

Azeemah Voice

July 2025 Edition

Financial Abuse
Signs to look out for

Results are In!
How Female Friendly is your
Local Mosque

Saving Smarter
Apps and Budget Friendly Ideas

Trapped in Peter Pan Mode

Thank You from All of Us at Azeemah

We want to extend our heartfelt thanks to all our customers, friends, families, and supporters. Your kindness, encouragement, and belief in our mission mean the world to us. Every visit, message, and act of support helps us continue creating a space of healing, empowerment, and community for women.

We also wish to respectfully acknowledge the Traditional Custodians of the land on which Azeemah stands. We pay our deepest respects to the Elders past and present, and extend that respect to all Aboriginal and Torres Strait Islander peoples.

This land was, is, and always will be Aboriginal land.

With gratitude and love,
The Azeemah Team

UPCOMING EVENTS



8TH JULY

KIDS SHAKE N PAINT

12TH JULY

KIDS MOVIE NIGHT

15TH JULY

Mini Barista Course

17TH JULY

SOCK PUPPET MAKING

18TH JULY

GIRLS WINTER WONDERLAND DANCE

26TH JULY

LADIES OPEN MIC NIGHT

EVERY SUNDAY'S

Ilm Al Quran - Halaqa

Thank you to @blossoming_bouqcakes for sponsoring a door price for our open mic night

LAST MONTH

Last month, we had the honour of hosting renowned psychologist Dr. Lucy Verwey, who delivered an insightful session on the science of breathing and how it supports psychological wellbeing.

The event was a huge success, with attendees deeply engaged and requesting a longer, more in-depth follow-up. Due to popular demand, we'll be bringing Dr. Verwey back for an extended session, details to be announced in the coming weeks. Stay tuned!



Just Breathe

Presented by

Dr Lucy Verwey



WELCOME TO OUR VOICE YOUR VOICE

LOVING YOURSELF STARTS FROM WITHIN YOU

In a world that constantly tells us we're not enough, too loud, too quiet, too big, too small, learning to love yourself can feel like a radical act. But the truth is, love doesn't begin outside of you. It begins within.

Loving yourself is not about being perfect. It's about embracing your imperfections with compassion. It's choosing to be kind to yourself when the inner critic gets loud. It's honouring your journey, your body, your heart, and your growth, even when others don't see it.

Self-love means setting boundaries that protect your peace. It means walking away from people or places that dim your light. It means forgiving yourself for mistakes and recognising your strength for getting through things you never thought you would.

It's easy to think that love has to be earned or come from someone else. But the love that truly transforms begins inside you. You are worthy, right now, as you are, of your own care, attention, and compassion.

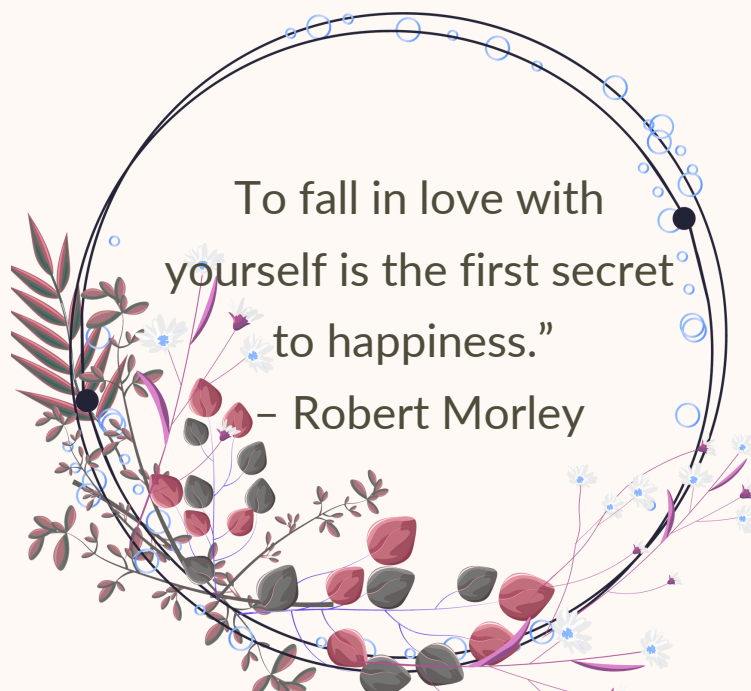
When you begin to truly love yourself, you stop settling. You start healing. You grow into who you were always meant to be. And that love becomes a light not just for you—but for everyone around you.

Azeemah Women's Hub in Brunswick is a charitable space dedicated to empowering women affected by domestic violence. Through its café, Azeemah Eats, it offers Middle Eastern cuisine with a modern twist, including authentic Palestinian dishes. Proceeds support vital services like counselling, upskilling, and community programs, fostering healing and resilience

We're deeply grateful for your support as we grow Azeemah together a place of hope, strength, and new beginnings for all women.

**With heartfelt thanks,
The Azeemah Team**

To fall in love with
yourself is the first secret
to happiness."
– Robert Morley



UNDERSTANDING FINANCIAL ABUSE: A HIDDEN FORM OF CONTROL

Financial abuse is a form of domestic violence where one person controls another's access to money, financial resources, or decision-making in order to exert power. It often goes unrecognised because it doesn't leave visible scars—but its impact can be just as damaging.

This type of abuse can take many forms. It may include a partner restricting access to bank accounts, preventing someone from working, stealing their wages, forcing them to sign financial documents, or accumulating debt in their name. Victims may be given an “allowance” or made to justify every purchase, no matter how small. In some cases, women may have no access to family income at all—even if they contribute to it. Financial abuse traps people in relationships, making it hard to leave due to fear of homelessness, poverty, or being unable to support their children. It's especially dangerous when paired with other forms of abuse—emotional, physical, or verbal.

Recognising financial abuse is the first step toward regaining control and safety. Support services, financial counselling, and legal aid are available. No one should be made to feel powerless or dependent in a relationship. Financial security is not a privilege—it's a basic human right.

“You don't need to work, I'll take care of everything.”

“Why did you spend that? You should have asked me first.”

“Give me your bank card, I'll look after the bills.”

“If you leave, you'll have nothing.”

This type of abuse can take many forms. It may include:

- Controlling all bank accounts and refusing to share access
 - Forcing a partner to hand over their wages or Centrelink payments
 - Preventing someone from working, studying, or building financial skills
 - Placing debts in their name or damaging their credit history
 - Monitoring or restricting every purchase, no matter how minor
 - Denying money for essential needs like food, medication, or transport
 - Threatening to leave or report someone if they ask for financial freedom
-
- Financial abuse creates dependence and isolation, making it harder to leave the relationship safely. It affects women from all walks of life, and can have lasting impacts on mental health, self-esteem, and long-term economic security.
 - Recognising the signs is crucial. Financial abuse isn't about mismanaging money—it's about power and control. Everyone has the right to make decisions about their own finances, work towards independence, and live free from coercion.

If you or someone you know may be experiencing financial abuse, support is available. Organisations like 1800RESPECT, Centrelink Social Workers, and financial counsellors can provide confidential help and pathways to safety.



JULY
20
25

If you or someone you know is experiencing financial abuse, contact 1800RESPECT for confidential support.

ARE OUR MOSQUES FEMALE FRIENDLY?

A Critical Reflection on Inclusion and Access

A recent Azeemah survey invited Muslim women to reflect on the inclusivity and accessibility of their local mosques. While the number of responses was modest, the results were telling many women feel underserved, unheard, and excluded in spaces meant to welcome all believers.

This survey was prompted by a growing concern: with increasing numbers of divorced families in our communities, mothers are often the primary caregivers. When fathers are absent, who takes the children to the mosque?

If women feel unwelcome in mosques, their children, are likely to grow up disconnected from the mosque altogether.

Azeemah acknowledges that attending the mosque is not compulsory for women as it is for men. However, this issue isn't just about obligation, it's about the spiritual and emotional wellbeing of families, both present and future. Women play a vital role in shaping their children's connection to faith. If the mosque is not a safe, welcoming space for mothers, it will likely be absent from their children's lives too.

Survey responses showed widespread dissatisfaction with prayer facilities, minimal programming for women, and a sense that women's voices are often ignored. Some shared that they no longer attend mosques at all due to feeling excluded. Those who sought mediation support felt it lacked fairness and sensitivity

These findings echo broader research. A 2020 study by Nafiseh Ghafournia revealed that Australian Muslim women often face barriers accessing mosque spaces and decision-making processes.¹

Religious leaders must now reflect: how can we claim to build strong communities if we do not embrace and support the women raising them? Azeemah is ready to collaborate with mosque boards and imams to foster safer, more inclusive spaces, spaces that uplift women, strengthen families, and nurture the next generation of Muslims.



References:

- Ghafournia, N. (2020). Negotiating Gendered Religious Space: Australian Muslim Women and the Mosque. *Religions*, 11(12), 686.
- Woodlock, R. (2010). Praying where they don't belong: female Muslim converts and access to mosques in Melbourne. *Journal of Muslim Minority Affairs*, 30(2), 265–278.

TRAPPED IN PETER PAN MODE

In a healthy adult relationship, both partners contribute emotionally, mentally, and practically. But sometimes, you may find yourself in a dynamic where you feel more like a parent than a partner. If your relationship leaves you constantly picking up the slack, you might be dealing with a man-child—an emotionally immature adult who resists responsibility and growth.

Here are five telltale signs:

1. He Avoids Responsibility

It's important to distinguish this from healthy teamwork. If your partner is temporarily contributing less due to work, study, or health issues, that's cooperation. But when someone consistently avoids responsibility without valid reason, that's immaturity—not partnership.

2. He Lacks Emotional Maturity

He struggles with accountability, blames others for his mistakes, and may throw tantrums or sulk when things don't go his way. Instead of owning his emotions, he projects them onto others.

3. He Needs Constant Praise

Like a child needing gold stars, he seeks constant validation. If you don't praise him for every small act, he acts neglected or underappreciated, even for basic responsibilities.

4. He Expects You to 'Mother' Him

From doing his laundry to managing his appointments or reminding him of obligations, he relies on you for tasks he should handle independently. He may call it love, but it's dependency disguised as affection.

5. He Avoids Tough Conversations

Man-children shy away from conflict or emotional depth. He may ghost, stonewall, or distract with humour when serious matters arise, leaving issues unresolved and communication broken.

Being with someone who refuses to grow up can drain your energy, cloud your self-worth, and delay your own emotional journey. You deserve a partner—not a dependent. Recognising these signs is the first step toward healthier boundaries, self-respect, and perhaps, the courage to walk away.
Let me know if you'd like this rewritten in a cheekier or more clinical tone!





Back

Your
Next

Event

@AZEEMAH

SMART BUDGETING

Everyday Apps That Help You Keep More in Your Pocket

Saving Smarter – Simple Budgeting & Everyday Apps That Help You Keep More in Your Pocket
When you're rebuilding your life, whether after hardship, trauma, or financial strain, money can feel like it's slipping through your fingers. But taking back control doesn't have to be overwhelming. With a few simple steps and free tools, you can start saving money and managing what you already have more wisely. This article walks you through budgeting basics, plus introduces Australian apps that actually help you save, not just track your spending.

Start With What You Have

Know exactly what comes in each week. List your income from:
Centrelink
Wages (even if casual)
Child support
Family or side income
This is your total weekly income.

List Your Non-Negotiables

These are your essential weekly or monthly expenses:
Rent or housing
Food and groceries
Utilities
Phone/internet
Medication
School costs
Use receipts or your banking app to check what you really spend—not just what you think you spend.

Plan for Surprise Costs

Life happens. So plan for it. Set aside even \$10–20 a week (if you can) for:
Petrol
School excursions
Unexpected bills
Emergency doctor visits
Over time, this builds a small safety net.

Use Apps That Help You Save

These FREE or low-cost apps are made for Aussie families looking to cut costs on food and everyday spending:

FOOD SAVING APPS (Great for Families)

These apps help you access affordable, good-quality meals and reduce food waste.

Too Good To Go

Buy end-of-day meals from local cafes and bakeries at huge discounts—just \$4–\$6 per meal! A brilliant way to save and reduce waste.

toogoodtogo.com

Foody Bag

An Australian app connecting you to leftover meals and baked goods from shops near you.

foodybag.com.au

OLIO

Share or pick up free surplus food from your neighbours or local businesses. Great for building local connection too.

olioex.com

Karma

Similar to Too Good To Go—find discounted, leftover food from cafes before it's wasted.

karma.life

BUDGETING & MONEY MANAGEMENT APPS

These apps help track your money and offer ways to save while you spend.

Frollo

Connects to your bank, shows your spending patterns, and helps set up real savings goals. Free and very user-friendly.

Goodbudget

Based on the old-school “envelope” method—great for visual budgeting and setting spending limits per category.

Pocketbook

Aussie-made app that automatically tracks your spending and sends alerts when you're overspending.

MoneyBrilliant

Gives a full overview of your finances—income, bills, budgets—and recommends ways to save.

ShopBack

Get real cashback every time you shop online from hundreds of big-name brands. Just click through the app first.

Don't Forget to check out

<https://moneysmart.gov.au/>

BUDGETING ISN'T ABOUT SAYING “NO” TO EVERYTHING. IT'S ABOUT SAYING “YES” TO WHAT MATTERS, YOUR PEACE, YOUR POWER, AND YOUR PLANS FOR THE FUTURE. START WHERE YOU ARE. USE WHAT YOU HAVE. BUILD LITTLE BY LITTLE.



A row of five pump bottles, two white and three pink, sits on a dark counter. Above them, a shelf holds several rolled-up white towels. The scene is dimly lit, with a soft light source from the left creating a gentle glow on the bottles and towels.

AZEEMAH HAIR OPENING 10TH OF JULY

LINK ON OUR INSTAGRAM PROFILE
LOOKING FOR A ROLE AT THE SALON?
EMAIL ADMIN@AZEEMAH.ORG.AU