



AUGUST 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 : admin.whrc@bigpond.com

WELLNESS WEDNESDAYS

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

Dates: 3rd, 10th, 17th and 24th August

Time: 10am to 11am

All women **must** to be registered with WHRC to participate with the swimming program. Please phone the Centre on 99642742 to register. If you require transport please also advise staff.

Please meet at Aquarena, Pass Street, Geraldton at 955am or at the Women's Health Resource Centre by 930am if transport is required. A WHRC staff member will be at the pool from 950am.

The cost is \$2.50 per person, WHRC will subsidize the remainder fee.

The swimming will take place in the indoor heated pool where women can swim laps and in the smaller pool with walking and gentle exercise for those unable to swim laps.

Children can come but are the responsibility of the parent. It is recommended that alternate childcare be found for the swimming activities due to safety issues.



BEGINNER TENNIS LESSONS AT SPALDING PARK TENNIS CLUB

Dates: 31st August, 7th, 14th and 21st September

Time: 10am to 11am

Basic tennis lessons will be held for women at Spalding Park Tennis Club. All women are welcome, including those with young babies and children. Please bring their prams and/or toys.

Cost will be a gold coin donation (to cover court hire). Please bring sports shoes, comfortable clothing, sunscreen, hat and a water bottle.

Please register your interest to Glenda on 9964 2742 or admin.whrc@bigpond.com. Please advise also if you require a tennis racquet.



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.



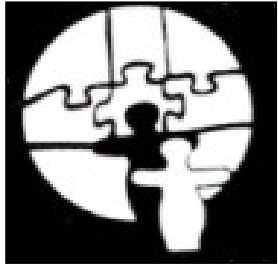
Our services include:

Counselling

Individual appointments
Unplanned pregnancy
Postnatal Depression and 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



SPRING INTO ACTION

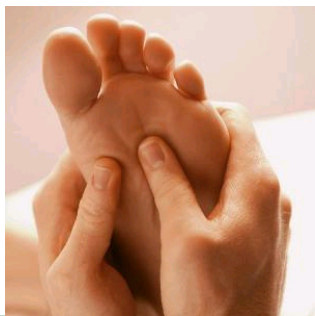
HAND AND FOOT MASSAGE REIKI

Trained volunteers offer these services to clients for \$10 per session.

This allows clients to have a great service at a reduced rate and also assists WHRC with additional monies to enable our women's programs to continue.

Gift vouchers are also available for any of your friends.

Please ring Glenda to make a booking on 9964 2742



Women's Health Resource Centre will be holding an extensive 10 week program called 'Spring into Action' commencing September 6th 2011. This will run between 10am to 1130am on Tuesday mornings. Spring into Action is a healthy lifestyle education group for women who would like to improve their health and make lasting changes for a better life.

The first and last session will be a group session as well as individual health checks. The remainder of the weeks will include information and activities on a variety of topics relating to health and wellbeing. These include:

- Goal setting
- Dietician talk
- Emotional Eating
- Prevention of Diabetes
- Food preparation and cooking
- Physical activity
- Supermarket tour
- Dressing advice



We have allowed a pamper day on Melbourne Cup Day for those who want to look their best for a Melbourne Cup Lunch.

If you have any questions regarding this program contact Sharon Houwen, Nurse Educator on 99642742 or email nurse_educator@bigpond.com

This program has been funded by the City of Geraldton/Greenough Community Grants Program.



WORLD BREASTFEEDING WEEK

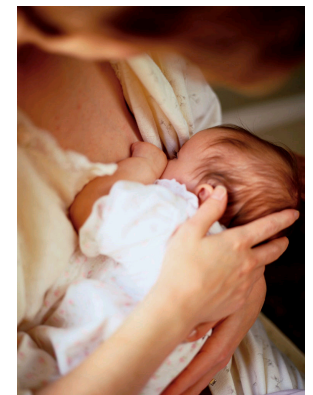
Cath Dalle, facilitator of the Geraldton Breastfeeding Group is organising a breastfeeding information stall and activities to celebrate World Breastfeeding Week. This will be held on Friday 5th of August at the Foreshore instead of the usual group at Women's Health Resource Centre.



Please meet at the Foreshore next to the play park at 1000am. All welcome - mums, dads, grandparents, carers, toddlers and babies.

There will be kids activities and parents are encouraged to bring a picnic rug and fruit to share for morning tea.

For further information contact Cath on 0427 379 675



BABY AND TODDLER YOGA

Women's Health Resource Centre will 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 for 4 weeks during September 2011.

Dates are as follows:-

Baby & Mum Yoga August 3, 10, 17, 24 and 31 (2 sessions—Please note 930am is already full, only 11am—12noon session available)

Toddler & Mum Yoga September 7, 14, 21 and 28 (1 session 930am only)

All sessions 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.

FREE 45 minute legal appointment is available by phoning 99642742

28 Sanford Street, Geraldton P O Box 2100
Phone: (08) 9964 2742 Fax (08) 9964 2811

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 9 week program and commences on the 1st September 2011. It will be held on a Thursday morning from 10am to 1130am with morning tea.

A referral is required for this program, either from your GP or Pam Ford on 9956 1959 or Sharon Houwen on 9964 2742.



Session 1:	1st September	Introduction/welcome
Session 2:	8th September	Identifying the thought and feelings connection
Session 3:	15th September	Unhelpful thinking styles
Session 4:	22nd September	Stress and relaxation
Session 5:	29th September	Attachment/baby massage
2 week break for school holidays		
Session 6:	20th October	Care for your baby by caring for yourself
Session 7:	27th October	Evening Group—partners welcome
Session 8:	3rd November	Activity planning and goal setting
Session 9:	10th November	Looking to the future

WHRC MEMBERSHIPS DUE 1ST JULY 2011

Just a reminder to members that annual membership were 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 AUGUST 2011

Monday 1st August
830am to 1200 noon

Monday 15th August
830am to 1200 noon

Wednesday 17th August
1230pm to 3pm

Monday 29th August
1230pm to 3pm

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 (Tuesday to
Thursday 930 to 230)

Phone 9964 2742



Women’s Walking Group

Leaves WHRC at
1030am on Fridays
Walk is at a pace all
can enjoy!
Walk along foreshore
and return



“Putting the Pieces Together for Women’s Health”

WOMEN’S HEALTH RESOURCE CENTRE

Other 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

DRUMMING CIRCLE

A drumming circle for both men and women is held on the first Thursday of each month 630pm until 8pm. This includes a light supper.

This is held at Midwest Men’s Health, 122 Chapman Road, Geraldton (next to Target complex).

All are welcome, no previous experience required. No bookings required just show up.

Drumming is fun and a great way to bring people together.

FREE CARER WORKSHOP GERALDTON

Realities of Taking Time Out

Are you looking after a family member or friend with a disability, chronic or mental illness, or who is frail and aged?

As a family carer, looking after yourself is really important. This workshop explores the barriers and benefits of taking time out. It also gives you the chance to share information about how and where you can access other services and to let us know if services you need are not there.

Date: Tuesday 9th August 2011

Time: 10am to 2pm

Where: Lotteries House
114 Sanford Street
GERALDTON

Cost: FREE (also includes morning tea and light lunch)

Please call 1300 227 377 or email events@carerswa.asn.au to register for this event

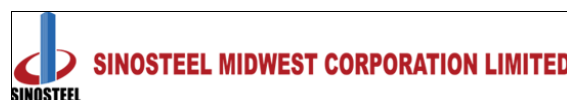
COUNSELLING

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 unwaged 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.



NEW RESOURCES

Women’s Health Resource Centre have purchased new resources from the Jean Hailes Foundation for women’s health. These resources include titles on general midlife health, emotional health, healthy living and relationships.

Titles and authors include:

- Stop Spoiling That Man - John B Arden & Victoria Arden
- Everybody’s Bones - Osteoporosis Victoria
- Good Loving, Great Sex - Dr Rosie King
- Is it me or my hormones - Dr Margaret Smith & Patricia Michalka
- Life begins at menopause- Dr Mandy Deeks
- My pelvic flaw - Mary O’Dwyer
- Recipes for a great life - G Gate & Dr R Moodie
- The CSIRO total wellbeing diet - Dr M Noakes & Dr P Clifton
- Too good to leave, too bad to stay - Mira Kirshenbaum
- Where did my libido go? - Dr Rosie King
- Save your Life - Prof L Rowe & Prof M Kidd



If you wish to borrow any of these updated resources, please drop into the Centre at 28 Sanford Street, Geraldton. They are able to be borrowed for up to 1 month.

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.