

Women's Health Information & Referral Service CQ Inc.

225 Bolsover Street, Rockhampton
Phone: (07) 4922 6585 or 1800 017 382
www.womenshealthrockhampton.com



Wellness Matters

August- December 2023 Edition

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We stand on Darumbal Land



Leah Munns

Chair Person of WHIRSCQ Board of Directors

Leah was born and raised in Rockhampton on the traditional country of the Darumbal people. Leah's mothers' mob is believed to be Kuku Yalanji from Far North Queensland, and her father's mob are Gunggarri from South West Queensland. After leaving school, Leah worked in a variety of jobs within Rockhampton Indigenous organisations until joining the Queensland Public Service in 1987 and then spent 32 years with the Australian Public Service and retired from this service in September 2021.

In 2020, Leah completed her Bachelor of Psychological Science and in 2021 completed a Bachelor of Psychological Science Honours both with CQ University. Leah's choice of career was further defined based on her experiences as Community Engagement Officer with Services Australia, working with vulnerable people who have multiple barriers.

Leah believes that aiding and empowering people to better manage their mental health can lead to an improved lifestyle and greater self-esteem and confidence.

Leah has been a board member of WHIRSCQ since 2018 and had the honour of being the Chairperson since 2021. Being involved with WHIRSCQ and watching it grow in the past 32 years into the service it has become, has been a privilege for myself. I look forward to what else can be achieved by the amazing staff who are passionate about their roles within WHIRSCQ as are the wonderful board members who support the Centre and its programs.

Leah Munns (B.Psyc.Hons) (Assoc MAPS)
Chairperson WHIRSCQ.



WHIRSCQ Annual General Meeting

Women's Health Information & Referral Service CQ Inc. Annual General Meeting
Show your support for Women's Health Information and Referral Service CQ Inc. by becoming a member. Receive a newsletter, updates on workshops and events and vote at the Annual General Meeting.

Ask for a membership form at Reception.

Saturday, November 18th
10:00am—12:00pm
WHIRSCQ BUILDING
225 Bolsover Street, Rockhampton

WHIRSCQ Services

Counselling

Free service

- Confidential, trauma-informed counselling, information & referral for emotional health & wellbeing (e.g. personal, family and relationships, historical domestic violence) **women from 14 years**
- Sexual violence counselling - **women, men & youth from 12 years** (recent or historical)
- Community education & training



Outreach to CQ locations by appointment

- North Rockhampton
- Gracemere
- Mount Morgan
- Yeppoon & Capricorn Coast
- Emerald, Blackwater & Central Highlands

Counselling options

- Face to face
- Telephone
- Video Conference
- (Contact us if above options are inaccessible)

Dignity Hub

Women who are experiencing homelessness or at risk of homelessness can access:

- Personal hygiene items
- Bathroom and laundry facilities
- Information and referral to other services

For all enquires & bookings call:
(07) 4922 6585 or 1800 017 382

225 Bolsover Street, Rockhampton 4700

www.womenshealthrockhampton.com

Office Hours:
Monday – Friday 9am-5pm
Closed for lunch daily 12:15pm – 1:00pm

Jean Hailes Women's Health Week

Jean Hailes Women's Health Week will be held from 4 to 8 September 2023. This year's program will feature new resources and information on hormones, PCOS, menopause, cervical screening self-collection, heart health, persistent pelvic pain and nutrition.

Follow our Facebook page for further information and resources:

<https://www.facebook.com/whcrockhampton>



What's On at WHIRSCQ

With exception to Art and Craft, these groups are facilitated by external groups and are held at 225 Bolsover Street, Rockhampton. Registration is not necessary. For further information, please contact our office on (07) 4922 6585.



Art and Craft Group
9.00am – 10.30am
Mondays & Thursdays

Gentle Yoga with Elaine
9.30am – 11.00am
Wednesdays

Tai Chi
10.30am – 11.30am
Fridays (except 4th Friday of the month)

Mindfulness & Compassion
Meditation
4.30pm – 5.30pm
Saturdays
BYO cushion

All groups at WHIRSCQ follow COVID-19 SAFE plan.

Sexual Violence Awareness Month Reclaim the Night BBQ & Candle Light Ceremony

A **FREE BBQ** to honour those without a voice and to remember those whose voice has been silenced. For further information or to RSVP please phone the WHIRSCQ on (07) 4922 6585 or email reception@whccq.org.au.

Friday, October 27th

5:30pm onwards

225 Bolsover Street, Rockhampton

Registration is necessary for catering purposes.

BUILDING RESILIENCE

A basic introduction to the foundations of resilience, this workshop is for anyone who has wondered how to 'bounce back' from hard times.

**Tuesday October 10th,
2023**

**9.30am - 1.00pm
225 Bolsover Street
Rockhampton**

Registration required.
Please bring a gold coin
donation to attend;
resources and morning
tea are provided.



Domestic and Family Violence Prevention Month Information Session

In conjunction with the QLD Domestic and Family Violence (DFV) Prevention Month, WHIRSCQ hosted an Information Session on 31st May 2023 at the Rockhampton Leagues Club with 41 participants.

To set the tone for the day, Brittany Lauga, Member for Keppel, Assistant Minister Health & Regional Infrastructure, and Janis Littleboy, WHIRSCQ Manager gave their opening speeches, which highlighted the importance of DFV prevention, developments in this area, and the role everyone can play in preventing DFV.

In addition to WHIRSCQ, representatives from CatholicCare CQ, Helem Yumba CQ Healing Centre, QLD Indigenous Family Violence Legal Service, DV Connect, and Integreat QLD were present to highlight their services and answer questions from participants.

Feedback received from participants indicated that through this information session, they had enhanced their knowledge and understanding of what domestic and family violence and coercive control are, had a better understanding of the common myths about domestic and family violence, and the role of active bystanders can play in making a difference in the support of others.



NAIDOC 2023 MARCH AND EXPO

This year the NAIDOC March and Expo was held on Friday the 30th of June; the theme for 2023 was "For Our Elders". The NAIDOC March and Expo are the perfect opportunity for everyone in the community to come together as one. NAIDOC is a time when we pay respect to our First Nation's people and celebrate their culture and diversity. WHIRSCQ attends this event annually to pay respect and show support for First Nation's people.

This event is opened with a Welcome to Country, followed by traditional performances. March off began at 10-11am with participants walking to the Rockhampton Cricket Grounds at Goodsall Street, North Rockhampton where the Expo is held.



The day consists of:

- Aboriginal & Torres Strait Islander Dancing
- Entertainment
- Free Kid's Rides
- Community organisations Expo
- Kids Activities
- Food

Workshops at WHIRSCQ

WHIRSCQ Counsellors Greer and Robyn facilitated a Mindfulness and Self Care Workshop on Tuesday the 16th of May. 10 women attended the workshop. Attendees provided positive feedback about their participation the following feedback received: Participants enjoyed the practical exercises, learning about self talk, sharing experiences, and the analogies used to communicate neuroscience in relateable terms. At end conclusion of the workshop, participants can take their workbook home to use as a resource to continue their journey.



Support WHIRSCQ - Containers for Change

Community members can now support WHIRSCQ by collecting eligible containers and dropping them at the WHIRSCQ building. WHIRSCQ staff will then deposit the containers at a refund point and funds raised will be invested back into supporting our clients.

Additionally, community members can donate the proceeds from their collection at a refund point to WHIRSCQ by quoting the scheme ID listed below.



To donate, quote Sheme ID: C10007774

Support for Our Community

Care & Share Rockhampton Inc.

A Registered Not for Profit supporting disadvantaged families. They collect FREE household items, clothes, furniture, baby items to sell in their thrift store or supply these for FREE to people in need.

Mondays and Wednesdays 9.00am - 2.30pm

Saturdays 9.00am - 12.00pm

15 Reaney Street opposite the Riverside

Caravan Park on North Side

Cash only, no EFTPOS

Rockhampton Food Bank

You choose the groceries you need
Meats, fruit and vegetables, breads, dairy,
eggs .

Handling fee: \$60 per order

Friday 9.30am - 2.00pm

16 Robison Street, Park Avenue

For further information call in or contact Mal

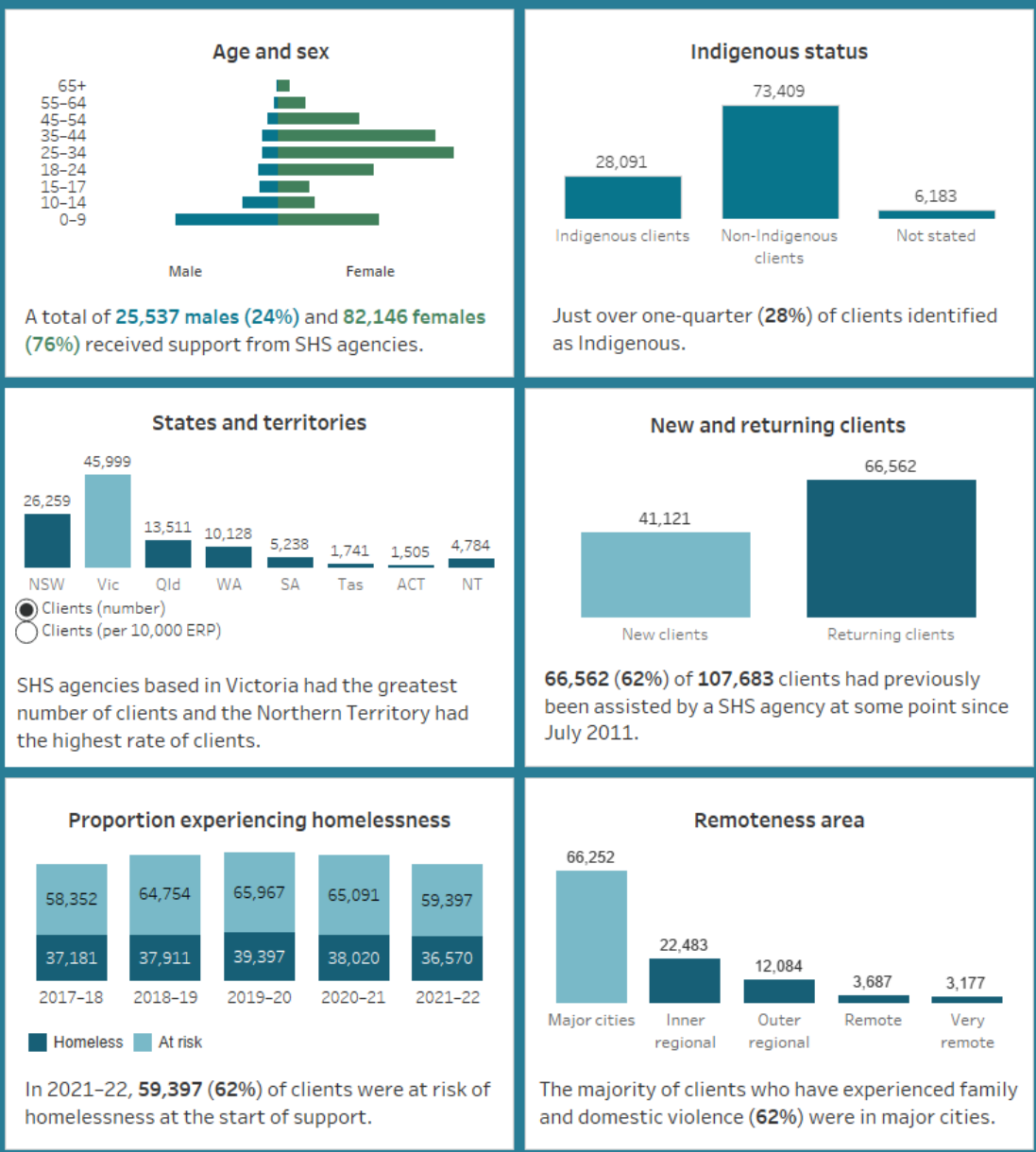
Holmes - 0412 380 511

Everyone welcome

Homelessness, At Risk of Homelessness and Domestic and Family Violence

In Australia, Domestic and family violence is the main reason women and children leave their homes. Research has found that pathways into secure, long-term accommodation can be difficult. A 2021 Parliamentary inquiry found that victim-survivors of domestic, family and sexual violence frequently bear the costs for leaving the relationship. Federal, state and territory governments have been encouraged to support the National plan to end violence against women and children by making safe, affordable housing accessible.

In 2021–22, around **108,000** clients who have experienced family and domestic violence received support from specialist homelessness services.



Source: Specialist Homelessness Services Collection, 2021–22
<https://www.aihw.gov.au/reports/homelessness-services/specialist-homelessness-services-annual-report>
 Latest data: 2021–22 (annual)

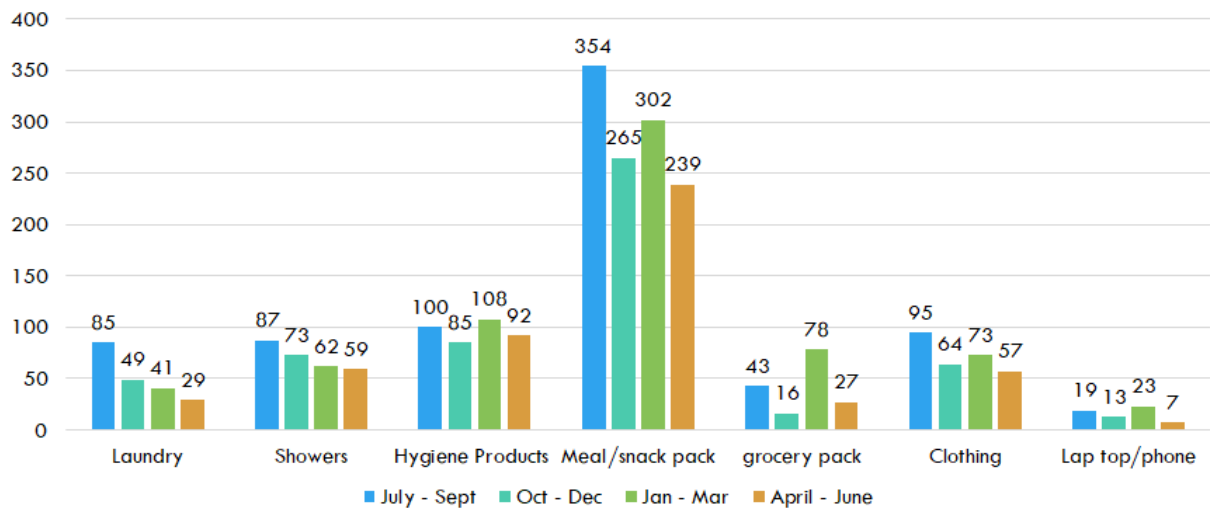
Supporting Homeless and At Risk of Homelessness Women with the Aurizon Community Giving Fund

The WHIRSCQ Dignity Hub assists women who are homeless or at risk of becoming homeless by providing shower and laundry facilities, and where possible basic clothing, sanitary items and a meal. In the 2022-2023 financial year, WHIRSCQ became a successful recipient of the Aurizon Community Giving Fund for the Dignity Hub project, which significantly boosted support for homelessness or at-risk of homelessness women. In that period, WHIRSCQ provided support on 2545 occasions.

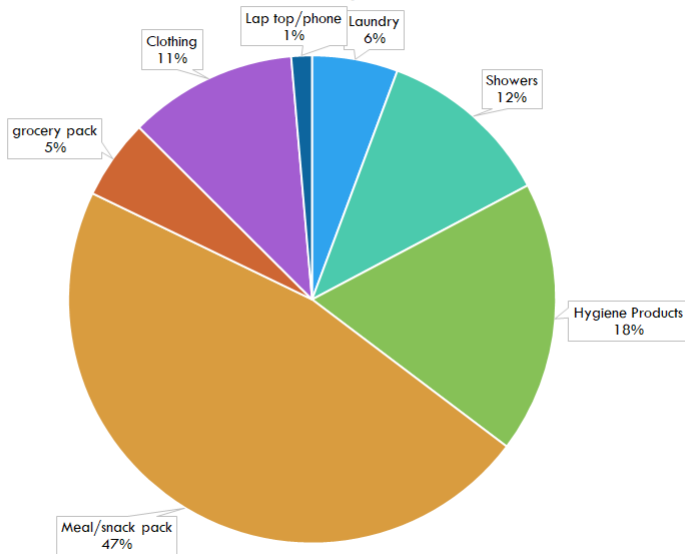


Types of service provided throughout the year by percentage and number of types of support accessed each quarter:

Dignity Hub Supports Accessed - by Quarter
July 2022 - June 2023



Dignity Hub Support Accessed - Types of Service
June 2022 - July 2023



Counselling Client Feedback

WHIRSCQ periodically seek feedback from counselling clients to assess client satisfaction. We recently did so again for a Human Services Quality Audit. These were some of the results:

I believe my counsellor has saved my life. She has been a major part of my healing in grief and I could not be more impressed by her work ethics and knowledge. Always has sound advice and really listens.

I am extremely grateful for the calm and welcoming environment, and the continued support from my counsellor. Feeling safe to explore and develop not only skills but my own understanding of myself has been a key part of my continued wellbeing.

- 95.6%** 🧑‍🦰 Feel of clients welcomed and safe at WHIRSCQ
- 95.3%** 🧑‍🦰 Were satisfied with the communication between the counsellor and themselves
- 84.1%** 🧑‍🦰 Feel their ability to better manage life's challenges has improved
- 82.2%** 🧑‍🦰 Feel their understanding of themselves has improved
- 62.2%** 🧑‍🦰 Have been able to identify/achieve some goals to improve their quality of life