

## New Spring Programme !



This term we have some very useful workshops available. We are looking at introducing a car maintenance workshop for women run by our new Counsellor Lyn Weir. Lyn has had previous experience as a qualified mechanic. This is a great way to get familiar with your vehicle and to get a bit more knowledge for when you next take it in for a service. Ishar is once again offering some free activities for women in a caring role.

These programmes encourage women who are always caring for others an opportunity to take care of themselves. Belly dancing, Benefits of Physical Exercise talk, Mask Making and Candle making are included in this terms programme. Candle making will be a great way to learn a new skill and just in time for Xmas presents. We are also commencing a women Recovery support programme which targets women who suffer from post traumatic stress as a result of crime.



## Farewell



Nadia left us to go traveling and exploring after a year of very committed activity towards getting our IT needs up and running. The database collects and organises information re our appointments and daily activity, while the website has a wealth of information about the service. She will be sadly missed by all the staff and clients at MWHCP. We also want to recognize the wonderful contribution made by Margaret in the PND Crèche. Margaret has been attending to help with the little ones for several years and is heading off to explore Australia with her husband. Sincere thanks Margaret, have a wonderful time and we look forward to catching up when you return!!

I found that I developed a real passion to work with people to help them achieve their goals and manage their lot in life. From there I finished my studies and became a counsellor and finally a registered psychologist. I like to work in the areas of motivation, personal responsibility and managing change through life challenges and experiences. I have been on a personal

## SWAP Energy Saving Workshop

With green house effect becoming a very real concern in today's environment Midland women's health Care place City of Swan and Environment House will be running a Saving Energy and power workshop on Wednesday the 21st October 2009 at 9.30am for morning Tea to start the workshop at 10am.

The workshop will be aiming at providing individuals with practical advice skills and knowledge on how to reduce costs and ultimately lower green house pollution . The workshop will be presented by Rob Gulley of Environment House.

Environment House is also offering free home visits to home owners and tenants with Health Care Cards .

Hope to see you there!  
**For bookings or further details, please contact Midland Women's Health Care Place.**  
**P: 08 9250 2221**  
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Midland Women's Health Care Place Inc.

# Women's Business

NEWSLETTER

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## Women Without Limits Weekend

This was our third Women Without Limits weekend at Point Walter Recreational Camp on the banks of the beautiful Swan River. Once again the weekend was a great success. The weather was perfect. Seventeen women in all attended the weekend retreat . Women from differing backgrounds coming together to share and experience a weekend full of fun. Both days, ladies were given the opportunity to start their morning with a walk along the river followed by a scrumptious pancake breakfast. Activities for the weekend included , theatre games, laughter yoga, a night walk and loads of

fun and frivolity. We incorporated kids games such as skipping rope hula hooping and hop scotch to name a few. It was amazing how all our childhood games and songs



and ALL of the women managed the most difficult activities for them. After such an adrenalin rush from the adventure activities attendees celebrated with a fancy dress party. Then time was spent relaxing and gazing into the cityscape where we enjoyed the fireworks display. The evening was brought to a close with a calming relaxing facial before heading off to bed. It was so lovely to see the encouragement and support women gave each other throughout the weekend. It only amplified the natural nurturing women so easily give. The sense of freedom and adventure that the weekend embodied encouraged women to take that spirit back home to their families and friends.

came back to us so vividly. The main attraction to the weekend was the opportunity to take part in 'Adventure Activities' which included abseiling and archery. This year we had a new activity "the flying fox" which many enjoyed wailing Yeah HA !! as they pushed off from the stand. The women who attended came with different abilities, but the Instructors ably assisted everyone,



## New Staff— Lyn

Hi I am Lyn Weir  
 After years working alongside the car repair industry I went to ECU uni and started studying environmental management. After a while I realised I would only be able to do what one person could do for the environment. So I switched over to Psychology, keeping environmental management as my minor.

journey finding myself through lots of different activities along the way. I had joined the local Ulysses Motorcycle group taking all my fears to the limit. I have stopped riding motorcycles for now but I have started to go sailing and found relaxation better for my soul than adrenalin. With all this in hand I returned to UNI and I am currently studying for a Master of Clinical Psychology at Edith Cowan University.

## Managers Message

This has been a very eventful time. We fare welled our wonderful Nadia on travels around the world, and welcomed on board Lynn from ECU doing a Counseling placement ( but we are asking her assistance with other things) and welcomed Huyen, who is our new PR & Administration Coordinator.

Huyen has a wonderful eye for detail and is helping with ordering the new equipment and furniture needed to outfit the building.

Its almost coming up to last term, and hopefully you will be able to make a commitment to one of the groups or courses on offer before Christmas rolls around. We are offer-

ing some interesting new topics – like a workshop to help learn techniques for muscle pain relief, and possibly one to do basic car maintenance .

We may even have a session on Menopause, depending on the interest. Please check the website and keep posted!!

## New Staff— Huyen

Hi, My name is Huyen and I have recently joined Midland Women's Health Care Place as a PR and Administration Co-coordinator. Prior to joining MWHCP, I was working in Malaysia on various investment projects. Coming back to Australia, I wanted to start a new career path. I knew that I wanted to be a part of an organisation that serves our community in the spirit of humanity. While I was looking for a job I rang MWHCP and talked to Patsy about volunteering at MWHCP. About the same time, Patsy emailed me a job opening at MWHCP. That email from Patsy was the beginning path to my job

here at MWHCP. Fortunately, I was offered the job and here I am writing this introductory passage for MWHCP's newsletter. What attracted me to MWHCP was what it stands for. It's an organisation of women working to help other women to achieve better health and well being and hopefully enhance their quality of life. I find this very empowering. As women we have the tendency to put ourselves last on the list of "things to do". What I have learnt along the way is that we need to look after ourselves in order to be there for others. When we are whole, strong and confident, we can do great things. To me MWHCP represents much more than a place where women can come and seek a

range of health services. It's a place where the staffs understand women's struggles with the ups and downs of life, willing to listen without judgment and empower them to be the best that they can be. I felt very welcome by all the staff members from the very beginning and I'm very grateful to have this opportunity to work with such wonderful women. I look forward to working here at MWHCP and hope that I can make a valuable contribution. I also want to take this opportunity to thank all the staff and board members at MWHCP for making me a part of their team and welcoming me with open arms.

## Board Members Stepping Down -Val Ferguson.J.P. Gillian Kaub & Judith Durnin.J.P.

This Year's AGM was a time of very mixed emotions for all here at MWHCP, as three Board members who have given their time for a total of 32 years to the organisation in one capacity or another. We recognized our Chair person, Val Ferguson, after whom the building is named, with a gold pen and Vase which incorporated the green purple and white of the women's colours. Val has been on the Board since the beginning in 1995, and has been the Deputy Chair from 1997 - 2001, and Chairperson from 2002 - 2009. During these years, we have grown and moved premises twice, established an enduring relationship with the City of Swan, and of course successfully obtained the Lottery West funding for the new building.

The Management Committee also grew into a Board under Val's careful stewardship. Val's personal qualities, determination, attention to detail, administrative diligence and understanding of process have

obviously made her an excellent Chair, but it is her persistence, integrity and compassion that have guided the ethos of MWHCP. Val has the empathy to understand the women who still need MWHCP when they've found life too difficult. We sincerely wish Val some happy times of R & R, and thank her for her most generous contribution to MWHCP.

Gillian Kaub became Treasurer in 2001 and has served consistently since that time in the role. She also was part of the (now obviously successful) Building Sub-Committee. Her dedication and knowledge has been passed on over the years to the Staff, many of whom have had their first taste of OHS through a visit to the Staff meetings. Gillian has also seen us through the thick and thin of dealing with builders, funding bodies, ordering and equipping the premises and moving. She has also lent her considerable human service skills to the hiring and, occasionally, firing of Staff, but her even tempered approach and calm demeanor have cer-

tainly helped us weather some storms over the years. We wish Gillian (and Jon) some wonderful retirement years together, and probably should specifically thank Jon for his patience as Gillian has kept nearly stepping down then being elected again for another year.

Judith Durnin JP, our Secretary was the smiling face at the end of the corridor at 26 Railway Parade who was the first administration coordinator for MWHCP, joining the organization in May 1996. Judith moved on to other work in 2002, but came onto the Board and became Treasurer in 2005, then assisted when the Secretary stepped down in 2006, and became Secretary and continued in this role until stepping down at the AGM in August 2009. Judith's energy, commitment and brilliant organisational abilities will be missed, however we wish her very best wishes with her Nursing career.

## Aboriginal Cultural Workshop



This term Midland Women's Health Care Place held a highly successful Cultural Training Workshop for Service Providers.

The workshop was an Indigenous Training Workshop on the Aboriginal Language and Culture.

The workshop consisted of Noongar Elders, Representatives from Department of Indigenous Affairs and very experienced individuals that have worked and still working with many Aboriginal Communities today.

The workshop gave service providers insight into cultural gestures and skills to make Aboriginal Clients feel more comfortable in any aspect, when providing them with their service. The talk also gave the attendees the opportunity to ask questions and have some myths busted when dealing with Aboriginal Clients. What was most interesting was the talk on how many sub-languages there are in Western Australia alone. By the feedback we received from atten-

dees this section of the workshop certainly evoked further discussion and interest in wanting to know more about the Aboriginal languages. The facilitators gave us the understanding also to know that with different tribes come different ways of life, learning and understanding.





### PINK RIBBON Breast Care Afternoon Tea!

Midland Women's Health Care Place invites you to attend a FREE Pink Ribbon Breast Care afternoon tea. Come along and enjoy a cupper and afternoon tea. Our facilitator will speak to attendees about Breast cancer early detection warnings and in general give further information. This is a great way to get knowledgeable about breast cancer and support a great cause. Wear your best Pink outfit or a fun hat or better still design or decorate your own hat to win a door prize for the best pink fashion item. The afternoon begins at 1.30-3pm on Monday the 19th October at Midland Women's Health Care Place. Look forward to seeing you there!

## Annual General Meeting

Well, thank you to all those who turned up to our AGM this year, to fondly farewell our departing Board Executive and welcome on board the new Executive. They are Judy Willson - Chair, Lynne Byrne - Deputy Chair, Alison Robartson - Treasurer and Mary Papadopolous - Secretary.

We had a lovely Meeting of course all the appropriate official business was conducted and the election of the Board carried out before we presented Lyla Elliott and Judith Durnin JP with Life Memberships. They were surprised and pleased

and gave heart felt speeches about their time and commitment to MWHCP. It is a very pleasant way to enjoy one of the benefits of Membership.

Val Ferguson and Gillian Kaub were also gracious and heart-warming in the wonderful speeches they gave to step down. The Annual Reports were also distributed and these are available to members on inquiry at the desk.

A lovely catered lunch was enjoyed by the twenty five or so Board, Staff and Members following the meeting. Please give yourself a reminder next year as the AGM is in September and



Special thanks to Siltech for fixing our Hot water system