



JULY 2011 NEWSLETTER



WOMEN'S HEALTH RESOURCE CENTRE

28 Sanford Street, Geraldton P O Box 2100
Phone: (08) 9964 2742 Fax (08) 9964 2811
Free Call: 1800 196 688

Email : w_health@bigpond.net.au

ROAD TO RECOVERY Perinatal Depression Program

The Road to Recovery group is a new group that will provide prevention, treatment education and support for women and their partners experiencing or at risk of post natal depression, anxiety and stress. This program will be run at Women's Health Resource Centre with support from Pam Ford, Project Officer for the National Perinatal Depression Initiative. It is a 10 week program and commences on the 1st September 2011. It will be held on a Thursday morning from 10am to 1130am with morning tea.

If you are interested in this program, or know someone who could benefit, please contact either Pam Ford on 9956 1959 or Sharon Houwen on 9964 2742.

More details on the structure of the program will follow in the August newsletter.



WELLNESS WEDNESDAY

Women on Wellness (WOW) week held in May 2011 provided many women with the opportunity to try new physical activities in a group setting. Feedback from this week has showed interest for a structured weekly physical activity group that is low cost. To meet this need Women's Health will offer group activities for Term 3 as follows:-

SWIMMING AT AQUARENA

Wednesday 3rd, 10th, 17th and 24th August

10am to 11am

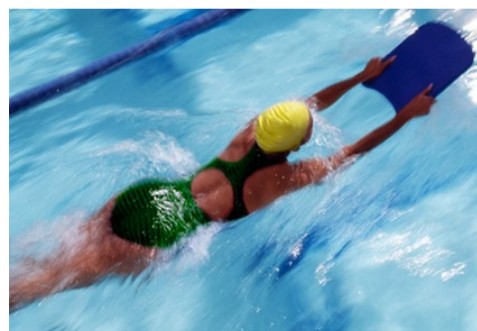
BEGINNER TENNIS LESSONS AT SPALDING PARK TENNIS CLUB

Wednesday 31st August, 7th, 14th and 21st September

Cost will be a gold coin donation.

Children are welcome but are the responsibility of the parent. It is recommended that alternate childcare be found for the swimming activities.

More details in August newsletter, please register your interest to Glenda on 9964 2742 or admin.whrc@bigpond.com



The Women's Health Resource Centre is a client focused, confidential, multi-purpose health service aimed at meeting the needs of women in the Geraldton and Midwest region.



Our services include:

Counselling

Individual appointments
Unplanned pregnancy
Postnatal Depression
Anxiety
Referral Service

Other Services

Free pregnancy testing
Nurse Educator (by appointment)
STI Checks (by appointment)
Health Education
Pap smear clinic (by appointment)
Visiting Legal Service
Free condoms
Blood Pressure Checks
Blood Glucose Levels
Referrals
Walking Group
Workshops and Women's Groups
Resources – pamphlets, phone, computer
Internet Access



BREASTFEEDING SUPPORT GROUP

July dates:

Friday 1st and 15th commencing at 10.30am, Women's Health Resource library.

Enquiries to Cath Dalle

0427 379675

(day time only please)



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'BREAST AWARE' LADIES LUNCHEON & BREAST HEALTH EDUCATION

Women's Health Resource Centre raised \$157.60 for the Breast Cancer Care WA at the Breast Aware Ladies Luncheon. A special thanks goes to Peggy Briggs for giving her time to talk to the group and to Lisa Moser for organising the education session.



BABY AND TODDLER YOGA

Women's Health Resource Centre have secured funding from the City of Geraldton/Greenough to run a series of free sessions for both baby and mum yoga and toddler and mum yoga. The baby yoga will run first during August for five weeks and then the toddler yoga during September 2011.

Dates are as follows:-

Baby & Mum Yoga August 3, 10, 17, 24 and 31

Toddler & Mum Yoga September 7, 14, 21 and 28

All sessions will start at 930am and are held in the Resource room at the centre. Cath Dalle will be facilitating the sessions.

To reserve your place please phone the Centre on 99642742.

Sponsored by



Do you require some legal advice?

THE GERALDTON COMMUNITY LEGAL CENTRE

visits the WOMEN'S HEALTH RESOURCE CENTRE on a monthly basis.

Next visit is **Tuesday 12th July 2011**

FREE 45 minute legal appointment is available by phoning 99642742

SPRING INTO ACTION

Women's Health Resource Centre will be holding an extensive 10 week program called 'Spring into Action' commencing September 6th 2011. This will be a healthy lifestyle education group for women who would like to improve their health and make lasting changes for a better life. This program has also been funded by the City of Geraldton/Greenough Community Grants Program.

More details on this program will be in the August newsletter or enquire to Sharon Houwen, Nurse Educator on 99642742 or email nurse_educator@bigpond.com

WHRC HEART FOUNDATION WALKING GROUP (Autumn/Winter)

Our Women's Walking Group will continue to run on Fridays but the departure time has changed to **1030am**. This is more suitable for mothers with babies and children to attend. The weather is also a little cooler and this time is perfect for a stroll along the foreshore.

No bookings are required, just show up with your prams, walking shoes, hats and water. You are welcome to stay afterward for a cup of tea or coffee and a social chat.

Women of all ages are welcome.



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COUNSELLING SERVICES



Our counsellor, Lisa Dowdall provides counselling two mornings a week at Women’s Health Resource Centre. She is available on Wednesday and Friday mornings for appointments.

Three to six sessions are available to women with a scaled fee, \$40 per session for waged clients and \$15 for un-waged or healthcare card. For any queries regarding the fees please speak with the Co-ordinator Daphne White.

Please phone reception for appointments on 9964 2742.

The counselling program is supported through DoH funding, public donations and Sinosteel Midwest Corporation Limited.



COMPLEMENTARY HEALTH SERVICES

MEDITATION

Mondays 11am—12 noon.
Entry by donation.

HAND AND FOOT MASSAGE

Appointments available Tuesdays at 1pm, 2pm and 3pm
Cost is \$10 per session.

REIKI

Lois Coops Mondays 2pm and 3pm
Sheryn Donald Tuesdays 9.15am and 10.15am
Kerryn Belli Thursday 1pm to 4pm
Cost is \$10.00 per session.

Phone 9964 2742 for all appointments.



WHRC MEMBERSHIPS DUE 1ST JULY 2011

Just a reminder to members that annual membership is due on the 1st July 2011. We encourage all women who use the Centre to join as a member. Membership entitles you to the library and resources, full access to the Centre and attendance at the Annual General Meeting. This year all members will be invited to an annual morning tea. Membership also encourages women to become involved with the Centre and help meet the health needs of the women in the community. The costs for the 2011/12 year are \$20 for waged clients and \$10 for unwaged.

A member application form is attached or available at the Centre.

I,.....wish to become a member and enclose my cheque/direct deposit Westpac (BSB 036-103 Acct 144300 please state your full name)

Name: _____

Address: _____

Telephone Number: _____

Email Monthly Newsletter Yes/No Email address: _____

Please return this slip to the Centre, 28 Sanford Street, Geraldton or by post to PO Box 2100 Geraldton.

PAP SMEAR CLINIC DATES FOR JULY 2011

Monday 4th July
830am to 1200 noon

Monday 18th July
830am to 1200 noon

Monday 1st August
830am to 1200 noon

Free confidential service

Conducted by
female Pap smear
Nurse

Lisa Moser RN

Bookings also available
for STI checks, sexual
health advice and preg-
nancy tests

Group sessions for Depres- sion and Anxiety disorders

Depression and Anxiety are often found to be co-morbid: people who suffer with Depression often also suffer with Anxiety, and vice versa. For this reason, the Midwest GP Network is offering group sessions to deal with these issues that often seriously impact on quality of life and general wellbeing. The sessions will be offered on Monday evenings commencing 1st August 2011, and will run for 6 consecutive evenings by experienced staff. The venue will be conveniently located at the board room, GP Network, 32 Holland Street. Referrals are now encouraged for intake interviews to take place during the last two weeks of June (20-30 June 2011).



“Putting the Pieces Together for Women’s Health”

WOMEN’S HEALTH RESOURCE CENTRE

Other Agency Notices

Are you feeling lonely, isolated or depressed?



GROW Support Group meets FRIDAY’s 10am at Rosella House, Bayly Street, Geraldton

Telephone 1800 558 268. All welcome

GRIEF AND LOSS WORK-SHOPS for children and young people

A 4 week course has been designed by Centacare Family Services to assist children and young people aged between 8-12years who have experienced loss, change and grief through death, separation or divorce.

Venue: Centacare Family Services
3 Maitland Street Geraldton
Date: Thursday 21st July
Thursday 28th July
Time: 3:30—4:30 PM
Cost: \$5 For the 4 sessions
Contact Centacare to Register:
(08)9921 1433

JEAN HAILES MIDLIFE SEMINAR

Wow what a wonderful day. Firstly, thank you to all the wonderful people who donated their time and energy to come and help set up, pack up and assist in the kitchen on the day. All feedback on the day and since suggests the seminar was a great success. The Jean Hailes speakers mixed amongst the crowd and happily answered questions in the breaks which was greatly appreciated by all.

The three speakers were very interesting and informative. The first, Dr Elizabeth Farrell – leading Gynaecologist and founding member of the Jean Hailes Foundation, spoke of the physical aspects of Menopause. This included – what it is, relevant facts and symptoms of menopause transition such as peri-menopause, education, lifestyle (diet and exercise), emotional wellbeing, alternative treatment options, non hormonal therapies and hormone replacement therapy (HRT). INTERESTING FACT: Statistics show of women in the peri-menopause/menopausal years that 20% have severe symptoms, 20% have no symptoms, and 60% have mild symptoms. **So, 80% of women have at least one symptom of hormone change.**

The second speaker was Healthy Lifestyle Program Director at The Jean Hailes Foundation, and internationally published Accredited Practising Dietician Dr. Cate Lombard. She spoke of the benefits of a healthy diet and physical activity. Her talk was put in simple to understand terms in a realistic and practical sense. Cate focused on the need to stop weight gain initially and slowly introduce lifestyle changes to be able to maintain a healthy body weight over time. INTERESTING FACT: 50 – 74% of Australian women aged 30 and above are overweight and if this trend continues **by 2015 the projected prevalence is that > 75% of women over 30 years of age will be overweight.**

The third speaker was Bella Hamer a local physiotherapist who specializes in Women’s Health/continence matters. Bella helped those there on the day to locate and recognize what your pelvic floor is, where it is, why it is so important and how to exercise and strengthen it.

If you require further information on any of the topics discussed please phone for an appointment so I am able to on refer you to the correct professional. Sharon Houwen—Nurse Educator



Centacare Conference

Focusing on Parent and Adolescent Relationships

Master of Ceremonies:
Grant Woodhams MLA

Key note speakers:
Australian of the year 2005 **Prof Fiona Wood**
Your favourite cricketer **Justin Langer**
Centacare Psychologist **Elizabeth Szczepanska**



Special Guests: 2 Teenagers who will be speaking about Adolescents today.

Join them as they take you through a journey on the many issues families face in today’s society.

Friday July 8 2011

8:30am for a 9:00am sharp start –3:00pm

At the Catholic Centre Maitland St Geraldton

Tickets \$25 (\$15 concession) And are available from the Centacare Office, 3 Maitland St Geraldton (Across the road from the QE2 Centre)
For Enquires Contact Centacare on (08) 9921 1433 or event organiser Jodi McGuire on 0488 488 266

NEEDLE SYRINGE PROGRAM



Women’s Health Resource Centre now provides a Needle Syringe Program for clients.

‘Harm Minimisation Packs’ are available and include fitsticks, alcohol wipes, educational material, condoms and lubricant. These are supplied free of charge. Please see staff at the Centre to collect your harm minimisation pack.