



**Midland
Women's
Health
Care
Place Inc.**



**21st Annual Report
2015 –2016**

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Artwork by Susanne Thomas
Design by MWHCP



About Midland Women's Health

Vision

“Healthy women, strong community”

Purpose

To provide services that promote the total health and wellbeing of women and their families in the East Metropolitan Region of Western Australia.

Philosophy

Midland Women's Health Care Place believes in the right of people to:

- be valued as individuals
- make choices in their own lives
- dignity, respect, privacy and confidentiality
- access services on a non-discriminatory basis
- safe, comfortable and reliable services
- accountable and responsive services.

MWHCP upholds the principle of social inclusion and is committed to:

- providing friendly, responsive, evidence-based services
- respecting and valuing diversity
- achieving high professional standards
- teamwork, productive partnerships and collaboration
- accountability and transparency
- providing services designed to provide a holistic approach to overall health incorporating all aspects of a woman's life and health over the lifespan, including emotional health, education, exercise, family, work and community inclusion.

MWHCP provides services for women across the lifespan, recognising that individual women can be vulnerable at different times because of factors including social and economic disadvantage, disability, ethnicity and age.

Chairperson's Report

I would like to firstly acknowledge the work of the Executive and Board of Management members in the growth of our organisation in this twenty-first year of Midland Women's Health Care Place Inc. I would like to welcome our continuing Board Members, Huyen Tran and Sue Marinelli, welcome new Board Members Linda Barker and Dr Pat Dale, and acknowledge the retirement of Sheryl Mizen, Val Stopp and BJ O'Dwyer.

This year has also seen the success of our Tender bid, and the commencement of a three year contract with the Department of Health for the delivery of holistic health services to the women of the east metropolitan area. The Delivering Community Services in Partnership Policy has meant a radical reorganisation of contracting and service provision in Western Australia, the impact of which will be felt for several years more. The Board have worked towards a Strategic Planning process to future proof the organisation and make us focussed on sustainability, upgrading our data-collection processes and systems to archive records to potentially provide new income streams.

Our internal reporting methods have gone through a review as quality management processes and continuous improvement impact on accountability and efficiency. Some of the long term outcomes will enable a more diverse service potentially providing more medical services and collaboration with other services providers to enable more women on low incomes to access bulk billed Medicare services.

We have also managed to attract other services including SJOG Raphael Services and Djinda Aboriginal Family and Domestic Violence Service to share our beautiful venue, increasing our revenue from venue use and ensuring that we can maintain this Lottery-west building into the future.

The events and activities for our Membership have included our International Women's Day and Anniversary celebrations which have been an opportunity to showcase the Art produced by our Monday morning group and the craft produced by the 4ME Craft groups every Wednesday. These lovely cards and Dream-catchers etc are available for purchase in the foyer area.

Thank you once again, to the Executive, Treasurer Tessa Merkel, Deputy Chair Robin Drew, Secretary Rosalie Gordon and the Board Members who have taken up the work of governance for MWHCP this year.

Chairperson
Mary Papadopoulos



Board of Management



Chairperson
Mary Papadopoulos



Deputy Chairperson
Robin Drew



Secretary
Rosalie Gordon



Treasurer
Tessa Merkel



Board Member
Sue Marinelli



Board Member



Board Member
Linda Barker



Board Member
Huyen Tran



Board Member
Dr Pat Dale

Board Member
BJ O'Dywer

Staff

Administration Team



General Manager
Patsy Molloy



Assistant Manager
Liz Owens



Client Liaison
Sue Hisco



Administration Assistant
Megan Sleep

Counselling Team



General Counsellor
Sara Thomas



General Counsellor
Sharon Deslandes



PND Counsellor
Kym Daffen



Senior Counsellor
Julie Beel

Crèche Team



Crèche Supervisor
Janet Duff



Crèche Worker
Noeline Snowden



Crèche Worker
Vicki Gilham



Crèche Volunteer
Mayuree Johns

Crèche Worker—Ellenbrook
Bushra Ansari

Facilitators:

Elaine Pollock
Teresa Stokes
Darleen Clausen
Carina Adrean
Susanne Thomas
Liz Owens
Lara Geach
Kym Daffen
Sara Thomas
Sharon Deslandes

Volunteers:

Karen Wood
Frankie Wallace

Student:

Anne Gaynor

Promotions:

Suzanne Thomas

General Manager's Report

I would like to acknowledge the Wadjuk people of the Noongah nation as the custodians of this country and acknowledge the strength and resilience of Aboriginal people.

Midland Women's Health Care Place Inc (MWHCP) offers the Women's Health Program (WHP) through a successful Tender bid to the Department of Health. The WHP aims to provide a holistic approach to overall health incorporating all aspects of a woman's life and health over the lifespan, including emotional health, education, exercise, family, work and community inclusion. According to the World Health Organisation "The social determinants of health are the conditions under which people are born, grow, live work and age, including the health system. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels... The social determinants of health are mostly responsible for health inequities...". . A social model of health looks more broadly at the underlying causes affecting health outcomes, both individual and systemic and overcomes barriers to service access, by encouraging well-being through health maintenance, early intervention and prevention. We therefore apply ourselves to so-called "at-risk" populations through programs that attract and welcome women from all walks of life to improve their own potential.



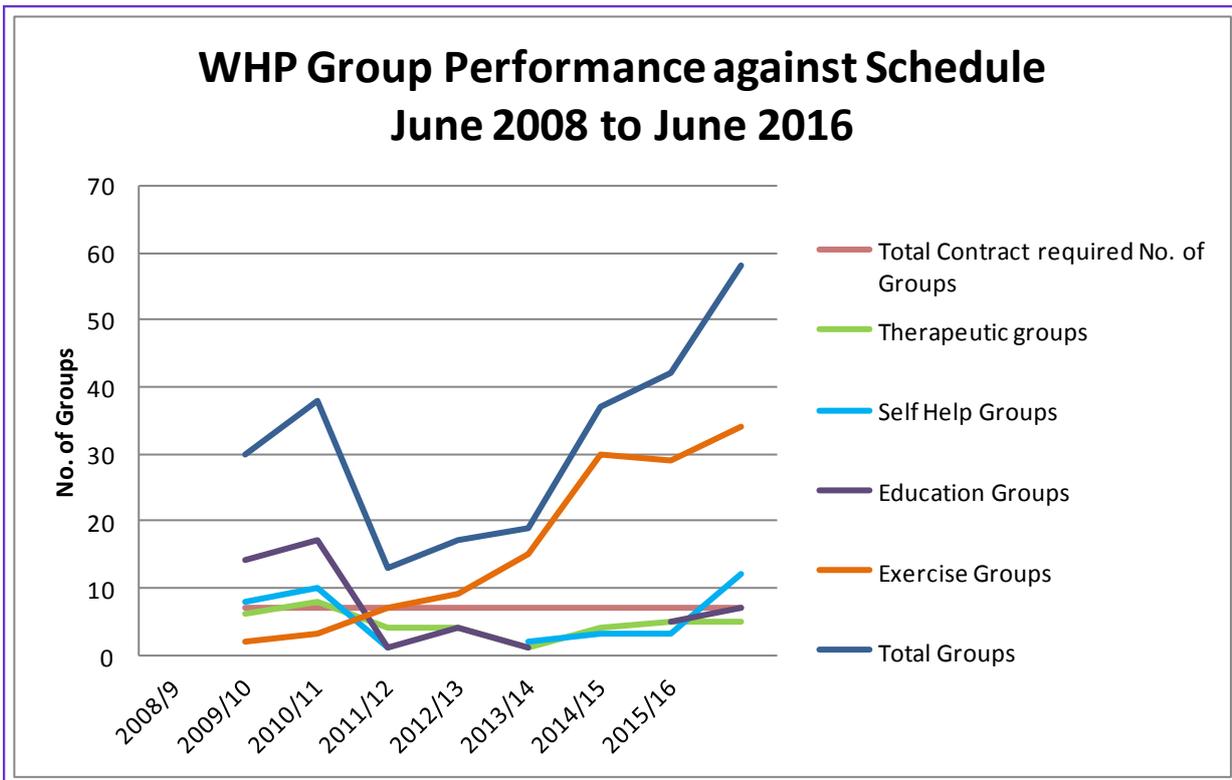
Focus Group

MWHCP is also part of the network of Women's Health Centres throughout the state of Western Australia, twelve in all, providing services to their individual communities in a variety of ways. Using an evidence based approach, over the years these centres have used their local knowledge to adapt and refine their services to match the needs of their particular populations. The Department of Health also developed the WA Women's Health Strategy with the aim to improve and promote the health of Western Australian women, particularly vulnerable women at most risk of poor health outcomes. In this strategy gender is recognised as a key determinant of women's health and that health responses reflect the different needs of women according to their life stage, race, social, cultural, psychological and economic circumstances. The evidence base is advanced through effective and collaborative research, data collection, monitoring, evaluation and transfer of knowledge.

MWHCP has consistently managed to respond to the needs of our community by seeing a higher number of women excluded through disability and have welcomed them into our counselling and pap smear clinics. The investment in a pap table which can be lowered for wheel chair transfers has increased the number of women attending our centre in electric wheelchairs.

General Manager's Report

The guiding principles of the Women's Health Strategy are quality; holistic service provision; inclusivity and transparency. Priority areas are identified, including cardiovascular disease, mental health, family and domestic violence, sexual and reproductive health, chronic illness and access to services. The priority groups focus on the health of Aboriginal women because of their poorer health in all areas compared to non-Aboriginal women and women living in regional and remote areas, women from culturally and linguistically diverse backgrounds, women with disabilities and women who are socially or economically disadvantaged and women who identify as lesbians, bisexual or transgender.

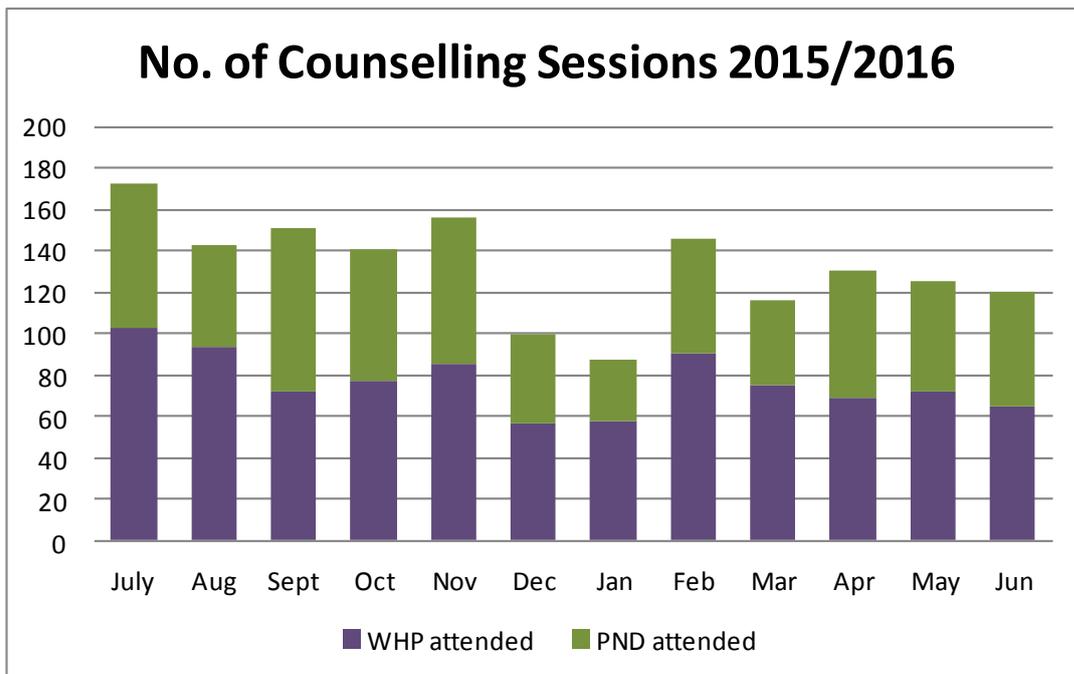


Domestic Violence Forum for Service Providers

Counselling Programs

The Counselling program is complemented by the provision of groups in therapeutic issues such as Self esteem. This year the trend in emerging issues indicates that significant numbers of Counselling clients are reporting depression and anxiety, so a new “Letting Go” series of workshops in developing skills for managing these often debilitating conditions, has been developed by our Women’s Health Counsellors, Sara and Sharon. Using a combination of therapeutic techniques, such as CBT, Mindfulness and with a focus on self care and recovery, these groups have proved a useful support to women with long term mental health conditions. This has enabled strong partnerships with local agencies who have been able to accompany their care recipients to enable them to access MWHCP’s low cost services.

With the NDIS roll-out in the eastern metropolitan region, agencies including RISE, Richmond Wellbeing and Partners in Recovery have been accessing these sessions with their care recipients. Feedback from the participants and the agencies representing their carers has been extremely positive. One service bringing their care recipient along reported that it has caused “a transformation” in their client who has not previously engaged with any services.



International Women’s Day

Counselling programs—EMBRACE



Mental Health Finalist in the Good Outcomes Awards 2014

The EMBRACE program continues to provide perinatal mental health support to women through Midland and Ellenbrook, with Assessments, Counselling and Therapeutic groups every term. Our Counsellor, Kym, has also become up-skilled in the delivery of Circle of Security parenting and has provided both Playgroups and evening training courses for the parents involved in the EMBRACE program. This enables them to understand the stages of baby's development and learn to respond to the signals the baby is giving about its needs. The result is a more empathetic approach to child development and a better start for the families.

This year a partnership with CLAN Midland to deliver the BabyFAST program was implemented, for young parents and their extended families living in Ellenbrook and surrounds. This innovative and well evaluated internationally recognised program offers families the opportunity to develop parenting and grand-parenting in the early years with skilled support workers while cooking a meal and sharing food—crossing cultural and generational barriers.

Crèche :

The EMBRACE program would not be possible without the provision of a crèche, which is now undertaken all day on Tuesday enabling women accessing multiple services to benefit. On Wednesday the crèche is offered in Ellenbrook upstairs in the meeting room so that Ellenbrook women can access the Therapy group.



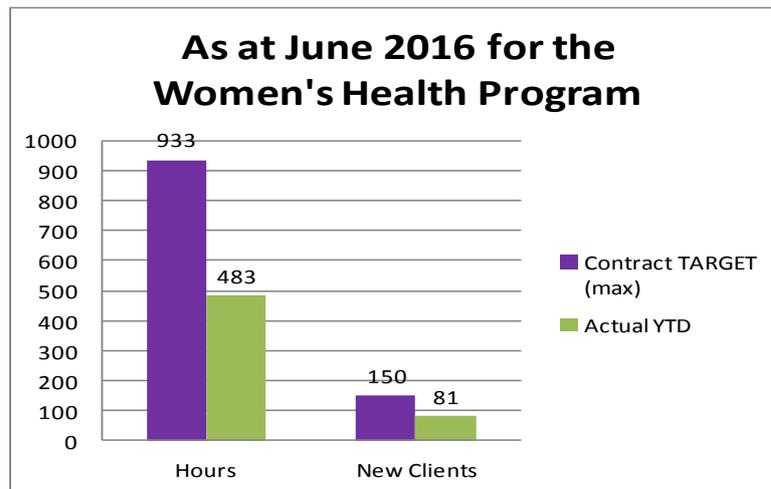
The Swan PIMH Committee shares the responsibility of organising a Pram Walk for PND Awareness week, and over the years this challenge has been taken up by local businesses and agencies. The Paint the Swan REaD organises books and balloons are distributed as families are escorted around the park by fluoro clad Volunteers to raise awareness of what services are out there to assist. Ngala and Playgroups WA join in the fun!



Pram Walk PND Awareness Week

Counselling Programs –WHP

Counselling Program Statistics:



Recognising through trauma informed practice, that the effort for women to identify themselves and come forward to make contact, efforts are made to re-book appointments, hence often cancelled appointments can be re-filled, which results in a DNA rate of 13% and a more efficient value for money service provided.

Missed appointments are used for Advocacy and referrals, following up on cancellations and risk management of vulnerable service users. Improved data collection methods are also calculating the hours of administration support staff time used on Intakes to the counselling program and a proportion of time spent on advocacy with other agencies as they encourage their consumers to access Midland Women's Health Care Place activities and health promotion opportunities.

Our usual policy is that six to eight counselling appointments are offered, however service users can attend the service again after a break, or the counsellors can recommend an extended service, especially if a crisis occurs.

Service delivery improvements:

A new Commander telephone system has been installed which enables:

- ⇒ Individual message banks for Counsellors and senior management
- ⇒ Messages on hold which promote activities and workshops
- ⇒ Inbound calls not picked up immediately receive an option to self-select the most appropriate destination while they receive promotional messages
- ⇒ Executive handsets
- ⇒ Two headpieces for front reception staff enabling them to move throughout the building and still answer incoming calls



Promotion at the Ellenbrook Shops

WHP - Groups and courses

| Activity | TARGET | YTD | % satisfied |
|----------------------------------|--------|-----|-------------|
| Groups & Courses | | | |
| Total No of Groups | 40 | 27 | |
| Total No of Participants | 240 | 304 | 98% |
| Total No. Hours delivery | 384 | 288 | |
| No. Excerise Classes | | 17 | 98% |
| No. Self Help Classes | | 6 | 98% |
| No. Therapy Classes | | 4 | 95% |
| Health Promotion Activity | 8 | 3 | |
| No of Participants | 80 | 40 | |
| No. Hours delivery | 66 | 7 | |

A varied low cost activity program is offered on a term-by-term basis promoting the health and well-being benefits of physical exercise, social interaction and skill development to reduce social isolation. We would like to acknowledge the skills and compassion of our Facilitators who provide a high quality program to women who would not access physical activity otherwise.

These groups have proved extremely popular in the six month period, with an increase in the Tai Chi classes to offer a “seated” Tai Chi session, an evening session and day groups. An additional beginners session will be offered in Term 3, 2016.

Pilates attendance also remains strong with two low cost classes per week and an evening session for those women who work locally, and Gentle Yoga attracting mature women to the activity and high attendance levels. The Mums N Bubs classes offered in Ellenbrook extend the EMBRACE program (separately funded through the Mental Health Commission) to attract younger women with their babies and promote healthy attachment in the very early months, also enabling participants to become aware of the MWHCP services offered in Midland.

Therapy classes in Self Esteem are offered on a term by term basis, but the offering now includes free sessions the “Letting Go Series” on skills for anxiety management and skills for managing depression. These have seen referrals from local GP services and local agencies supporting women with long term and persistent mental health issues, or living in supported accommodation. Since the crèche has been offered to coincide with groups, more women with young children have also accessed these groups. We commend our Counsellors in developing this innovative and effective program.

An Art group encourages creative skill development and several paintings have been sold at MWHCP events, while one was donated to the Centre by a student.

Free sessions of 4ME Craft have also been developed with donated materials and a regular and growing attendance by community members. These sessions are often attended by carers and their care recipients and have proved successful at coaxing out of their homes, some women who have been extremely socially isolated. The craft goods produced including cards, Dream-catchers and decorated gift boxes which are sold to raise funds for MWHCP services. The participants are very proud of the lovely things they create.

Clinical Program

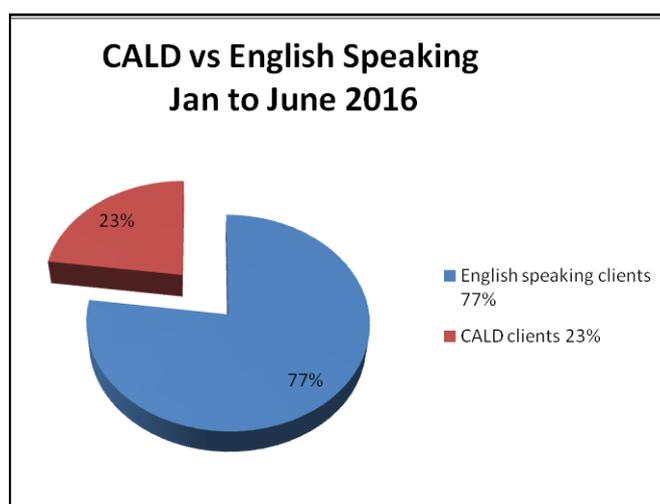
YEARS SINCE CLIENTS LAST PAP SMEARS TEST - Jan to Jun 2016

| Age Group | 1-2 Years | 2-4 Years | 4-8 Years | 8+ Years | Never | Un-known |
|-------------|-----------|-----------|-----------|----------|-------|----------|
| 16-24 years | 1 | 3 | 1 | 0 | 7 | 1 |
| 25-44 years | 17 | 41 | 8 | 4 | 5 | 8 |
| 45-60 years | 10 | 36 | 8 | 4 | 1 | 2 |
| 60+ years | 9 | 22 | 4 | 3 | 0 | 2 |
| Total | 37 | 102 | 21 | 11 | 13 | 13 |
| % of Total | 19% | 52% | 11% | 6% | 7% | 7% |

An at risk client is defined as a woman who has not had a Pap Smear test for four years and over. In this reporting period we included the category “unknown” where clients provided no data about previous Pap history. It can be reasonably assumed that some of these women had not had a Pap Smears for over four years. **31% of clients attending the PAP Clinic were at risk clients by not reporting a regular Pap Smears.**

CaLD is an abbreviation for Culturally and Linguistically Diverse. This phrase is used to describe people who have a diverse cultural background or whose first language is not English (Source: Transcultural Mental Health Centre). 23% of women attending the Pap Clinic during the six months, were CaLD.

English-speaking clients are clients who were born in one of the English-speaking countries. These countries comprise of Australia, England, Ireland, New Zealand, Scotland, UK & USA. Fifty seven per cent (57%) of all clients attended the clinic in this reporting period were born in Australia.



This program is provided through an MOU with Sexual Health Quarters who provide an Advanced Practice Nurse on a weekly basis and is held in conjunction with an on-site crèche. Appointments are twenty minutes, run on time and receive excellent feedback including this testimonial written into the feedback book on front desk:

“The friendly staff put you at ease from the moment you walk in the door. The pap smear service is excellent, so quick, thorough and professional... I don’t know what I would do if the Midland Women’s Health Clinic closed and I was forced to go back to the GP for pap smears. I probably would simply not have them done. My sister has for years fainted during pap smears as the result of an overzealous doctor at [hospital] when she was only 14. I referred her to the clinic and she has never has an issue.” Alycia Bayswater.

Clinical Programs & Partnerships

Health promotion to CaLD women has attracted women requiring Interpreters. The Board of Management of MWHCP has authorised the payment for on-site interpreters to enable these women access.

In addition promotion of the clinic through women with disabilities networks has enabled women in electric wheelchairs to have a Pap Smear.

Investigation of the potential to provide a GP Clinic has begun, with meetings with five other services providers, including the Midland Superclinic to develop a GP Clinic.

Partnerships/Networking

- Women's Health Centres—Department of Health
- Women's Community Health Network WA
- PIMH Sub-Group Implementation Committee
- Early Years Networks Midland (MEYAG) Ellenbrook (Children and Families Connect)
- Communities for Children Committee
- NEYON (North East Youth Organisations Network)
- Midland Community Partnership

Service Provider workshops:

Domestic Violence Forum

In partnership with the local DV Outreach service through Koolkuna Refuge and Djinda Services a Domestic Violence Forum was held on 1st June with 35 service providers from 16 different service including Centrecare, Relationships WA, St John of God, Child Health Nurses, Centrelink, Midlas, Horizon House, Clan Midland, Zonta, RUAH, Koolkuna, Moort Boodjari Mia, Swan Emergency Accommodation and Midland Community Mental Health.

Paperbag Lunches

Due to interest resulting from the Domestic Violence Forum, some services identified potential problems when women in FDV situations ask their children to download the Positive Pathways App for them. A "Paperbag Lunch" was hosted in partnership with Zonta House Refuge (who originally developed the App), titled "How to safely download the App". This attracted further participation of 23 local service providers, including the Midland Victim Support Unit from the WA Police. All of those present were taught to download the app in order to coach and assist women in the community.



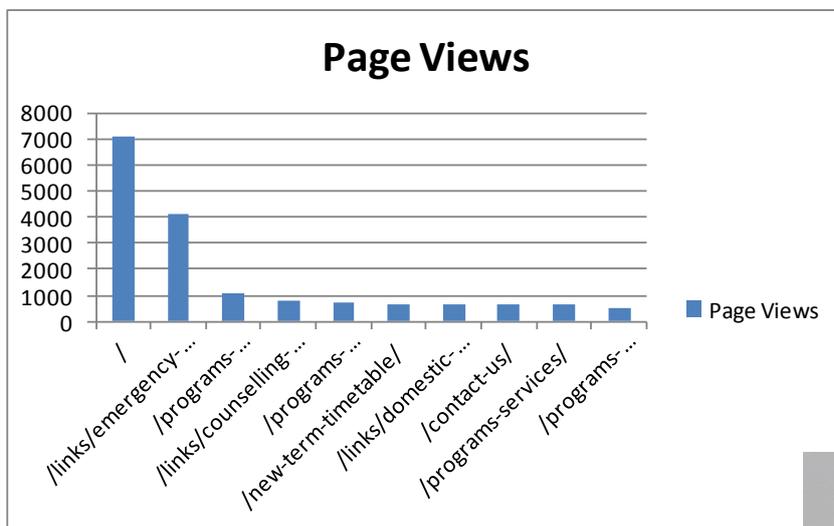
Participants in a "Paperbag Lunch" learning to download the Positive Pathways App onto their mobile devices

Referrals and information

Website hits www.mwhcp.org.au.

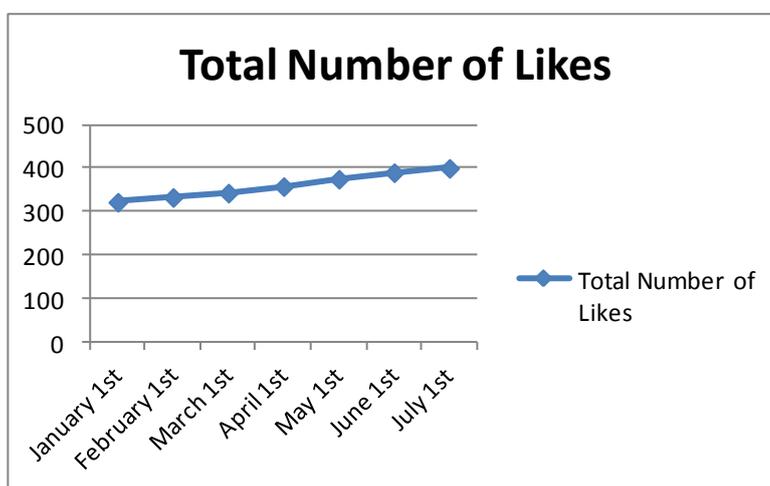
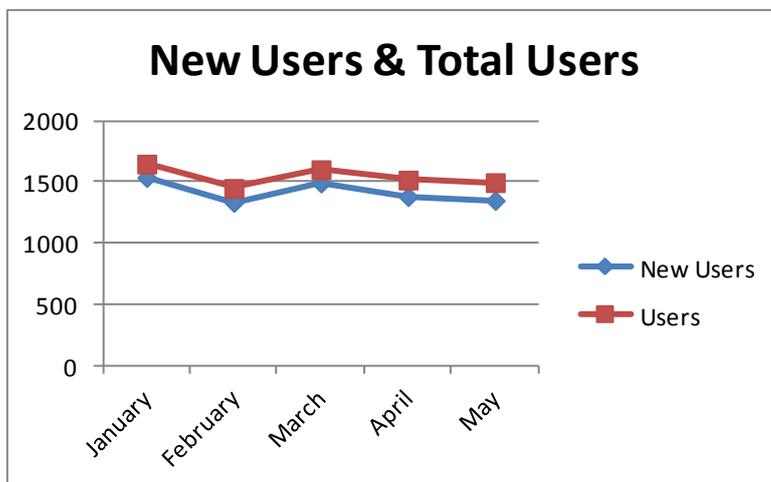
Due to the increase in spam the previous method of simply tracking the increase in usage does not represent a clear indicator of actual website use, so Google Analytics has been used to track the Page Views as an indicator of trends and overwhelmingly the highest proportion of page users were searching for emergency accommodation in the six month period from January to June 2016.

| Number of Page Views (Total) for January 1 - June 30, 2016 | | |
|--|------------|-----|
| Page | Page Views | |
| / | 7074 | 42% |
| /links/emergency-accommodation/ | 4140 | 24% |
| /programs-services/pap-smear-clinic/ | 1044 | 6% |
| /links/counselling-services/ | 779 | 5% |
| /programs-services/groups-courses/ | 719 | 4% |
| /new-term-timetable/ | 688 | 4% |
| /links/domestic-violence/ | 662 | 4% |
| /contact-us/ | 661 | 4% |
| /programs-services/ | 641 | 4% |
| /programs-services/counselling/ | 543 | 3% |
| | 16951 | |



Social Media

Website Usage www.mwhcp.org.au.



Trends indicated by the website indicate that information is sought about the Pap Clinic, Counselling, Groups and courses, the new term timetable followed by the issue of Domestic Violence. Thanks to Megan for regular updates to our social media.

Health Promotion in the community

Four community events were attended Altone Comes Alive, Ellenbrook Community Connect and Maida Vale Family Fun Day. Cyril Jackson invited MWHCP to attend their Health Day where information in different languages was distributed. We acknowledge the invaluable work of our Promotions Officer Suzanne in raising the profile of MWHCP through local media.

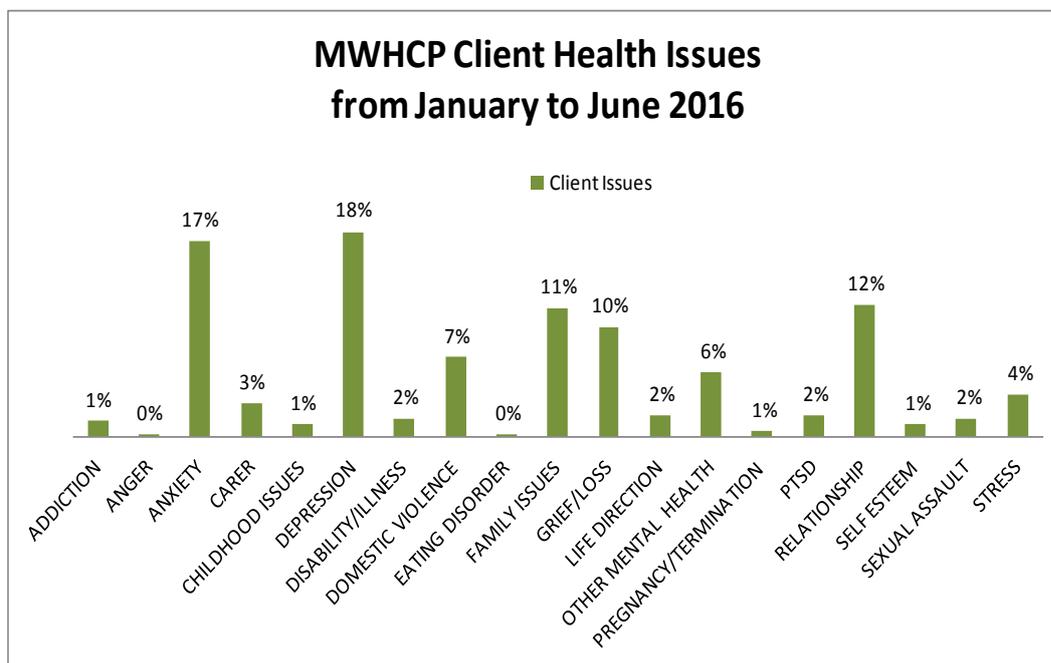
Issues raised at DV Forums are that agencies do not know where to refer local families for specific assistance. The DV flowchart of local referral agencies was updated to include local contact numbers for specialised services.

An opportunity arose in a guest spot on Ellenbrook Radio VCA 88.5fm which now broadcasts as far south as Fremantle, and five opportunities have been undertaken in the six month period from January to June 2016.

More recently Kalamunda Community Radio 102.5fm has invited a Midland Women's Health Care Place representative to attend the Monica's Magazine session monthly on Wednesdays.

Emerging Issues

Health Issues reported by service users to Counsellors



The health issues reported during the six month period indicate that a leading reason for women seeking help through Counselling, was Depression (18%) followed by Anxiety (17%) and Relationships (12%) Family issues (11%) then Grief and loss (10%) followed by Domestic violence (7%).

In developing a Trauma Informed Care approach to providing integrated services, MWHCP Counsellors developed a Therapeutic group intervention to up-skill women in techniques such as mindfulness, CBT, meditation and relaxation techniques and self care skills to enable them to understand the dynamics of anxiety and depression, and overcome the effects on their lives.

The “Letting Go” series of workshops in Anxiety and Depression were developed. Online resources are identified and used for participants from the Centre for Clinical Interventions, Beyondblue website and participants are encouraged to access other online resources.

Local leadership:

MOUs are maintained with :

- ◆ Middle Swan Hub— (Swan Children and Family Centre) - for counselling outreach
- ◆ Sexual Assault Referral Centre—SARC Counsellors weekly on site for outreach
- ◆ SJOG Healthcare outreach
- ◆ Djinda Services—for Aboriginal Family and Domestic Violence
- ◆ Cancer Council—Midland Regional Outreach Officer attends three days per week
- ◆ Student placements occur regularly

A student placement arranged with Marr Mooditj also brought a mature and experienced Aboriginal placement which increased understanding and cultural competence in MWHCP.

Evaluation and feedback

Quality Management feedback:

Trauma Informed Care and Recovery models are the basis of service management:

- WHP Counsellor undertook Trauma Informed Care training during the six month period
- Staff meetings have standing agenda items to review practice standards and share training outcomes across different disciplines.
- Incident reports are actioned and discussed to improve practice.
- Pre and Post evaluations are being used to develop measurements of service users own perceptions of changes to their health and well-being.
- Improvements to the Assessment and Counselling note formats have been made
- Archiving procedures are being implemented.
- Continuous monitoring and improvements are made to data recording.
- Partnerships across the region are maintained to ensure that gaps in services, the latest trends and emerging issues are identified and their impact on women is taken into account.
- The Board Policy Sub-Committee, updates the Policy Manual to maintain compliance at every level of the organisation.
- Feedback book on front desk records testimonials and suggestions from service users.
- The gift register has recorded gifts from the Women's Powder room; gifts including pamper products and items donated to raise money through the raffles. Women on low incomes indicate their appreciation of the services by bringing flowers from their gardens and boxes of chocolates for the Staff and Board.
- Donations of money have been received from the Staff at IC Frith (a local business), and the Zonta Club of Swan Hills donated \$500.00.

CONCLUSION

Midland Women's Health Care Place Inc continues to maintain a reputation for reliable, low cost, confidential and accessible services to the region. Despite the arrival of new service providers and agencies MWHCP has maintained a flexible and adaptable service delivery model which continues to provide a conduit into services in the region.

Barriers to access for women across the lifespan are addressed and the up-skilling of disadvantaged women in the community is ongoing, using Trauma Informed Care and partnerships to reduce gaps in services, where they occur. Referral and information processes are maintained through the website and facebook so that on-site services can be relaxing and welcoming for vulnerable women.

Our building has been improved with the addition of an undercover area in the rear courtyard, to improve the child friendly "backyard" and maintaining a friendly inclusive atmosphere to welcome those who are disadvantaged.



Highlights 2015/16



International Women's Day 2016



Positive Pathways App –Paperbag Lunch



21st Anniversary morning tea



Presentation of Donation



Healthy Women's Week hosted by MWHCP & Cancer Council WA

GROUPS



4ME Craft



Art Group



Pilates



Tai Chi

Healthy Women, Strong Community

Past, Present and Future



Midland Women's Health Care Place was originally proposed by the Eastern Region Community Development Council, who prepared a funding submission for a holistic women's health centre. In 1994 they were informed that their proposal was successful.

A logo was designed by local Swan Valley artist, Jude Taylor. The centre was officially launched in August 1995 by (then) Dr Fiona Stanley at 26 Railway Parade Midland, opposite where the present hospital is now.

In March 1996 Midland Women's Health Care Place was Incorporated with the first meeting of the Management Committee in April and services began in August

General emotional counselling and SARC outreach services were offered along with a small library and support groups for Post Natal Depression, Domestic Violence and Stress Management.

The agency quickly outgrew the small building and found another rental property at 61 Morrison Rd Midland, moving in October 1997, with no break in service delivery.



26 Railway Parade

This expansion led to new groups and a partnership with Family Planning WA to provide a Pap Smear Clinic fortnightly in the largest room, the lounge.

Within 2 years, these premises were becoming too small, however services and groups were offered off-site including outreach Pap Clinics in Bullsbrook through the support of Community Grants from the City of Swan.

An application was prepared for Post Natal Depression funding which was successful and a weekly PND Therapy group was offered in Marlboro Rd Swan View, a premises large enough to accommodate the crèche.

The programs provided under the Women's Health Program – which included

- Self Esteem groups,
 - Assertiveness courses and
 - a variety of health promotion workshops,
- were supplemented through grants from the Department of Sport and Recreation to provide fitness and health programs to women in Ellenbrook and Bullsbrook.



Vacant block 2005

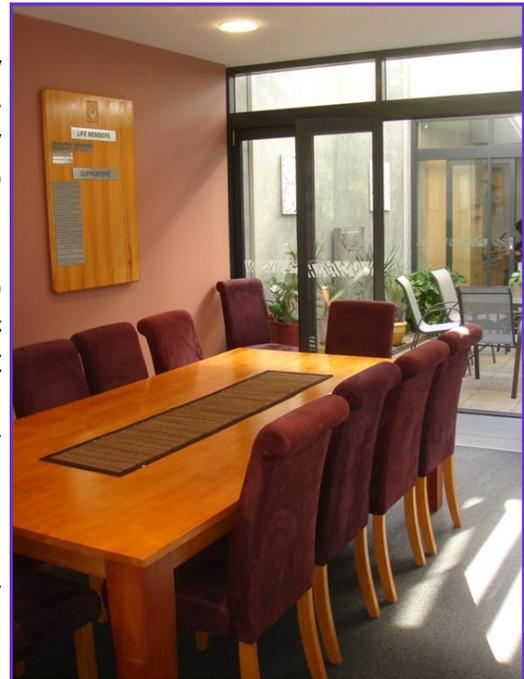
The Board worked tirelessly to negotiate with the City of Swan for a block of land at The Avenue Midland and Lotterywest to provide funding to design and purpose build premises with large group rooms, counselling and clinical rooms and office space to accommodate the expanding programs.

Past, present and future

In 2006 the Val Ferguson Centre was opened by the late Mayor Charlie Gregorini and The Hon Michelle Roberts, Member for Midland at a ceremony that began on Midland Oval and then progressed to a cutting of the ribbon on 24th November 2006.

In 2007 we were notified that we had received two years funding for the women with post traumatic stress as a result of criminal activity. This project “Women Recovering” lasted for two years, during which time we established the Women Without Limits Weekend Workshops at Point Walter.

Women from both the PND and Women Recovering Programs spent most of the long weekend in September learning archery, abseiling and high ropes with the help of DSR female instructors. The experience of these activities have reportedly changed women’s lives.



Boardroom 2006



High ropes –
Women Without Limits Workshop 2008

By 2008 we were running the Bullsbrook Active Women Walking Groups, kayaking workshops and celebrating physical activity through a variety of groups including Yoga, Tai Chi and Belly Dancing.

Women’s health workshops were held with the “In the Pink” Project funded through the City of Swan to the expanding communities in Bullsbrook and Ellenbrook. Women from the rural hinterland, often without local services access counselling and group activities. Partnerships to extend programs are always encouraged to make best use of limited resources.

During these years as our programs filled and funding remained the same, we were able to supplement our income through grant applications, occasional philanthropic support from Landgate’s annual IWD breakfast and the Zonta Club of Swan Hill. Our focus remained on women with no opportunities.



River Gods Kayaking workshop 2008

Past, present and future



Cross Cultural Awareness training 2008

During 2009 Women on Wellness Week and International Women’s days were celebrated with Members events and the program including Buteyko Breathing , Chatterbuster Meditation, and pampering sessions for disadvantaged women. Our facilitators have always provided the most interesting topics which “fit the bill” in terms of focus and practicality for the women attending. The Women Recovering program indicated that although the effects of trauma include depression, anxiety,

increased rates of alcohol and substance abuse, if women are treated with respect and dignity, with access to holistic services that follow through with ongoing support, their symptoms improve considerably.

In addition a Mobile GP Clinic used our premises weekly and assisted marginalised women to access free health support. The Pap Clinic with FPWA continued to provide weekly clinics with twenty minute appointments with a female nurse – extending service to women who have not had a pap smear for over four years. This clinic has been consistent in attracting “at risk” women for this vital health check.

Following the lodgement of the business case to extend PND services to Ellenbrook, and a review and evaluation of the barriers to women accessing PND services, funding was granted to extend to Ellenbrook in 2011.



Nadia on front desk with a “new” visitor 2009



Grant – Criminal Confiscation Grants Program – Women Recovering

Bra Art Competition for Breast Cancer Awareness week –

Exhibits in the Resource area the Helena room



Past, present and future

In October 2012, the PND program changed its name to the EMBRACE program in a ceremony with the Minister The Hon Helen Morton, and additional classes in Mums & Bubs Yoga and the therapy groups were offered from the Ellenbrook Library. These services have been offered to the families of more than 80 babies a month being born in this rapidly expanding community. This program was a finalist in the Mental health Good Outcomes Award in 2014 and continues through a Contract with the Mental Health Commission.



WOW Week 2009

A Chinese proverb says that “Women hold up half the sky” and all of these activities build on excellent collaborations and partnerships in the region to provide leadership in the issues that matter to “ordinary” women. Certainly the women who have maintained the services and governance of Midland Women’s Health Care Place have done their share of heavy lifting over the years! Women who were associated with the service or came as clients to 26 Railway Parade joined the present Board and Staff for our 21st Anniversary morning tea.

They continue to work cooperatively to advance the human rights, economic wellbeing and social contribution of women to the advancement of our region into the future.

The Hon Michelle Roberts MLA, Member for Midland joins Chairperson Mary Papadopoulos and past and present Board Members and Staff to celebrate 21 years of ongoing operations of MWHCP.

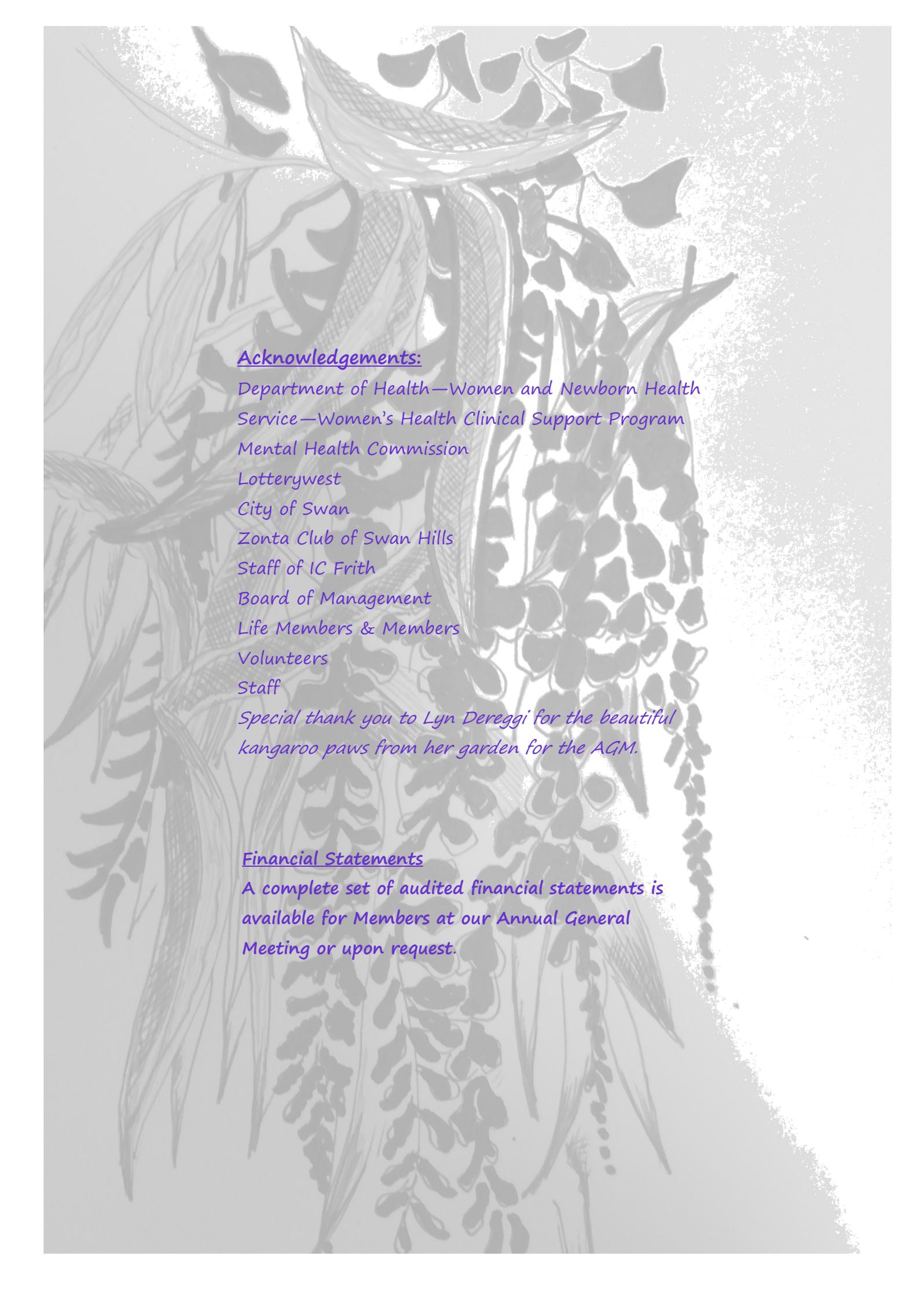


Successful partnerships have enabled regular community activities such as the Midland March That Matters for White Ribbon Day—to focus on preventing domestic and family violence, and the Pram Walk in Ellenbrook for PND Awareness week in November. Workshops with services assist local community members to work with agencies in training. New initiatives such as the Paperbag Lunches have attracted over 35 service representatives to attending.



Self Esteem group releasing balloons 2013





Acknowledgements:

Department of Health—Women and Newborn Health
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Mental Health Commission

Lotterywest

City of Swan

Zonta Club of Swan Hills

Staff of IC Frith

Board of Management

Life Members & Members

Volunteers

Staff

*Special thank you to Lyn Dereggi for the beautiful
kangaroo paws from her garden for the AGM.*

Financial Statements

A complete set of audited financial statements is
available for Members at our Annual General
Meeting or upon request.



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