcome to 2026. Can you believe we're already in February? Happy New Year.**

I hope you all had a fantastic break, caught up with family and friends, and got lots of rest.

I would like to take a moment to extend our heartfelt condolences to members and the community who have lost family and friends, including those whose loved ones have lost their lives to violence. Violence of any kind is not acceptable, yet it continues to affect our homes, workplaces, and communities. As Aboriginal and Torres Strait Islander women, we understand the deep and lasting impact this harm has on our lives and families.

Together, we remain committed to ensuring policies, systems, and services genuinely protect women and children and support prevention, safety, and healing.

We have had several events occur since our last newsletter, and we have some really exciting things coming up. Please read on, and we hope you have a great year. We look forward to seeing some of you while we are out and around the country.

Remember that you are our voice, and we are always open to hearing from you, if you have something you want to talk about or would like to share in our newsletter, please reach out.

## State Elections & AGM

In November, we held our state elections for representatives on our Board as well as our AGM.

Thank you to everyone who applied. We had a lot of interest from each state. Thank you for taking the time out to apply, and thank you to all of you who voted.

We welcome Dr Hannah McGlade to represent WA, Rashida Khan for NT, and congratulate Vena Beetson, QLD and Aunty Pat Waria Read, SA, on being re-elected. We still have a vacant position for ACT. EOIs are welcome if anyone in ACT has an interest. Please reach out to our CEO.



At the end of November, we held our AGM at the Murrook Culture Centre, Williamstown, NSW.



A big thankyou to Aunty Lorraine Lilly for her generous Welcome to Country. The team at the center were so welcoming and supportive, we really appreciated them hosting us.

It was so good to see so many members attend, even though we had a few technical issues. The Internet can be a huge issue for online meetings, which I am sure you can all associate with. Lol.



Whilst there, we had a tour of the centre, it is always an honor to be shown around and to learn about a different country.



The board held nominations for the executive positions after the AGM.

Sarah Corrigan was re-elected as our chairperson (NSW) with Shantelle Thompson (VIC) as Deputy Chair, Vena Beetson (QLD) as Secretary, and Rashida Khan (NT) as Treasurer.



Aunty Pat (SA) Sarah (Chair) Delia (TAS),  
Wendy (CEO)



A big shout-out to our member Paige for hosting us at the park, where we enjoyed some weaving and other activities to put up on the 16 Days of Activism tree.



## OUR Board

We thought it might be nice for us to introduce you to the board in more detail over the coming months.

### Hello Everyone,

My Name is Rashida Khan and I'm really excited to introduce myself as NATSIWA's new Northern Territory Director and Board Treasurer. It's an honour to step into this role, and I'm genuinely looking forward to getting out and connecting with Aboriginal and Torres Strait Islander women right across the Territory.



I call Coomalie home, but my family are all Ngaringman Mudbra mob from Vic River/ Timber Creek and all the way to the WA border. Over my career, I've worked in health as a therapist, education, teaching on country and I am a multi-entrepreneur with my own businesses. I'm very passionate about bringing along Aboriginal and Torres Strait Islander women and helping them access opportunities.



Through 2026, I'll be heading out regularly to Darwin, Katherine, Arnhem Land, and Alice Springs to catch up with members, listen to your stories, and get a real understanding of what matters most to you and your communities.

### How Can I Help?

As your NT Director, I'm here for you. Whether you're dealing with challenges at work or in your community, you've got ideas about how NATSIWA can better support NT members, or you just want to connect with other Aboriginal and Torres Strait Islander women around the Territory, reach out.

I'd love to hear from you.

I can help with things like:

- Connecting you with resources and support
- Taking NT-specific issues to the national level
- Creating opportunities to network across our remote and regional areas
- Supporting professional development

### Your Voice Matters

Here's the thing making sure the voices and perspectives of Aboriginal and Torres Strait Islander women in the NT are heard is one of my top priorities. Whether that's within NATSIWA or in the bigger conversations happening about issues affecting our communities, what you have to say matters.

The NT has its own unique challenges and opportunities, and your insights and lived experiences are incredibly valuable. I want to be that link between you and the decision-makers, sharing your thoughts, concerns, and ideas on the issues that affect us here.

Whether it's about workforce, cultural safety, what's happening in remote communities, or anything else that impacts you and your mob, I'm here to make sure those voices are heard.

### Let's Connect

Seriously, don't hesitate to reach out. I'm here for you, and I'm keen to build strong connections with members right across the Territory.

You can contact me at [nt.director@natsiwa.org.au](mailto:nt.director@natsiwa.org.au)

I'm looking forward to meeting many of you face-to-face as I get around the regions, and to working together to strengthen what we do across the NT.

Warm regards,

Rashida Khan



**Sign up all your family and friends**

**Remember, the more members we have the more powerful our voice is.**



## Strategic Planning.

At the end of January, the NATSIWA board gathered on Ngunnawal country (Canberra) and held our Strategic Planning meeting. It was a very intense 2 days as we developed our new Strategic plan and activities for the next year and beyond.

We will be launching our plan in the very near future, so keep an eye out and come along and hear about what we have prioritised for the next few years.

## [Our Ways - Strong Ways - Our Voices: National Aboriginal and Torres Strait Islander Plan to End Family, Domestic and Sexual Violence 2026-36](#)

On Tuesday, 10<sup>th</sup> February 2026, the Minister for Social Services, the Hon Tanya Plibersek MP, officially launched National Aboriginal and Torres Strait Islander Plan to End Family, Domestic and Sexual Violence 2026-36 (*Our Ways*), Australia's first Aboriginal and Torres Strait Islander national plan to end family, domestic and sexual violence.

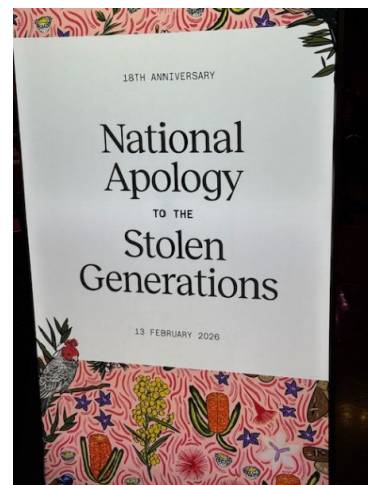
*Our Ways* is a joint ten-year agreement between the Australian government, state and territory governments and Aboriginal and Torres Strait Islander peoples. It was driven by Aboriginal and Torres Strait Islander people and sets out the strategic, long-term priorities to live free from violence, and supported by safe and strong families and communities.

NATSIWA was proud to have been able to support the development of *Our Ways*, including providing comments on drafts and making submissions during the consultation process. We believe that these contributions have strengthened this document, which we hope is an important step in all our efforts to improve the safety of Aboriginal and Torres Strait Islander women, children and communities in Australia.

An online copy is available at [Our Ways – Strong Ways – Our Voices: National Aboriginal and Torres Strait Islander Plan to End Family, Domestic and Sexual Violence 2026–2036 | Department of Social Services](#).

## 18<sup>th</sup> Anniversary of the APOLOGY.

As the CEO of NATSIWA and a member of the coalition of Peaks, I was honoured to be able to attend the 18<sup>th</sup> Anniversary of the Apology to the Stolen Generation.





It was a powerful and deeply moving morning, where memories were honoured and stories courageously shared.

We were welcomed onto Ngunnawal Country by Aunty Violet Sheridan. It is always a privilege to gather, reflect and work on the lands of other First Nations peoples, and we do so with respect and gratitude.

The Apology remains a moment of national significance — a time to reflect on the strength, resilience and lived experiences of Stolen Generations survivors. But it must also be a time of accountability. Nearly two decades on, we are still confronting the systemic failures that continue to impact survivors and their families.

Many survivors are still unable to access the culturally safe, trauma-informed supports they deserve — including secure housing, appropriate health and aged care services, access to records, and justice.

Eighteen years since the National Apology, and we are still calling for meaningful change. Only a limited number of the recommendations from the *Bringing Them Home* report (1997) have been fully implemented. While the Government's announcement of \$87 million in funding over the next four years is welcome, it is not enough to address the scale and depth of ongoing need.

Our children continue to be removed at alarming rates. The Productivity Commission has reported that the number of Aboriginal and Torres Strait Islander children removed from their families doubled in the decade following the Apology. Progress to Close the Gap remains far too slow.

We must be heard.  
We must see structural reform.  
And change must happen now.





## News from Tasmanian Director Delia Summers

The year has started on a busy note, and I have already started planning my NATSIWA activities for the year.

I am hoping to host a member meeting in Hobart soon. I will make sure you get lots of notice so you can come along and hear about what NATSIWA and I have been doing, share your stories and concerns.

I was asked to do a Welcome to Country for the Elimination of Violence against Women. It was a great opportunity to mention NATSIWA and to raise our profile.



One of our NATSIWA members, Aunty Nola, went along to visit the new health Service at Karadi and admired the artwork my son had done.



Aunt Nola also came along to the Invasion Day March. We had an excellent turnout.





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## News From our Queensland Director Vena Beetson

Dear Members,

I want to thank all the members who have joined the Advisory group for the infertility and preconception health among Aboriginal Torres Strait Islander peoples living in Queensland project.

We appreciate the time you have given and continue to give; this project is crucial as we know very little about Infertility and preconception health for Aboriginal and Torres Strait Islander Women.

## Survival Day on Gubbi Gubbi Country - Sunshine Coast



Standing on the shoulders of giants ❤️

Survival Day is more than a date - it is a powerful testament to Survival and Cultural Sovereignty.

It is a day to acknowledge the profound injustice of the past while celebrating the unbreakable spirit of First Nations peoples.





## **NATSIWA x THE HATCHERY**

*We are so excited to announce that our collaboration with the HATCHERY continues, and we have some great events coming up.*

### **The first one is:**

#### **Strengthening Partnership to Close The Gap Conference**

Real progress comes from collaboration. When government and ACCOs work together, dual perspectives strengthen decisions. Community knowledge shapes what matters. Government capability supports scale and impact.

That's why we have partnered with the Hatchery to create the **Strengthening Partnerships to Close the Gap Conference on 28–29 April in Canberra & Online**. This National gathering brings ACCOs, government leaders and sector partners together to focus on what works in practice.

Across two days, the conference will share practical examples of partnerships that respect community authority and lived experience. You will hear directly from First Nations leaders and allies, build relationships grounded in trust, and leave with clear actions that support community-led outcomes and meaningful progress on Closing the Gap.

MORE INFO >> <https://go.the-hatchery.co/8672NATSIWAwebsite>

#### **First Nations UNLIMITED Women in Leadership Summit**

**We are so excited to be partnering with the Hatchery on the Third First Nations Women Leadership Summit, on the 20-21st May in Meanjin, Brisbane & Online.**

This two-day summit brings together First Nations women from across sectors to share lived experience, build confidence and strengthen leadership pathways grounded in culture, identity and community.

Connect with other women walking similar paths, learn from respected leaders and leave with practical insight to support your career progression without compromising who you are. This is a space to be seen, heard and supported as you shape your next step with purpose and strength.

**When booking, use the discount code **NATSIWA**.**

First Nations Women Leadership Summit Meanjin Land (Brisbane) | 20 - 21 May

Featuring Professor Marcia Langton, Hon Malarndirri McCarthy, Melina Connors & more

MORE INFO >> <https://go.the-hatchery.co/8698NATSIWA>

*We will be sending out EOI for a few places next week, but to ensure your place get your ticket now.*



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## Other Items of Interest:

From Nicole Brown a proud First Nations Australian woman with connections to Larrakia, Malak Malak and Yanyuwa nations, and our previous NT Director.



Nicole Brown speaking at Survival Day on Larrakia Country.  
Image: Jimblah.

**I am saddened that in 2026; this is still a conversation we need to have. This is the side of Australia no one wants to talk about.**

What started as a simple moment of pride became a flood of abuse that stripped away any illusion that racism is a thing of the past.

At every chance I get, I celebrate my identity as a Black woman. I shout it from the rooftops. I carry it into boardrooms, into community spaces, into cultural events and digital platforms. Because my identity is my ancestors, my Country and my responsibility.

Recently, I was hit with a level of public racism I have never experienced before. Not whispered. Not implied. Loud. Aggressive.

Deeply personal. And I want to be clear, what is happening to me is not separate from a bigger truth about this country.

Every year as January 26 approaches, racism bubbles back to the surface. Identity becomes politicised. Truth telling becomes uncomfortable. Aboriginal people become targets for speaking openly about who we are and where we come from.

And like every other day, I celebrated Black women with intention and pride. That is what I do. It was not about January 26. It was not a protest. It was simply a moment of Black joy. And still, people attacked who I am.

Read the article here:

<https://nit.com.au/06-01-2026/22021/sisters-are-hurting-in-silence-lateral-violence-is-still-breaking-our-women>

## Contraception Tool development

NATSIWA is partnering with Health Direct and the Department of Health, Disability and Ageing to create a website tool that provides clear, evidence-based information and advice about contraception. Right now, there's a lot of conflicting information online about contraception options. We aim to make sure all Australians have access to a safe, unbiased and trustworthy place to learn about contraception and explore different options.

Thank you to everyone who signed up. We were overwhelmed by the number of members wanting to be part of this project.

We sincerely appreciate your insights into the development of the Tool.



**Empower Her Journey Program** — a culturally safe, two-day workshop supporting Aboriginal and Torres Strait Islander women to build strong business foundations and learn how to apply for grants and funding.

📍 **Dubbo**  
 📅 **Thursday 26 & Friday 27 March**  
 🕒 10:00am – 4:00pm  
 📍 The Pipe Band Hall, 116 Darling St, Dubbo NSW 2830



**What you'll learn:**

- ✦ Day 1: Business Fundamentals
- ✦ Day 2: Grant Writing Essentials

**Register here:**

<https://strongspiritlimited.com/empower-her-journey> or via the QR Code.

Spots are limited. Please feel free to share this invitation across your networks so more women can benefit from the program.

Proudly funded by the NSW Government

**Upcoming Workshops**

📍 **Brewarrina**  
 📅 **Monday 23 & Tuesday 24 March**  
 🕒 10:00am – 4:00pm  
 📍 Brewarrina RSL Club, 25 Bourke St, Brewarrina NSW 2839



**What is Imposter Syndrome?**

Any workers—especially those just starting out—struggle with imposter syndrome: the persistent feeling that they're not truly qualified, despite evidence of success. It can show up as self-doubt, fear of being “found out,” or difficulty accepting praise.

5 Signs You Might Be Experiencing Imposter Syndrome

- Isolation- You avoid connection or support, fearing others will discover you're not “good enough.”
- Self-Doubt- You question your achievements and may even downplay or dismiss them.
- Underperformance- You hesitate to take risks or pursue opportunities, worried you'll fail.
- Lack of Progress- You hold back from negotiating, applying for new roles, or advocating for yourself.



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- Neglecting Self-Care- You feel relief—not pride—after accomplishments, and push forward without rest.

### 8 Tips to Overcome Imposter Syndrome.

1. Name the Feeling- Acknowledge imposter thoughts when they arise. Naming them helps reduce their power.
2. Talk About It- Share your experience with trusted peers or mentors. You'll likely find you're not alone.
3. Challenge Negative Thoughts- Keep a record of your wins and positive feedback to counter self-doubt.
4. Avoid Comparison- Focus on your own growth. Comparing yourself to others distorts reality.
5. Celebrate Success- Take time to recognize and enjoy your achievements—don't brush them off.
6. Practice Self-Compassion- Treat yourself with kindness. Mistakes are part of learning, not proof of failure.
7. Reframe Failure- View setbacks as steppingstones, not signs of inadequacy.
8. Seek Professional Support- If imposter feelings persist, consider talking to a therapist or coach. Imposter syndrome often stems from internalised beliefs about success, perfectionism, or not belonging—especially in environments where support is scarce or representation is lacking. It's not a personal flaw, but a response to pressure, uncertainty, or exclusion. With awareness, support and practice, imposter feelings can fade. They may still pop up from time to time, but they don't have to define your story. Confidence isn't about never doubting yourself; it's about moving forward anyway.

*It is always great to catch up with people when we are out and about in this big country of ours.*

Our CEO had the pleasure of catching up with our past ACT Director, Karen Parter on her recent visit to Canberra.



Wendy also had the pleasure of meeting Lisa Charles from the Coalition of Peaks.



If any of you know our Wendy, she is always forgetting to take photos, so we are happy that she is now taking selfies – LOL.



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## Below is a listing of some financial support services in Australia:

[National Debt Helpline](#) or call 1800 007 007 – provides information about the key rights you have in some common debt situations. This includes fines, personal credit cards and loans, debt collection, bills and payday loans.

[Moneysmart – Urgent help with money](#) – help for if you're feeling overwhelmed, in crisis or struggling to make ends meet.

[Small Business Debt Helpline](#) or call 1800 413 828 – a free service for small businesses in financial difficulty that provides free, independent and non-judgemental advice.

[ATO – Financial difficulties and disasters](#) – provides information about managing tax and super if you experience financial difficulties or disasters

The [Leaving Violence program](#) is now available across Australia, creating access to relevant services for people experiencing intimate partner violence. [Click here for more.](#)

The [National Redress Scheme](#) can help people who have experienced child sexual abuse to access redress and free, confidential support. They also have resources for people with disability and their supporters, including Easy Read guides and videos. [Find out more here.](#)

### Help Lines

Disability Abuse and Neglect Hotline: 1800 880 052 A free, independent and confidential service for reporting abuse and neglect of people with disabilities.

13 YARN: 13 92 7624/7 support for First Nations people

1800 RESPECT: 1800737732 The national domestic, family and sexual violence counselling, information and support service.

QLife 1800184527

QLife provides anonymous and free LGBTQI+ peer support and referral for people in Australia wanting to talk about sexuality, gender, bodies, feelings or relationships.

Rainbow Sexual, Domestic & Family Violence

Helpline:1800 497212 Professional trauma counselling for anyone in Australia who are from LGBTQ+ communities who have recently or in the past experienced sexual, domestic or family violence.

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## NATIONAL Multicultural Women's Alliance

Under the new Gender Equality Strategy, 6 Alliances are funded to provide advice to the Government and other stakeholders on gender Equality and issues impacting women.

NATSIWA is one of these Alliances, along with the National Rural Women's Coalition (NRWC), Women with Disabilities Alliance (WwDA), Working for Women Alliance (WwWA), the Working for Women Alliance is also the Women's Safety Alliance. And the National Multicultural Alliance.

We are funded to work together to provide Advocacy for all women.



The Multicultural Women's Alliance is new and was just launched in December. Our CEO had the pleasure of attending and supporting the new Alliance at the launch in Naarm (Melbourne).



## 2026 Key Aboriginal and Torres Strait Islander Days of Significance

 <b>13 February</b> National Apology Day <small>healingfoundation.org.au #MakeHealingHappen</small>	 <b>19 March</b> National Close the Gap Day <small>closingthegap.gov.au #ClosingtheGap</small>	 <b>26 May</b> National Sorry Day <small>humanrights.gov.au</small>	 <b>27 May</b> Anniversary of 1967 Referendum <small>#1967Referendum</small>
 <b>27 May - 3 June</b> National Reconciliation Week <small>reconciliation.org.au #Reconciliation2025 #NRW2025</small>	 <b>3 June</b> Mabo Day <small>#MaboDay</small>	 <b>5-12 July</b> National NAIDOC Week <small>naidoc.org.au #NAIDOC2026</small>	 <b>4 August</b> National Aboriginal and Torres Strait Islander Children's Day <small>aboriginalchildrensday.com.au</small>
 <b>9 August</b> International Day of World's Indigenous Peoples <small>un.org</small>	 <b>2 September</b> Indigenous Literacy Day <small>indigenouseliteracyfoundation.org.au</small>	 <b>13 September</b> Anniversary of UN Declaration of Rights of Indigenous Peoples <small>un.org #StandUp4HumanRights</small>	 <b>10 December</b> Human Rights Day <small>un.org #HumanRightsDay</small>

 NORTHERN TERRITORY GOVERNMENT



## Photo Dump

### Visit to Newcastle for AGM



### 16 Days of Activism





More from Newcastle



Beautiful Aunty Violet

