

Speak Out Loud:

Stories of Strength from the Southern Downs

EPISODE: The She Hive Ladies Shed

GUEST: Glenda Riley, She Hive Ladies Shed; Photographer

PUBLISHED: 14th February 2022

SUMMARY OF EPISODE

Glenda Riley joins me in today's episode to share information about the She Hive Ladies Shed which is based in Stanthorpe. The She Hive is a solution focused, inclusive social group for women that empowers its members to share their skills, knowledge, and their presence with each other. Glenda believes that the powerful energy that's brought to the group each week comes from the group's philosophy: "We believe in you. We support you. We see you. Everyone has a voice."

Glenda also shares her stories about helping with the water deliveries during the drought, photographing the bushfire that swept through the Stanthorpe area in September 2019, and taking photos as Storm King Dam filled again in March 2021.

Listen to the podcast conversation to hear Glenda share:

- the story of her connection to the Southern Downs
- the origins of the She Hive Ladies Shed
- the impact of the drought on families across the region
- how the drought response supported the distribution of drinking water and non-potable water to people in need
- how volunteers noticed that many women also needed more social connection
- why the name "She Hive" was chosen
- who the She Hive is for
- the activities on offer at the She Hive
- how often the women meet together and what costs are involved
- how the She Hive supports other local organisations and businesses
- why she thinks the She Hive has been so successful
- why it's important to ask 'positive questions' instead of 'negative questions'
- what she has learnt by reflecting on her own mental health that might be helpful to others too
- her hopes for the future of the She Hive
- how she stepped into her photo journalism role when the bushfire came through Stanthorpe

- the process of reflecting on the bushfire photos two years later when she was invited to submit them to the Hope and Growth Photography Exhibition
- the importance of recording history through photos
- the experience of watching the dam fill up from the She Hive location
- the celebration of rain by going for a swim and taking photos
- the healing value of reflecting back to see how far you've come as you recover from tough times
- accepting what you can change and what you can't
- who the real heroes are in tough times

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RESOURCES MENTIONED IN THE PODCAST

Southern Downs Regional Council <https://www.sdrc.qld.gov.au/>

Granite Belt Ladies Shed (She Hive) Private Facebook Group

<https://www.facebook.com/groups/447495759728196>

Southern Downs Steam Railway Association Inc / The 'Downs Explorer'

<https://downsexplorer.org.au/>



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The Speak Out Loud: Stories of Strength podcast has been produced by Kathryn Walton Consulting www.kathrynwalton.com.au



This project has been jointly funded under the Commonwealth and State Disaster Recovery Funding Arrangements (2018).

The information shared in the podcast and handouts is intended for general information only. To the best of our knowledge, this information was correct at the time of publishing. Please consult with your doctor or health provider for support based on your individual needs.

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