

Roasted Vegetable Frittata

- 450g desiree potatoes, diced
- 450g pumpkin, diced
- Extra virgin olive oil
- Ground black pepper
- 6 eggs
- 200ml light cream
- 1 cup parsley leaves, chopped
- Olive oil or spray



Preheat oven to 200C. Cut potatoes and pumpkin into similar sized cubes (potatoes will take longer than the pumpkin), then toss in olive oil and pepper and roast in the oven until three-quarters cooked (approx. 30 minutes, depending on the size of the vegetables).

Leave to cool and reduce oven to 150C. Beat eggs and mix with cream and chopped parsley.

Spray an ovenproof non-stick pan with olive oil spray, add the egg mix then arrange the cooked vegetables in the pan,

ensuring not to over fill the pan as the mix will rise. Cook over a low heat until the bottom has set.

Transfer to the oven and cook until just set in the centre and golden brown (approx. 15 to 20 minutes).

Recipe courtesy of www.cancercouncil.com.au

Student Placement - Trish

This term we have worked with Marr Mooditj to provide a student placement to Trish, who is completing her Cert IV in Mental Health. Trish is highly skilled and has had a positive impact on our services with her friendly attitude and multi skilled approach. We wish her well with her future career.

Thank you to our sponsors - Zonta



MWHCP would like to acknowledge the support from Zonta Club of Swan Hills in providing a donation to support our ongoing services. We encourage women to support this international effort to improve the lives of women and girls in our community with its initiatives particularly for disadvantaged families.

The Zonta Club of Swan Hills offer scholarships to students at Cyril Jackson Senior Campus and this year provided funds to Clan Midland and Starting Over Support. Starting Over is a volunteer program which provides furniture and households goods to people who have escaped domestic violence and are setting up a new life and a new home.



For further information about the Zonta Club of Swan Hills please check out their website and support them as they support us!
<http://www.zontaswanhills.org.au/zonta/>



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 4 The Avenue, MIDLAND WA 6056
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Midland Women's Health Care Place Inc.

Women's Business

NEWSLETTER



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 Now on Facebook!

General Manager's Message

Acknowledgement of country: Our office sits on the land of the Wadjuk people of the Noongar Nation, we acknowledge their custodianship of this land over generations and their Elders, past present and future.

Thank you to all of our group participants this term – we have had great numbers in the groups and have found that our “Letting Go” series have been very well attended and beneficial to women in our region. Also the Art Group on Mondays is overcoming obstacles to produce fantastic artwork, one of which was donated and sits proudly in our Reception area.

Some of the health promotion activities we have decided to trial in response to the success of our social activities like the 4ME Craft group on Wednesday afternoons, are “Paperbag Lunches”. They provide an opportunity for women to get together and discuss topics of interest and learn new information about different aspects of maintaining their own health and safety. Keep an eye out for new topics this term!

With Kind Regards

Patsy Molloy

General Manager

TERM 3 TIMETABLE OUT NOW!

Copy enclosed - they can also be downloaded from our website or a copy collected from Reception.

Important notices for members

Postage: Due to the increased cost of postage, all future invitations will be emailed to those that have provided an email address. For those that do not have an email address (or have not provided one) invitations will continue to be sent by post. **Please note, the changes in postal services may mean that letters sent by post take longer to reach you.**

Renewal: Membership renewal letters were recently posted to all current members. If you did not receive a copy, please feel free to download from our website or contact us. Please ensure renewal forms and payment are returned to us ASAP

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Thankyou to Zonta

Marketing & Promotion

We have had a busy few months, attending various events to promote our services.

Cyril Jackson (May 11): MWHCP was represented at the Cyril Jackson Health Festival, which aims to promote healthy lifestyles to students. The students gained valuable knowledge about our services from our stall, in particular the importance of regular Pap Smears.

Ellenbrook Children & Families Connect - Family Week (May 16-20): MWHCP Embrace was also at the Family Week Stand in Ellenbrook Shopping Centre with other service providers in the City of Swan. The aim of the week was to support children's wellbeing and development, connect families to services and build a stronger community.

Family Fair and Expo (May 21): Also as part of National Families Week, Maida Vale Baptist Church hosted a Family Fair and Expo. It was an interesting event, with activities including Scitech, climbing wall, mini golf and mazes.

Ellenbrook Independent Primary Schools Market Day (May 29): We also had a stall at the Ellenbrook IPS market day, along with a variety of small business owners and community organisations. The event was well attended and gave us an opportunity to engage with locals and let them know about the programs and services we offer in Ellenbrook.

Domestic Violence Workshop: We held a Domestic Violence Workshop for service providers in June, enabling many to update their local knowledge about facilities and services in Midland and the surrounds. Continuing on this theme, a Paperbag lunch was held on the 24th of June, providing service information on how to install and use a safety app created by a division of Zonta called "Positive Pathways".



Above: Domestic Violence Workshop at MWHCP

We plan to continue Paperbag lunches, focussing on a different topic each month. The aim of these training/information sessions is to provide an opportunity for information to be shared between service providers and other interested parties.

Radio & Word of Mouth Advertising:

Thanks to the ongoing support of VCA 88.5 fm radio station in Ellenbrook for our regular fortnightly slot on Mondays at 12.30 to 1pm. This term Patsy & Beryl talked about different aspects of life that can affect mental & physical health for women across the life span.

KCR 102.5 fm radio in Kalamunda recently invited MWHCP to Monica's Magazine on Wednesday mornings from 10.30 to 11.00am. We would like to thank the KCR radio station for extending this opportunity to a monthly invitation.

Like most advertising of services "word of mouth" holds more value when it comes from friends and family, so we encourage all our members to "spread the word" to other women about our services, so they know who to turn to if things get tough.



Above: Susanne (2nd from left) and Megan (far right) from MWHCP with students from Cyril Jackson.

Mental Health and the Recovery Model - Sharon, WHP Counsellor

In March of this year, I undertook a Certificate IV in Mental Health with Western Australian Association for Mental Health (WAAMH) which is the peak body for mental health in this state. I will complete this in August 2016.

The major change in mental health treatment is the introduction of the Recovery Model, which supports the belief in recovery by people experiencing mental illness. Recovery does not mean an absence of symptoms. Nor is it about a 'miracle' recovery to where people were before the onset of their illness. It's more about people feeling good about their life, functioning to the best of their ability and having a sense of contribution to their community.

This model is supported by mainstream Mental Health Services, community based organisations, peer support workers, family and friends. The concept being that the more positive interaction people with mental illness have within their community and society at large, the more comfortable and accepted the person feels, giving them confidence to move forward in achieving their personal goals and improving their wellbeing and quality of life.



This is a tremendous shift in our cultural and ethical norms that requires us all to support this population in whatever way we can, but acceptance, respect and a positive perspective will help remove the stigma and many of the myths about mental illness.

To be continued next issue.



Student Placement - Anne

Hi everyone. I started with MWHCP on student placement as a student counsellor in February and will be here until September. My goal is to strengthen my skills in counselling and to support our clients within the ethos of the centre. I am enjoying being part of the team. My background stems from over 18 years of experience in the community care sector supporting vulnerable people with disabilities, health conditions and who are frail aged. I look forward to the rest of my journey here and would like to thank the team for their support.

Venue Use

We were delighted to welcome Alzheimer's WA who used our Venue for their Carer Support & Information Course group. They provide help and support for those who are experiencing, or who care for someone who is experiencing this disease. Rebekah from Alzheimer's Australia WA said "I would like to say a big thank you to all the staff at Midland Women's Health Care Place for their helpfulness and excellent service provided to my clients.. Everyone was very friendly and helpful, I really appreciated it and the wonderful service provided at the centre."

Save the Date - Annual General Meeting (AGM)

Please note that our AGM will be on the 28th of September and if you haven't renewed your membership by the end of August, you will not be able to vote! We are encouraging our members to share aims and support MWHCP by encouraging their friends colleagues and acquaintances to join too!

Save the Date - Anniversary Morning Tea

Our anniversary morning tea will be held on Wednesday August 3rd. Please note the date in your diary. Invitations will be sent to members and other VIPS soon (for those that have provided email addresses please monitor your inbox and junk mail folders).