

A close-up photograph of several vibrant red flowers, likely geraniums, with prominent yellow stamens and dark red centers. The flowers are in sharp focus, filling the left side of the frame. The background is a solid, dark grey color.

# Women days in The East House

Women empowerment supported by  
TrygFonden



## East House

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# Preface

Many relief organizations focus directly on women and their needs of development. In Denmark more and more women's groups, mentor systems, and women's network appear. Women of all nationalities and ages participate actively in the development. Women are beginning to take ownership of their own lives and in their immediate environment. This has been a substantial part of the thoughts behind the women's work in The East House, which began in 2012, and which has been developing ever since. As of now Fridays in The East House are reserved for women, young and old.

The process is cooperating with many competent and diverse crafts persons. An especially close collaboration and relationship has been developed between the women and the organization Feminenza in Denmark. The year 2012 became a significant landmark in this process. This was when we received financial support from the TrygFonden. This enabled us to develop, experiment, and experience new knowledge at a quite different level, and it keeps the process rolling for still some time.

# Learning Platform

knowledge with coziness

Fridays for women are placed on three platforms: a learning platform, a Birth-sister platform, and a baby platform. All three are calibrated to fit this proverb: knowledge with coziness and coziness with knowledge. In practice this means that all processes contain these two elements, and that coziness and knowledge must always go hand in hand.

Over the years many kinds of input have appeared: from quite low-practical inputs such as teaching how to use a phone or a laptop and learning to bicycle to inputs at higher mental and emotional levels including mindfulness.



Women engaged in a Feminenza workshop.



Malene Eilert, Malene Maxon og Lotte Agerholm from Feminenza Danmark.



One day with a Position Purple workshop. Working with finding ones inner qualities.



Learning how to use a computer.





Learning how to use mobile phones.



Yes, I can do it!!



Enjoy the company of others.



The rain begins with a single drop

- Manal Al-Sharif

# Understand and manage fear

Finding strength, courage and confidence.

Fear is a natural human reaction in life. Some forms of fear are necessary for our survival, and others we learn to live with. The last mentioned fears put a damper on our lives whether we are aware of their existence or not.

For most persons and especially for women fear typically appears as symptoms of depression, anxiety, worries about you looks, unwillingness to leaving a destructive relationship and conflict situations - - - now and then our lives seem frozen by an act, a fear, a moment.

The Feminenza program/workshop “To understand and manage fear” is a process aiming directly at the needs of women. In this context women with different ethnical backgrounds. Its goal is to give the women tools to efficiently identify, stop, gain a deeper insight and re-start a life of self determination.



Women in the reflecting face (foto 1 & 2 from left) and in the revising and resolving face (foto fare right).

# Stories which calibrates

Forgiveness and reconciliation.

UN Security Resolution 1325 (October 2000) underlines the central roles that women must be helped to play in the presentation and solution of conflicts and the creation of peace. UNDP declares “ that special measures must be taken to ensure that women are strengthened and supported as dynamic partners in conflict presentation and the creation of peace, to strengthen the security and rights of women, to make new space for female roles of leadership, and to ensure that governments live up to their commitments towards women”. Two of the recognized priorities in reaching this goal are to strengthen the roles of female leadership and to fight violence towards women and girls.

Women’s days in The East House do not belittle the power and influence that women have in Hillerød Øst but they also trust their network countries such as Syria, Iraq, Palestine etc. We take the above resolution seriously, and we have started a process with story-telling evenings that focus and calibrate towards specific Feminenza forgiveness and reconciliation programs.





The first night in a series of narratives evenings. It takes courage to be the one who starts.



Without change, there would be no butterflies  
-Anonymous

# Rådgivende platform

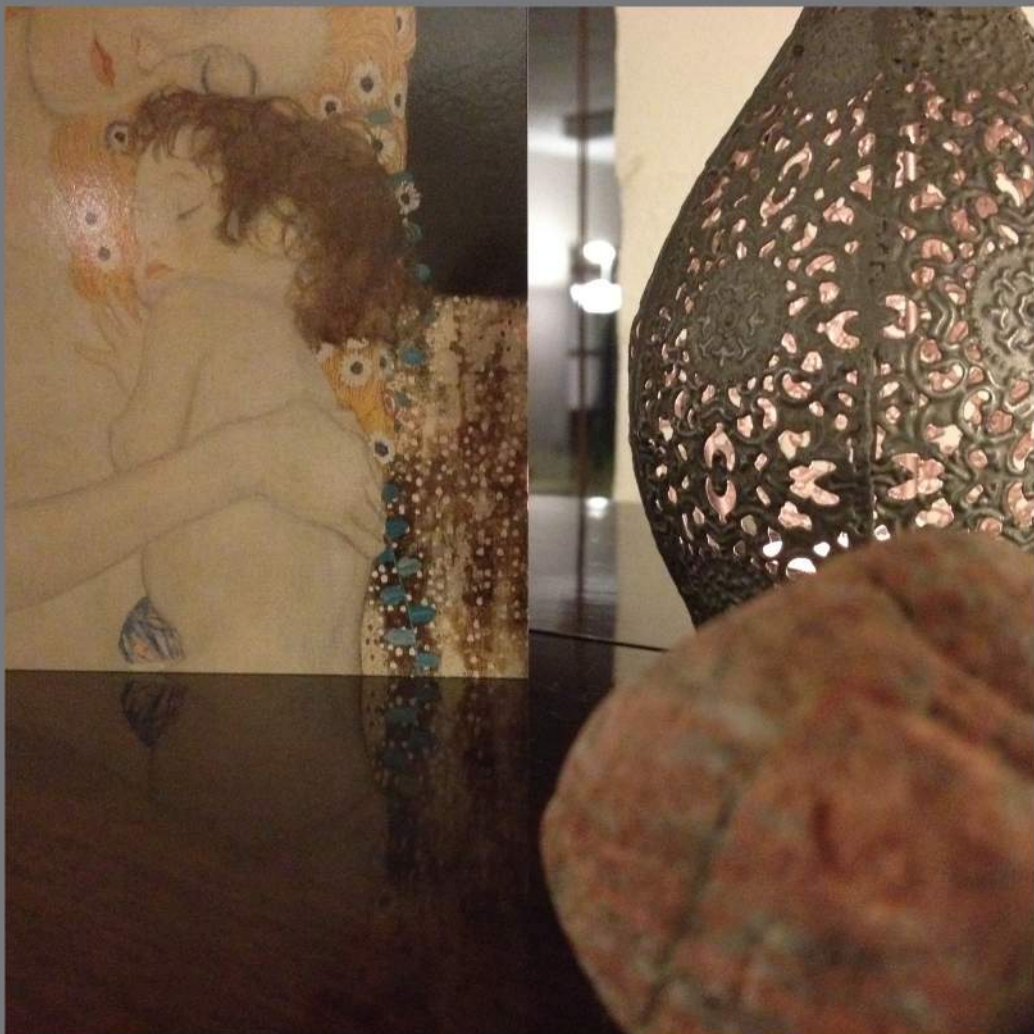
## FødselsSøstre

### Women's lives across borders

A Birth-sister is greatly interested in the different aspects of women's lives. A birth-sister has obtained basic knowledge about female anatomy and physiology, focusing especially on pregnancy, birth, and the first period with the infant. A birth-sister is natural support person in this part of their lives. She respects the differences between women, can explain consequences, put questions and listen, and thus create a possibility for each woman to gain new insight. Therefore she is supportive of sisters, female friends and women from the surroundings and the local community.

Birth-sister status is achieved by a diploma course that focuses on strengthened female identity, supporting the pride and joy to be born in a female body, furthering curiousness, wonder, togetherness and humility towards the lives of other women.

Look at our Facebook group: [Birth-sisters](#)









The first Birth Sister pilot team 2013 with midwife and teacher Marta Orbiz from the birth clinic Maia, and examiner midwife Dorthe Madsen.





The second Birth Sister team with midwife and teacher Ditte Aagaard after the diploma ceremony 2014.



The opportunity for brotherhood (and sisterhood)  
presents itself every time you meet a human being.

-Jane Wyman

# Babyplatformen

Women's days in The East House has invited the health nurses in Hillerød Øst to their house. This means that the health nurses offer an open invitation to new parents and their infants. It is always possible here to have a nice chat about children, youngsters and parental cooperation.

The collaboration between The East House and the health nurses has diminished the distance between small everyday problems and their solutions. In other words: communication with more flow and visibility.

The baby platform also offers baby gymnastics and training for pregnant women and mothers up to 6 months after birth.



Health nurses Liselotte, Mette og Christina.



Girls from the club "Young Girls" which is taking babysitting diploma.



Children are part of the women days.





We are a  
mosaic of gifts,  
and each of us  
has our inner beauty,  
no matter  
how we look

-Mattie Stepanek

# Diploma ceremony

“When we share joy, it grows – when we share sorrow, it diminishes”. This was said by Mette Borchenius from the municipality of Hillerød in her speech to the newly graduated diploma recipients.

Because of the fact that so many of the participants in the women’s days in The East House never or very rarely have received recognition in the form of a diploma, this has become an important part of the project. A number of small skill courses lead to feelings of pride in the women themselves, and the diploma is a visible proof of their efforts.

It was therefore a grand and joyful day when the diplomas were to be given. The occasion included a visit from the town hall and from journalist John Jessen Hansen from Hillerød Posten.



Arab and Turkish women receive diplomas and participation certificates as recognition and proof of their individual efforts.

# SOTW Conference

Working closely together with Feminenza Kira Andersen has developed the SOTW women conference. The letters mean Sisters of the World. The aim of the conference is to create a “heart-beat”, gathering women once a year to a conference about relevant, important and current topics. The conference is for all women notwithstanding nationality, religion or social status.

This conference has been held three times; in 2013, 2014 and in 2015, and each time more women were attracted. – Read more about the conference on Facebook [SOTW conference](#) or follow the Facebook group [Sisters of the World](#).



SOTW women konference 2013 til venstre og 2014 til højre.



Speakers from different women organisations.



Key note speaker Mary Noble Co-founder and CEO Femenza International.





Each of us is a jewel  
entrusted to ourselves.

Rough cut at the start,  
but faceted and polished  
as we live our lives  
in the ways we  
choose.

- Femenenza

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The SOTW conference ended in 2014 with a small flower ceremony where each woman could plant a bulb as a symbol for a quality she would like to grow during the year.



The bulbs became flowers, each with their unique color, fragrance and form.

## Theories and professionals

Women's days in The East House is developed by Kira Andersen, and it is based on pedagogical and psychological theories as well as on the input from many experts. Thank you to all you women who participated and a special thanks to Karina Wessberg, Sophie Rye Nielsen and Feminenza for a gigantic, voluntary effort. and to The East House.

### **Theories**

John Dewey: "Learn to do by knowing and to know by doing" - Vygotskij: "Zonen for nærmeste udvikling" - Hans Henrik Knoop: "Flow og positiv psykologi"- Feminenza: "Principles and programmes about human development" - Rasmus Alenkær: "Inclusion kontra rummelighed"- Position Purple: "Programmer for kropslig, mental og emotionel parathed" Ved Henrik Taagaard.

### **Lecturers**

Sundhedsplejerskerne tilknyttet Hillerød Øst - Forfatter Kristine Aamand - Læge Amneh Hawwa  
Familieterapeut Fie Hørby - Sexolog Fatima El-Hajj - Gotved pædagog Marie Schmidt.

### **Teachers at Birth Sisters**

Midwife Marta Orbis first year 2013 - Midwife Ditte Aagaard second year 2014 - Hospice nurse and Ruby Heart Bereavement counsellor Birgitte Nielsen.





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Women empowerment