



PIZZA SCROLLS

Prep: 20 mins
Cook: 30 mins
Serves: 12
★★★★★
Print

1. Pre-heat the oven to 180°C and line a large tray with baking paper.
2. Add the flours to a large bowl. Use your fingers to rub the margarine into the flour until the mixture looks like fine breadcrumbs.
3. Add the milk and mix together to make a soft dough.
4. Sprinkle the bench-top with a little flour. Use a rolling pin to roll the dough out into a rectangle shape about 40 x 30 cm. Spread the tomato paste over the dough and sprinkle the cheese and other toppings evenly over the dough.
5. Tightly roll up the dough (from the long side) into a log shape. Cut the log into 12 slices and lay the slices flat on the tray.
6. Bake for 20-30 minutes until lightly gold. Can be frozen for later use. *Recipe courtesy of www.cancercouncil.com.au*

Ingredients

- 2 cups self-raising flour
- 1 cup wholemeal self-raising flour
- 3 tbs margarine
- 1 cup low-fat milk
- 1 cup low-fat cheese, grated
- 3 tbs no-added-salt tomato paste
- 2 cups pizza toppings

TERM 2 TIMETABLE OUT NOW!

Download your copy today from our website or collect a copy from reception

Art Group looks to the skies

The art group meets on Mondays 10.30-12.30 during school terms. This year in Term 1 we focussed on the skies, learning different techniques to paint all kinds of clouds and sunsets in acrylic paint.



Students proved that it's never too late to learn, all it takes is the interest, the will to learn, a patient teacher, the right materials (all provided) and if you have a sense of humour, you'll be laughing a lot!

Next term we're starting with torn paper landscapes that anyone can do and they look amazing!

Be sure to check out our new Term Timetable available for download from our website, or contact reception for more information and to book.



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Midland Women's Health Care Place Inc.

Women's Business

NEWSLETTER



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General Manager's Message

International Women's Day (IWD) 2016

International Women's Day was celebrated here on Wednesday 9th March with a morning tea for our Members and official guests. We want to thank members and our Board of Management who attended including our Chairperson, Mary Papadopoulos who drew the raffle.

As guests arrived we played the YouTube video of Lady Gaga at the Oscars singing "Til it happens to you" - a remarkable and emotional performance in support of a campaign to stop young women being subject to sexual assault on campuses in the USA.

Renowned artist Josie Boyle sang for the crowd "We Are One" in Wongi and English for the assembled crowd. Sergeant Shannon Massam from the Victim Support Unit then gave an insightful speech about their efforts to collaborate and tackle the issues of family and domestic violence in the Eastern Metropolitan region. She also presented a special commendation to Kristy from RAWA for their efforts to work in a holistic approach to assist a family that wanted to change their negative behaviour and improve outcomes for their children.



The raffle prizes were awarded to the lucky ticket owners and a cake cut to conclude the celebrations. Thanks to the staff who helped and thank you to all who attended!

With Kind Regards
Patsy Molloy
General Manager



Left to Right: Sergeant Massam, Aunty Josie Boyle, Patsy Molloy and Mary Papadopoulos (MWHCP Chairperson)



Left to Right: Nikki Ward (MWHCP Volunteer) and Faith O'Brien (Zonta Club of Swan Hills President)

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Altone Comes Alive
Saturday 19th March 2016

MWHCP Staff attended the Altone Comes Alive to celebrate diversity in the Altone area. We joined many other stall holders to promote our services and would like to thank the City of Swan, particularly Tracy Pollet, Community Development Coordinator, who once again coordinated a spectacular afternoon of activities food and performances.

The cloudburst that arrived just as we were setting up may have deterred some of the usual crowd, but thankfully the marquees protected us from the rain.

The community food stalls provided a huge variety of tasty dishes and performances included local schools and variety acts.

Children's activities included camel rides, bouncy castle, jeep rides, petting zoo, giant Zorb balls and were all free which encouraged families to have fun together.

It was very well organised and we look forward to being part of the Altone community for many years to come!

Welcome to Djinda & St John of God's Raphael Outreach Services

Djinda Perth Aboriginal Family Violence Prevention Legal Services

We welcome to our building Djinda Services, the Perth Aboriginal Family Violence Prevention Legal Services who arrive here every Wednesday with a lawyer and counsellor/advocate to provide advice, referral, crisis accommodation and support. If you know of anyone who might need assistance with family violence issues and want to have a private and confidential meeting, please encourage them to come along, or bring them to meet Rose or Carrie. We are planning to organise some DV training for service providers and the community during domestic violence prevention month in May, so watch this space...

St John of God's Raphael Outreach Services

St John of God's Raphael Outreach Services provide support for families experiencing stress, depression and anxiety after the birth of a baby. We welcome them here on Fridays and hope to begin a long and supportive relationship as their services compliment our own EMBRACE program. If you know anyone who might need specialist mental health support, please contact them to inquire and make an appointment.

Their address is:
http://www.sjog.org.au/social_outreach/raphael_services.aspx



A few words from our facilitators

Yoga - Darleen: The yoga class is full of fun and vibrant ladies. There is a real community spirit in the class. All participants look completely relaxed at the end of their practice.

Pilates - Elaine: Come to Pilates and have fun whilst you stretch and tone up with a great bunch of girls. All levels catered for. After working out many of us pop out for a coffee.

Tai Chi - Teresa: Tai Chi is the practice of soft, continuous movements. It allows the group to come together, practicing in unison to create Chi and enhance healing. Suitable for all ages and fitness levels.

Belly Dancing: A fun filled class in a supportive environment with no pressure or expectations. The class is a great way to meet and connect with other women and improve your health and fitness whilst having fun.

At MWHCP we have a variety of exercise classes including Yoga, Tai Chi, Belly Dancing and Pilates at our Midland office, as well as a Walking Group and Mums & Bubs Yoga in Ellenbrook.



We also run an Art Group, Creative Coffee Club, Letting Go (Depression), Embrace Therapy, Self Esteem, 4Me & Craft and Circle of Security Playgroup. All groups and courses are low cost or free! Check out our Term 2 Timetable for more information.

City of Swan Connect - Aveley
Sunday 20th March 2016

The annual Harmony Day Festival was held in Aveley Playing Fields this year, courtesy of the Aveley Primary School and had school choirs and performances on three different stages. Everything from a Scottish Bagpiper to wonderful African drummers who gave workshops, and the Youth Choir were followed up by a band in the beautiful afternoon sunshine.

Our stall was well placed to enjoy the entertainment and we distributed our lovely shopping bags and free fridge calendars to the public. Thank you to those who came up to tell us that they had heard our spot on radio Ellenbrook the Valley Comes Alive 88.5fm, now successfully transmitting to as far as Fremantle. We have a regular spot fortnightly on VCA 88.5fm on Mondays from 12.30 – 1pm.

We were able to promote our free walking group now starting at 9:15am on Tuesdays, meeting at the Boutique Travel Cafe in Aveley. We welcome women walkers to join what started as a pram walk but is now expanding to include women without prams as well. Unfortunately we can't welcome along dogs, as they might frighten other walkers.

We also celebrated our Mums & Bubs Yoga group on Mondays and the EMBRACE program which has individual counselling sessions on Wednesday and Fridays in Ellenbrook.