



Midland Women's Health Care Place Inc.

Women's Business

NEWSLETTER

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Women Walking Programme- update

This programme started in November as a result of funding from the Department of Sport and Recreation, and saw the creation of walking groups across five areas. So far at least 70 women have come along to walk.

The Jacaranda Park walk is ideal for prams with lots of seats for stopping to feed or settle a restless baby. We do have some other women in this group that haven't got young children and it is great to have different generations connecting.

The biggest group has been High Wycombe with the local child health nurse, Sara Lohmeyer encouraging lots of first time mums to come and have a walk. This has been popular because the mums have been keen to get exercising again and to socialize with other first time mums.

The other walks happen in Mundaring, Midland, Kalamunda and Ellenbrook. In Mundaring and Kalamunda we walk along the old railway reserves, in Midland along the river and in Ellenbrook there is the tranquil Woodlake area. It is wonderful to be walking in such beautiful areas and to have women developing friendships.

To help the walk groups to continue and grow we are having first aid training sessions to answer the important questions of what to do with falls and bites and other health emergencies should they arise. Mostly, these emergencies will never happen but it helps with peace of mind when out walking in a group. Please call MWHCP if you wish to join the walking group.



Poetry Corner-Women have one Flaw



Women have strengths that amaze men.
They bear hardships and they carry burdens,
but they hold happiness, love and joy.
They smile when they want to scream.
They sing when they want to cry.

They cry when they are happy and laugh when they are nervous.
They fight for what they believe in.
They stand up to injustice.
They don't take "no" for an answer when they believe there is a better solution.
They go without so their family can have.
They go to the doctor with a frightened friend.
They are happy when they hear about a birth or a wedding.
Their hearts break when a friend dies.
They grieve at the loss of a family member,
yet they are strong when they think there is no strength left.

They'll drive, fly, walk, run or email to show how much they care about you.
The heart of a woman is what makes the world keep turning.
They bring joy, hope and love.
They have compassion and ideas.
They give moral support to their family and friends.
Women have vital things to say and everything to give.
However, if there is one flaw in women it is that they forget their worth.

Please pass this message along to all your women friends and relatives to remind them just how amazing they are.

2009 Groups and Activities for Term 2

With Term 2 on the horizon we have a number of courses about to begin.

These activities are intended to not only teach new skills but also a way of connecting with other women in your local area.

Tea and Talk is a new program designed for local women from all

cultures and stages of life to get together and talk on issues relevant to women's health, rights and lives in the community.

Assertive communication, Indian-Head Massage, Scarf Dancing, Weight Loss Meditation are among some of the courses we will be offering to our members.

Please register your interest as groups must reach a minimum number of bookings before they can run.



International Women's Day

International Women's Day is a global day celebrating the social, economic and political achievements of women past, present and future.

Midland Women's Health Care Place took this opportunity to host an Open Space Forum where women from all walks of life were invited to have discussions with the theme being "What will the world look like when women are running it". MWHCP thanks City of Swan for funding this event and their continued support throughout the years.

The Open Forum commenced with the Welcome to Country from Pat, a local Aboriginal Elder. We were honoured to

have present. The forum was a great success and the energy permeated through the building along with the chitter chatter of women exchanging thoughts and feelings.



Some of the topics raised were:
*How do women manage multiple roles/expectations?
*When will we have another big feminist wave and what will it

look like?
*How will women maintain their own wellbeing while ruling the world?

The issues raised generated much discussion. The diversity of knowledge and personal experiences combined enriched the space and enabled all attendees to benefit from the conversations.

With the lighting of candles bringing the workshop to a close followed by a lovely lunch; attendees enjoyed a wonderful morning. We are now looking forward to the next "Open Space".

Managers Message



Welcome back everyone!! Well we are well and truly back into the new year.

This term the team has flown into action with new programs such as Assertive Communication, Healing with Wild Flowers and Meditation sessions. I

hope you will all be joining up with something new. Many of the programs are free of charge so no excuses. The Women Walking program will only benefit from the Coordinator's presence until the end of this term, so do come along and check it out!!

For those who attended we hope that you enjoyed our International Women's Day celebrations on Monday 9th March. Open Space discussions, Lunch and our fabulous Website

Launch. Finally sincere thanks to one of our long standing Volunteers, Clara who has been so reliable and loyal to our youngsters in the PND Crèche - she is moving on to paid work, and we wish her all the very best. I will be on long service leave from March thru to May. I shall see you then.

In the meantime, enjoy!
All the best
Patsy Molloy

GP Here to Stay



We are pleased to announce that the GP clinic is now an ongoing service at Midland Women's Health Care Place.

We also wanted to make clear that the clinic is run by the Mobile GP service and MWHCP is only responsible for the booking of appointments. We do not keep medical records at our centre.

With this in mind the GP clinic is not a replacement for your normal GP but an added service to compliment your medical needs.

If you have a contribution for our newsletter please send it to info@mwhcp.org.au!

Self Esteem

Every one is a unique combination of their genetic influences, their personalities, their upbringing and their lived experiences. All of these factors interact, giving each person different skills, strengths and weaknesses. As a result different people cope with situations differently – not necessarily in a better way just in a way that reflects them. Everyone does their best in coping with life situations.

Sometimes people judge themselves by how other people manage difficulties. They may assume that other people manage situations better than they do. People with low self-esteem are particularly prone to judging themselves harshly. They often make negative evaluations of their own abilities and skills while overestimating other people's abilities. These assumptions are often false. All people suffer pain, grief, inability to act and doubts about their abilities at various times in their lives. It is important to always

remember that generally people present their best 'face' to others. People protect themselves and so are much more likely to discuss their successes than their failures. It is only in



certain situations or relationships that failures and fears are shared.

Next time you tell yourself that your life isn't as difficult as someone else's, or that everyone else appears to manage themselves better than you, think about the realities. Do you

really know what other people think about themselves or are you seeing the face that they present?

Do you really know what they have suffered or are you imagining their difficulties? Do you really know how well they coped or are you seeing them long after they have dealt with the situation? When thinking about yourself, do you consider what you have achieved and how far you have come? Be kind to yourself and don't compare the unique you with that unique other. Think about the times you did well, the situations you have survived, and the gifts that you have. These are your strengths and it could well be that people look at you and think that you do so much better than them.

Julie
Women Recovering Coordinator



Special Thanks to Landgate



Midland Women's Health Care Place was presented with more than \$2000 at Landgate's International Women's Day breakfast. The breakfast was held at Caversham House where more than 130 people attended.

Guest Speaker Barbara Etter from the Assistant Commissioner of Corruption Prevention and Investigation with the WA Police generously donated the money and talked abo-

ut her experiences at the third International Women's conference held in India. Ms Etter spoke of the need for new perspectives when approaching 'work-life' balance.

MWHCP will be putting the money toward the "Women Recovering" program. This is a service that helps women suffering post traumatic stress disorder as a result of being a victim of crime.

In September a group of 25 women will have the opportunity to challenge their boundaries take some risk and have some frivolous fun at the MWHCP Women Without Limits Weekend Retreat.

Executive Director Meg Somers said Landgate saw MWHCP as a worthy candidate for this funding; Saying "this annual event is an opportunity to celebrate the contribution women make to the workforce and community.

Miss Somers said "MWHCP" is doing a wonderful job helping women suffering as a result of their experiences and we are honoured to be able to help in a small way." Midland Women's Health Care Place thanks Landgate and the community for their support .

Coming Soon!
Keep a look out for our
New Eftpos facilities

PND Group- Madeleine's Back

I'm Back!

Hi everyone. Many of you will remember from last year that I went on long service leave. Well, I'm back!! I spent an incredible four months touring around the UK and visiting my son and daughter-in-law. As with all good things, the trip has come to an end, and I am back organising the Postnatal Depression Program, counselling and facilitating groups.

I guess one of the things I'm aware of as I settle back into the routine after my long holiday is what I call PPD – Post Project Downer. Just a bit of a downer

that I believe everyone gets after a project of some sort. The "project" can be writing a thesis, having a holiday, exams, getting pregnant after trying for some time or any happening in your life that has been a focus in your life for a period of time and has been achieved.

As we focus on achieving our "project", life has focus and particular meaning. When we have achieved our "project" the focus is gone and a person's psyche takes time to settle back into the routine of general life again.

So if you have achieved your "project" and are feeling a bit down. Don't worry too much. The feeling will pass and new "projects" will come up in your life. It's good to be back.
Madeleine Hicks
Senior Counsellor/PND



The International Women's Day Award Goes to.....Patsy Molloy

This year we celebrate the International Women's Day with added pride and admiration. We have the honor of acknowledging our Manager Patsy Molloy who was presented The International Women's Day award 2009 for mainstream women who have contributed to the status of Ethnic Women.

Patsy has dedicated her life to assisting women in minority groups. Her journey to this point has been long and diverse. She spent years working in local theater groups, environmental facilitation and studying for a science degree.

After enrolling for a Diploma in Human Services she commenced doing work experience here at MWHCP gradually working her way through different roles within the centre to now position of Manager.

We congratulate Patsy for her huge contributions not only to MWHCP but to the whole community. Her optimism and passion is a driving force within this community. One that continues to champion just causes!

Well done Patsy we are proud to have you leading our team.



New Website Launch



In conjunction with International Women's Day Midland Women's Health Care Place launched our new Website on Monday 9th March 2009.

Special thanks to Nathan Dyer from, Interstellar Technologies and Nadia Adams, our Assistant Manager for the collaborative effort it took to bring this project together.

In addition thanks to the Federal Government grant we were able to improve our infrastructure to support the growth of our services.

The website will enable those in remote areas to access information

about our service and also to keep our potential and existing clients up to date with all our current information services and events.

To access the website just put in the web address : www.mwhcp.org.au and you will be able to meander around at your leisure. You will notice we have a Blog where you can create chat topics or where you can give us valued feedback . Although person to person contact is ideal it is not always possible. So this is a great way to connect women and give the community a space to voice their opinions and interests.