

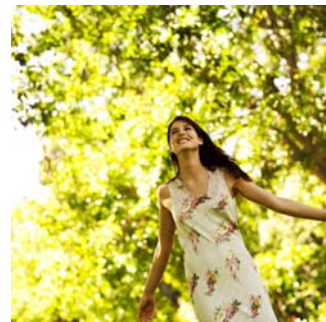
Women's Health Policy

Hi All
 The National Women's Health Policy is being reconsidered after twenty years, to adjust it and make it more appropriate. We operate under this policy and use the Social Model of Health which takes into account all of a woman's situation such as her economic, emotional, physical cultural and spiritual well-being in helping her choose the direction for her own healing. The policy is considering the effects of gender on health outcomes, for example despite the Quit Smoking campaigns, more young women are taking up smoking than young men. Also the issues around lack of exercise and unhealthy eating are causing many of us to be obese and die of preventable diseases like heart attacks, but do we find the health promotion messages effective? Or do they just make us feel guilty and ashamed and eat

MORE? The emphasis on new health programs is on prevention and early intervention, however the issues that affect many of us, like domestic violence and abuse, often can have hidden effects like anxiety and depression. These issues are recognized as being the biggest "burden of disease" for women from 0 - 64 years old.

If you have comments that you would like to make, the Consultation Discussion paper is available at www.health.gov.au/womenshealthpolicy

Patsy M



Farewell Manjit



Hi everyone! I am Manjit and worked at Midland Women's Health Care Place (MWHCP) to get work experience. It was a great experience to work with

such a great team. The centre offers women a holistic approach to health and well being. It has been a pleasure to be working within such an environment. I have enjoyed my work with women and made many friends.

MWHCP celebrated Women on Wellness Open Day on 6th May to encourage and empower women to look after themselves. I participated that day by running the Hand Scrub activity. Participants experienced positive ways to pamper themselves. I had an opportunity to evaluate all activities of WOW open day and other group activities.

Your feedback shows that MWHCP is a great place where the staff members are welcoming and supportive.

I also attended the Tea and Chat session, PND Partners' group where I had the opportunity to meet new people.

I would like to thank all staff for making me feel so welcome.

Manjit

**EFTPOS Facility
 Now available!**

New Programme Activities



This term we will be introducing some new programmes such as Stress Management

Hand and Foot Massage and Living Food to name a few. Once again we have a number of free activities. These include a pampering session, creative expression and Belly Dancing . In addition there has also been changes made to our core services with our Pap smear clinics running weekly instead of fortnightly on Tuesdays. Our programmes are tailored to meet your needs so if you feel there are some activities that we could include next term I encourage you let us know. Given there is enough interest we will do our best to implement them. With such a wide range of programmes at minimal cost I am sure there will be one that catches your interest. So come down and book in .



Midland Women's Health Care Place Inc.

Women's Business

NEWSLETTER

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WOW ! Women on Wellness Week

WOW week is about encouraging and empowering women of all ages and backgrounds to get healthy by taking action. That is, starting with simple steps to improve their physical emotional and social health to prevent illness. Steps such as engaging in physical activity, healthy eating, maintaining a healthy social life, having regular checkups and preventative screenings and avoiding risky behaviors such as binge eating and drinking.



With the collaborative effort of the Cancer Council WA, Midland Women's Health Care Place, City of Swan, Swan Kalamunda Health Service and Breast Screen WA WOW week was a huge success.



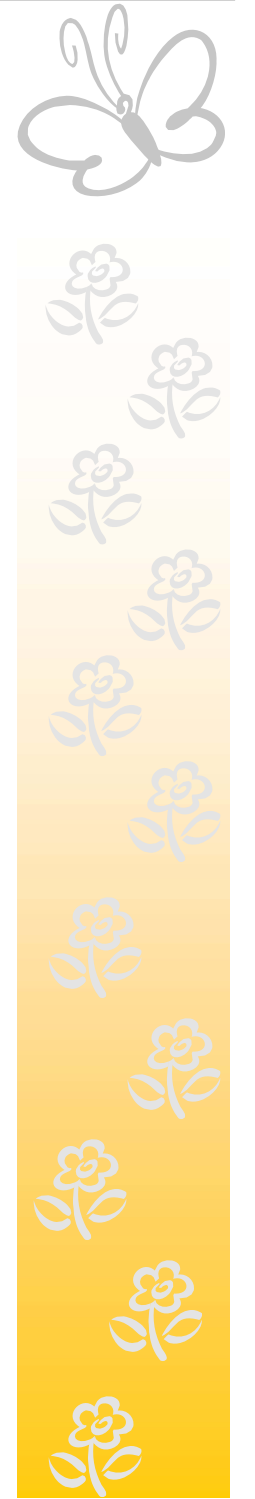
The event was held on Wednesday the 6th of May at Midland Women's Health Care place where women were invited to attend a free morning of Women on Wellness Open Day Activities. Local Service Providers came together to celebrate and offer a range of free activities. These activities included Healthy eating sessions Laughter yoga Massage and many more fun interactive activities.

Carolyn Minto from the Cancer Council WA said "the event aims to provide a safe and enjoyable experience for women while encouraging healthy lifestyle choices."

As a symbolic gesture a butterfly tree was a place where attendees could write down their positive affirmations . This technique helps to develop a positive attitude and is an essential element to a successful life and good health.

The WOW initiative to encourage women to be proactive in meeting their health needs was certainly a success . Thirty Women from all walks of life attended and much fun was had by all.

Special thanks to Leanne for all the wonderful door prizes she so kindly sources through local businesses.



Karen's Poetry Corner

A Winter Afternoon

Close your eyes and gently
drift away
Be in the moment, forget any
worries away

Feel the breeze on your skin,
softly kissing your face
Hear the sound of the rain,
pattering patterns on the
ground

Smell the air, tinted with the
freshness of winter
Drift deeper into your world,
blanket covering cold nose
Listen to the sounds of the
world revolving, ever moving
Dog barking, busy with its own
mission in life

Cars with harried drivers, al-
ways somewhere else to be
Voices in the park, playing in
the joys of childhood
Listen with the joy of comfort,
a continuously moving world

Feel the blanket warmly en-
closing, snuggle deeper
Drift, in that glorious half
asleep awareness
Tickle of wool on your nose,
weight of a book gone to sleep
Cat brushing gently against
your leg, curling up for a nap
of its own
Forget the worries of the
world, just be in the moment
Drift away on a winter's after-
noon, eyes heavy with dream.

Karen Wood



Nadia's Adventures

In the first week of June I set aside my duties as Assistant Manager of Midland Women's Health Care Place and set out on the journey of a lifetime.

The trip was off to a good start spending a week in the Amazon Jungle (2 hours by motorized canoe out of a town called Iquitos) in Peru. I joined a group of five and together we explored the amazing sights along the Amazon River and a few of its tributaries in our little dug out canoes. In the evenings we searched for frogs and tarantulas by torch light, and ate meals of freshly caught fish and rice by the light of our kerosene lamp. I was fortunate to see many wild monkeys, sloth, iguanas, snakes and even the elusive Amazonian pink dolphin!

The trip also took me to Cuzco in Peru where I began my investigation into the ancient civilisation of the Inca's. In an attempt to capture the authenticity of Incan life I decided to join a four day mountain climbing and hiking tour along the ancient Inca Trail to the infamous Macchu Picchu.

The hike was without a doubt the hardest thing I have attempted in my life. It pushed me in every way to accomplish something that if I had known what I was getting into before hand, I never would have believed I could achieve. The experience of climbing to the peak of three mountains at altitudes of over 4500meters above sea level helped me realise that there is a goddess within all of us who when challenged is powerful beyond our wildest imagination.

Women Without Limits Weekend!

Once again we will be running the Women Without Limits programme on the weekend of September 25-27th ,2009. The venue will be the Recreational Camp at Point Walter. Thanks to the financial support of Landgate you will be saving \$250 with the cost for the whole weekend being \$80per person. This includes accommodation all meals group activities and adventure activities.

The weekend is suitable for women over 18 living in the eastern region. The adventure activities are led by women who are trained to assist people from couch potatoes to elite athletes. Please keep in mind no one is expected to go beyond what they feel comfortable with.

There will be no obligation to participate in all activities but encouragement to challenge yourselves. So if you are looking to challenge your boundaries and have a fun filled weekend within a safe environment join us. Please get in early to register your interest as places are limited. You can confirm your booking by leaving a deposit .

I return now from this trip with a new vigour for life and passionate determination to push the boundaries and be all that I can be.



Patsy's Back!



Hi All
Well long service leave – what a concept! I never imagined I'd ever work anywhere long enough to earn it!!

I spent the time traveling in Europe with some close friends, one of whom decided to have her 40th Birthday in a Villa in Tuscany. We managed the planning and bookings over a year and landed in a renovated Castle in Greve in Chianti. It was lovely to stay for a week at a time in places, and we spent time in France and Spain, with a visit to Switzerland where I'd worked twenty five years ago. Using the Eurail Pass saved us money, as it was early Spring, there weren't so many travelers and it was relatively easy to get around. We spent a day riding bicycles around the Loire Valley near Paris where there are grand Chateaux set in forests and beautiful formal gardens. I enjoyed walking in the woods with wild violets growing, and discovering little vineyards hidden

I was amazed that when you get out into the countryside, there are some lovely natural areas with little farms, lanes and walking trails between them.

We were warned about the hunters in the woods, but didn't see any although it was surprising the amount of bullet shells they'd left behind. Although one of my friends tripped on a curb and spent a week on crutches, we managed to spend a week by the beach near Barcelona recuperating, and I even managed two swims in the Mediterranean. The locals stood and watched in surprise, then one of them took off his shoes and socks and came down onto the beach too! . We travelled on trains through some of the Swiss Alps and I couldn't get enough photos of the snowy mountain passes. We also walked around Cinque Terra in the north-west of Italy, although the rain meant that the sea side walk trail was closed due to land slides.

I am really glad that I had few days at home afterwards to recover from the jetlag. It was great to see everyone back here at work and catch up on the fabulous activities (like WOW Week) that had happened so smoothly in my absence. Thanks to the fabulous Staff and Volunteers here for getting things done so well while I was away. We have our Strategic Planning Day next Monday, so thanks to all who filled in the feedback forms to help us with where we need to go. I'm also looking forward to a new program of groups (including the return of Belly Dance) for the winter term. All the best
Patsy



New Staff— Monica

Hi,
My name is Monica La Ferrara. I had the pleasure of starting work at Midland Womens Health Care Place as a general counsellor where I have met a fantastic team.

I have been working in different settings during 20 years of professional experience. During all this time, I keep discovering fantastic people and most of all, resilient women who have been an inspiration to me. I am happy to provide the appropriate support and service to women from all walks of life in order for them to look into their strengths and reach their goals and projects. This, at the same time, helps me to keep my enthusiasm and empathy towards the ones who need my assistance.

I'd like to share with you that when I applied for this position and sent my Selection Criteria, I felt confident I was going to get the job. I presented to my

job interview with the normal expectations , and I must confess that walking through the entrance door made me feel there was something about this place that I really liked. It looks so full of energy!

I was nervous and anxious and in addition suffering from flu. So, in order to practice what I preach, I started to do my breathing exercises (with some difficulty) while completing some forms. I still felt "I needed to pass the exam".

I was so welcomed by the staff members that I could already feel the positive vibes that this place has. I was able to visualize myself sharing this fantastic experience of assisting women and again, like in my previous positions, to be able to make a difference.

For me making a difference in people's lives, especially women keeps trans-

forming my journey through life as it becomes such a rewarding experience.

Seeing the strengths that women already bring is fantastic. They are willing to make progress and it makes my profession worth it. This empowers me to keep researching and assisting clients from all walks of life.

Being a woman is a beautiful gift and an advantage. I can feel identified with many of the issues my clients bring and at the same time maintain the awareness and the challenge of this profession and our boundaries.

I hope I can transmit the enthusiasm and passion I feel every day towards the wonderful women that I meet on a day to day basis. I feel very thankful for such a fantastic opportunity and look forward to a great year ahead.