



**WOMEN'S
HEALTH
CENTRE
ROCKHAMPTON**

Women Unlimited

AUGUST 2013

Update from the Centre Manager

INSIDE THIS ISSUE:

What's On	2
Sexual Assault Support Service	3
Community Ed	4
	5
From the Library Shelf	6
	7
Health & Wellbeing	8
	9
Raffle Tickets	10
Community Notice Board	11
Membership	12

Hi There,

As we enter the second half of the year, I am thinking 'how time fly's and it will soon be Christmas time before we know it.

The Staff at the Centre have been active within our community by:

- Holding a community BBQ for clients and other organisations, celebrating Domestic and Family Violence prevention month at the end of May.
- Participating in the NAIDOC march across the bridge – celebrating the indigenous community.
- GHIA festival – promoting the Centre with a stall and providing information and WHC bags to giveaway.
- Multi-Cultural Festival – at the Riverbank, celebrating the different cultures that make our community.

And we have planned to attend the Multi Cultural festival out at the Heritage Markets this Sunday. As well as these community events, we are also working in partnership with several schools and organisations within our community.

I have had feedback from the staff who have reported that they enjoy being in the Central Qld community and like promoting our wonderful service !

Please note that the Annual General Meeting for 2013 will be held on Wednesday the 18th September, 12.30 pm – please come along .

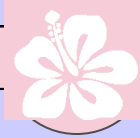
We have just finished negotiating the Service Agreements with the Department of Communities and have secured funding for the next 3 years – THIS IS FANTASTIC AND WONDERFUL NEWS ! What this means, is that we can continue to service the Rockhampton and surrounding districts with free and confidential counselling, sexual assault and abuse, and domestic and family violence prevention and assistance.

Until next time, stay safe !

Many thanks
Belinda

What's On @ WHC

ONGOING GROUPS



Art, Craft & Chat Group

Every Monday 10.00am to 12.00pm
Want to be part of a fun safe & supportive group
Where you can:
Learn new art/craft skills?
Further Develop your existing art/craft skills?
Share your skills or art/craft with others?
Work on your own art/craft projects whilst chatting?
Meet new people?

Personal Strength Circle

9.30 - 11.30am
2nd & 4th Tuesday of each month
A Centre facilitated group for women of all ages to take time out in a relaxed and safe environment, discuss aspects of women's various life stages, share associated coping skills, strength and resilience techniques.

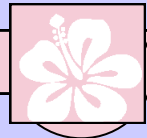
WINGS

10.00 to 12 noon
First Tuesday each month
A general support group for wives of Vietnam Veterans.

Women over 50

10.00 to 12.30 pm, 2nd and 4th Wednesday of each month
The Women Over 50's Club has been meeting at the Centre for 19 years. A vibrant and friendly group of women who welcome all newcomers.

ONGOING GROUPS



Women Of Worth

Every second Thursday from 10.00am onwards
A group for Murri women and supporters to come together in a safe place to:

- ◆ Create friendships and reconnect
- ◆ Confront the issues
- ◆ Raise awareness and respect
- ◆ Get direction and purpose
- ◆ Break the cycle
- ◆ Encourage and learn from each other and self

Discussion group

9.00 to 12 noon, every 2nd Thursday
A self run group for women to meet and discuss topical issues over a cuppa.

Capricornia Dance Exchange

7.30 to 9.30 pm every Thursday
Come and experience dancing with a fun-loving group in a relaxed and friendly atmosphere. ALL WELCOME - No experience required.

Tai Chi

Every Friday 10.30 to 11.30am. Beginners welcome gentle exercise and simple dance routines for participating in fun community events such as Relay For Life.
Please note: Our instructor does not attend class on the 4th Friday of every month.

Changes affecting groups using WHC facilities

The Womens Health Centre asks that each individual contribute a gold coin donation, this is to assist with the cost of upkeep and maintenance of our group room.

**The Womens Health Centre will not exclude and individual from attending a group held on the premises if donating causes financial distress.

Sexual Assault Support Service

“We now offer individual counseling, telephone and crisis counseling, advocacy and support to women, men and children that have been affected by rape or sexual abuse”

TIP SHEET: Responding to Disclosures of Child Sexual Assault

It is hard for anyone to disclose sexual assault. For children who do not have the language, it can be even more difficult. Offenders usually put a great deal of effort into ensuring the child remains silent. Some of the reasons children do not disclose may be:

- They feel responsible for the sexual assault in some way
- They feel guilty about their body's natural response (even though it is beyond their control)
- They feel that no one will believe them
- They may have been told by the offender that their disclosure will cause problems such as family break-downs or the offender going to jail
- The offender may be someone they heavily relied on or made them feel 'special'
- They do not want anyone to be angry or upset with them or the offender

Your response to any disclosure of an assault can be the first important step in stopping the assault and protecting the child from further harm. This initial response can vary depending on circumstances and needs. Responses may consist of implementing protective strategies, engaging in appropriate support services or making reports to relevant authorities. If a child discloses, try to keep in mind the following steps:

- **LISTEN:** Listen carefully to all that they say. Have eye contact at the child's level, check that you have understood, put your adult thoughts aside and be respectful of the child's perspective.
- **AFFIRM:** Tell the child that you believe them.
- **DON'T BLAME:** Let the child know that what has happened is not their fault.
- **SUPPORT:** Tell the child that they are not responsible for the assault and acknowledge that it must have been difficult for them to tell you.
- **SAFETY:** Let the child know that you will do everything in your power to help them.
- **DOCUMENT:** Write everything down, using the child's own words as best you can. Include behaviours and anything they have said previously that may have hinted at the assault.
- **CHECK:** Check your organisation's policy on reporting disclosures.
- **ACT:** In the best interests of the child, report the disclosure to your State's statutory child protection authority or the Police.

Try not to...

- Make promises you cannot keep
- Interrogate the child and push for details
- Discuss the disclosure with others not directly involved in keeping the child safe

Be aware of the emotional distress that a child may be experiencing and always approach the child in a caring and sensitive manner. Assure them that you are there to listen and that you will do everything you can to help keep them safe.

I did this training and not only found the training fabulous, but the website very easy to use and informative. Take care and stay safe Karen, counsellor sexual assault support service.

Bravehearts.

National Office Phone : (07) 5552 3000 | **Fax:** (07) 5552 3088 **Freecall Crisis Line:** 1800 272 831 PO Box 575, Arundel BC, QLD 4214 **Email:** admin@bravehearts.org.au | www.bravehearts.org.au | ABN 41 496 913 890



Karen Briggs - Counsellor/Educator
sass1@womenshealthrockhampton.com

COMMUNITY ED

DOMESTIC VIOLENCE PREVENTION DAY AT THE CENTRE



In Rockhampton 78% of abuse victims are women. Close to half of the victims are abused by their spouses. The Centre held a BBQ on Friday 31st of May to raise awareness of the issue and bring attention to Domestic and Family Violence Prevention Month. The month's theme is "Make The Call" encouraging women to take a stand against violence, and for those who know of someone being abused, to make the call for help. If you need help regarding family violence you can call 1800 811 811



Karen our BBQ chef of the day

Hi everyone, it's Deb your friendly Friday receptionist at the Centre. You may not realise this about me but I'm a musician. I write songs, play guitar and sing with my own band 'DD Cooper & The Flashtones' and recently have been singing in the 'Club 28' band. My favourite work however is my creative sound music workshops called 'Express Yourself'. I work with people with disabilities at Birribi, The Cerebral Palsy League, Rockhampton and I run a class for Disability Services QLD. We sing songs, dance, play musical games and gener-

ally have a hoot !!! After seven years of doing my class at the CPL it thrills me to see clients getting up in front of their peers and singing and dancing their hearts out. Their confidence has grown over time to the point where they argue over microphone time!!! Music *IS* the universal language and I'm lucky enough to speak it frequently with the amazing people of CQ. Turn it up and feel the love PEOPLE!

DD Cooper

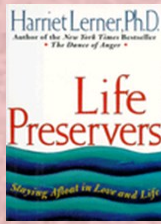


THE WOMENS HEALTH CENTRE ROCKHAMPTON SHOW THEIR SUPPORT FOR THE 2013 NAIDOC MARCH



On The Library Shelf

Life Preservers: staying afloat in love and life
By: Harriet Lerner PH.D
646.7 LERN



About the book:

With wit, wisdom and uncommon sense, Dr. Harriet Lerner gives readers the tools to solve Problems and create joy, meaning and integrity in their relationships. Women will find *Life Preservers* to be an invaluable motivational guide that covers the landscape of work and creativity, anger and intimacy, friendship and marriage, children and parents, loss and betrayal, sexuality and health and much more. With new insights and a results-oriented approach, Dr. Lerner answers women’s most frequently asked questions and offers the best advice for problems women face today.



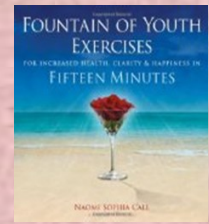
Healing Relationships: Buddhist insights for Enduring happiness
By: Choedak Yuthok Lama
294.3923 CHOE



Healing relationships examines the difficulties we face in keeping our relationships vibrant and healthy. It explores the causes of our difficulties, from a Buddhist perspective, and explains how we can eliminate these. Throughout are medications and practises to help us heal the past, transform our attitudes and forgive ourselves and others. We learn of the benefits of a spiritual union and the path to living without negative mind states.



Fountain of youth exercises
By: Naomi Sophia Call.
613 CALL



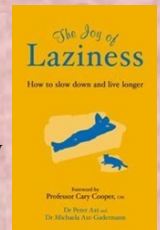
About the book:

Do you want to live in radiant health?
Do you want to be flexible and strong at any age?
Do you want to live with clarity and energy?

Naomi Call offers an inspiring and achievable recipe for a joyful, healthy life. Drawing upon the ancient wisdom of Tibetan monks, yoga and chi practitioners, and indigenous people, she has created a manual filled with unique exercise and lifestyle ingredients designed to help anyone, of any age, live with vitality and look great.



The Joy of Laziness: how to slow down and live longer.
By: Peter Axt and Mikaela Axt-Gademann
613 AXT



The joy of laziness reveals why the speed at which we live affects our energy and Longevity. The authors bot former (and Reformed) champion athletes - explain how

- Too much exercise can make your ill.
- Being relaxed and even tempered makes you more intelligent.
- Fasting delays the aging process and lengthens your life.
- Sun and heat are the fountains of youth.
- “doing nothing” actually does a great deal of good.



Remember you may borrow two books for two weeks at a time, should you be unable to return them in time or wish to borrow them for a little longer simply ring Lauren the Librarian on: 4922 6585

Or email: librarian@womenshealthrockhampton.com

KEEP BELIEVING IN YOURSELF AND YOUR DREAMS

There may be days
when you get up in the morning
and things aren't the way
you had hoped they would be.
That's when you have to
tell yourself that things will get better.
There are times when people
disappoint you and let you down,
but those are the times
when you must remind yourself
to trust your own judgments
and opinions,
to keep your life focused on
believing in yourself
and all that you are capable of.
There will be challenges to face
and changes to make in your life,
and it is up to you to accept them.
Constantly keep yourself headed
in the right direction for you.
It may not be easy at times,
but in those times of struggle
you will find a stronger sense
of who you are,
and you will also see yourself
developing into the person
you have always wanted to be.



Life is a journey through time,
filled with many choices;
each of us will experience life
in our own special way.
So when the days come
that are filled with frustration
and unexpected responsibilities,
remember to believe in yourself
and all you want your life to be,
because the challenges and changes will only help you to find
the dreams that you know are meant to come true for you.

~ Deanna Beisser

- See more at: <http://www.transformation.com/gotpeppernosal/blog/Inspirational-poems-for-everyone-to-enjoy/KEEP-BELIEVING-IN-YOURSELF-AND-YOUR-SPECIAL-DREAMS>

Domestic Violence and Court Support Corner



Fantastic creativity from the Domestic Violence Support Group participants. (soon to appear at the Centre)

"The Support Group's purpose was to provide its participants with a support network through activities and outings to share a variety of knowledge about personal and social issues".

Hello everyone, Currently our service is staffed by Kath Garle, Louise Hayes, and Kerrie Hooper. We have had a number of big changes. Firstly, we used to have Thursday as the dedicated day for hearing applications for Protection Orders. However, due to the huge numbers (anywhere from 35 to high 50's each Thursday) the Magistrates decided that applications would be heard every day. This has worked extremely well as clients do not have to wait hours to get into court and we are able to spend more time with each client without having to rush them.

In July, 2009 the Queensland Government released a strategy to reduce Domestic and family violence. This strategy was called "Break the Cycle" (BTC) and the trial was carried out in Rockhampton. Domestic and Family Violence Court Assistance Service (DFVCAS) was a part of this integrated response model and we received funding for an Aggrieved Court Support worker who was based full time at the court house. Funding was also made available to provide legal representation for both the aggrieved (the person taking out an application for a Protection Order) and the respondents (the person who the order is against) when the matter was heard in court. Unfortunately the Govern-

ment decided not to continue funding BTC which meant the court process for taking out an application for a Protection Order reverts back to pre BTC, where Aggrieveds are represented by a Police Prosecutor and respondents either represent themselves or arrange for their own solicitor. Not having solicitors also means that the DFVCAS team revert back to playing a bigger role in answering questions, explaining the court processes, and explaining what the court decisions mean after a client's matter has been heard. The whole court process can be very stressful and confusing, even to the point that after their matter has been dealt with many clients ask us if they are supposed leave, never mind what actually went on.

The end of the BTC trial also means that, as from the end of June, 2013 our service lost one full time position. Rather than Kath Garle losing her job we decided that Kath and Kerrie would job share. Having three part-time workers benefits the service as we will not have to find a relief person when one of us is away. This is beneficial as it has always been hard to find and keep a suitable relief person.

The DFVCAS continues to be busy and build rapport with Police, Magistrates and Court staff. The number of clients now being referred to our service

from these mentioned parties is a tribute to this positive networking.

In other news, due to clients and other services wanting to know if there were any Domestic Violence support groups operating, we decided to start one, with Louise as the facilitator. We have been really pleased to see how successful it was.

The group began on the 1st of February this year and had a constant number of participants. Group members participated in an array of activities, including information sessions presented by educators in self-care, moving forward strategies, and positive relationships. Members also enjoyed craft activities, morning teas at a number of local coffee shops and relished in some much deserved pampering, provided by the wonderful students at the CQ TAFE Beauty Salon. The group's purpose was to provide its members with a support network through participating in activities and outings, to experience a variety of ways for sharing and gaining knowledge about personal and social issues, not to mention to provide some well-deserved fun. Feedback from members was very positive and the progress made was just as encouraging.

The group ran until the 21st of June. It is envisaged that through the support and friendships the members have gained, the group will continue to meet self-managed.

Kerrie, Kath & Louise

Janis's Road to Wellness

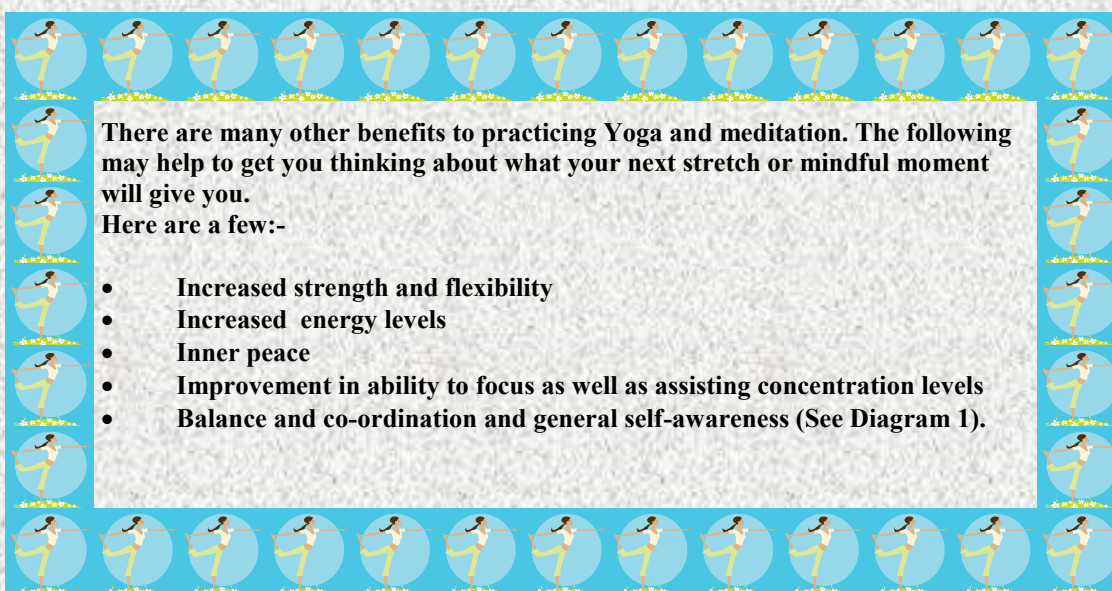
Hi everyone and welcome to this part of your journey.

Did you know that having awareness to your body through practicing Yoga or simply becoming more aware of stretching your body will benefit your wellness and balance your energy Centre's? Consider this, science has proven that thinking or visualizing about a Yoga posture can have a positive effect on the body as the brain (mostly). This is because it relates to physical movement yet doesn't know the differ-

ence between what it imagines and what it actually does. Therefore, teaching students about awareness of their bodies and their breath is of importance so that each posture is more effective by focusing energy to the area that achieves benefit by the particular posture being practiced. For example, Yoga postures, breathing techniques and meditation help to balance our energy centers (chakras). An example of one posture is 'The Crescent Moon Pose' which helps rea-

align the skeletal system by helping it to limber up and stretch the entire skeleton. When we increase suppleness and flexibility in our body we are stimulating/massaging various glands and organs to unblock prana (energy) that assist to remove toxins within the body.

Janis Littleboy



There are many other benefits to practicing Yoga and meditation. The following may help to get you thinking about what your next stretch or mindful moment will give you.

Here are a few:-

- Increased strength and flexibility
- Increased energy levels
- Inner peace
- Improvement in ability to focus as well as assisting concentration levels
- Balance and co-ordination and general self-awareness (See Diagram 1).

Be kind to yourself and others.
Come from love every moment you can.
Speak of love with others.
Remind each other of your spiritual purpose.
Never give up hope.
Know that you are loved.
(Deepak Chopra- 'The Path to Love')

(Ref: Health & Harmony Workbook)

www.healthandfitnesstravel.com/blog/why-is-yoga-so-good-for-you



RAFFLE

Win a BBQ and Accessories

***Come In And Help Support The
Rockhampton Women's Health
Centre***



This BBQ is worth over \$140.00 and includes Gas bottle and utensils shown.

Kindly donated by:
Probation and Parole,
Rockhampton.

*Prize drawn
26/09/2013, winner
will be notified by
phone.*



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Queensland Government
Department of Communities

Notice Board



It's FREE!

Jean Hailes
WOMEN'S HEALTH WEEK
SEPTEMBER 2-6, 2013

Register and go into the running to win an iPad mini



The Rockhampton Women's Health Centre would like to acknowledge their appreciation for the **Lion's Club** of Rockhampton who kindly donated tickets to 'Circus Quirkus' which took place on the 6th of July, 2013. Because of this donation, six families were able to attend the unique show of local and international performers displaying their talents in clowning, juggling, balancing, contortion and acrobatics combined with large doses of comedy. We have received feedback from families that this gift was greatly appreciated, and that family members were delighted, and greatly entertained by this experience. The Rockhampton Women's Health Centre highly value the support that organisations such as the Lions Club of Rockhampton and the Rockhampton business community provide.'

Diary Dates

Seniors Week—17—25 August

Daffodil Day—23 Aug

Hearing Awareness Week—25—31 Aug

YOGA @ The Cancer Council
7 to 8.30am Tuesdays throughout the school terms.
43 Upper Dawson Road, Rockhampton.

QI GONG @ the Cap Coast Hospital
9 to 10am Fridays throughout the school term.

Please contact Lisa Pyper Cancer Support Co-ordinator please phone 4932 8610 for more information.

Health Checks for Women pap smears & health queries



DATES: 23rd July
27th Aug
23rd Sep
28th Oct
19th Nov
18th Dec

**your health
questions
answered**

VENUE: Women's Health Centre
225 Bolsover Street
(cnr Bolsover & Derby Streets)

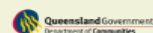
free health checks for women
including pap smears & health queries
now available by
Queensland Health Nursing staff
at Rockhampton Women's Health Centre

Private & Confidential
APPOINTMENT TODAY!

**BOOK
YOUR**



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If you have a community group or event that would benefit our readers and would like for it to be published in our newsletter, please email:
info@womenshealthrockhampton.com.
All submissions are subject to approval.

Memberships & Renewals (expires 30 June each year)

Please enter your details and return to us with fees as detailed below:

Unwaged
Membership \$ 5
Newsletter only \$10

Waged
Membership \$15
Newsletter only \$20

Community/Government/Corporate
Community Org (newsletter only, no voting rights) \$25
Government/Corporate Orgs newsletter only, no voting rights) \$35

Name: _____ Ph: _____

Address: _____

Email: _____

Member Type: NEW RENEWAL COMMUNITY ORG GOVERNMENT/CORPORATE

Interest Areas: _____



It's Membership Renewal Time for the Women's Health Centre Rockhampton!

This is your opportunity to stay connected with the Women's Health Centre,
and to participate and/or stay informed with:

The Annual General Meeting

Newsletters

Upcoming workshops and groups

Special Members Events

Community Events

And other benefits

YOU are an important contributor to the Women's Health Centre, and we value your
input and ideas. YOU can influence the future and direction of the
Women's Health Centre.

Use the form above to sign up to be emailed information and updates, or even just to update your details.
When you have done that, send or bring this slip, and your membership fee to the centre.

Rockhampton Women's Health Centre

225 Bolsover Street

PO Box 472

Rockhampton Queensland 4700

PH: (07) 4922 6585 or 1800 017 382

www.womenshealthrockhampton.com