

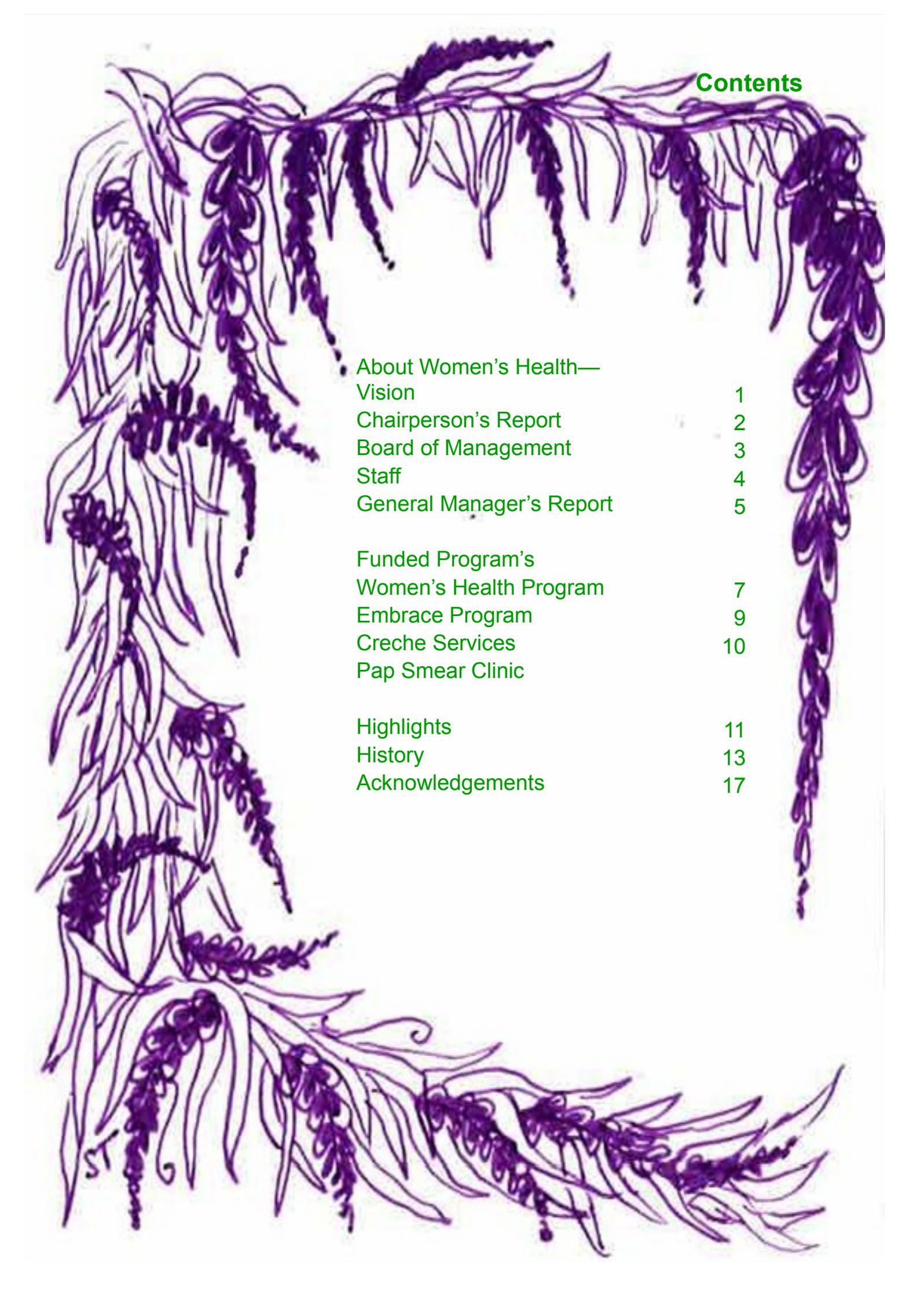
20th

**Annual Report
2014-2015**

**Midland Women's
Health Care Place**



Healthy
Women,
Strong
Community



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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

As our twentieth year draws to a close, I would like to acknowledge the support of the Executive Members of the Board of Management this year, who have been extremely active in organising our celebrations. We have also been joined by new Board Members who have taken up the positions to assist in the ongoing Board business during the year.

We continue to enjoy the benefits of the generous Lotterywest grant for our purpose built premises, also the low rent from the City of Swan to remain in our beautiful building in the Midland CBD. Thank you to our Members who have continued to support our International Women's Day event in March and other workshops and events throughout the year.

As some of you may be aware, we had to tender to the Department of Health for our Women's Health Program in April of this year – the process went to open tender, which meant we are competing against for profit and not-for-profit organisations in retaining the funding to continue this vital service. We have been given two extensions on our present Contract, which conclude in December 2015. I would like to acknowledge the staff for their dedication in providing uninterrupted services to local women despite the uncertainty in the final outcome of the tender process.

We have also been undergoing continuous improvement with six monthly Focus Groups to give us information about how to improve our services and adapt to the local service gaps and needs of the community. We have also maintained our social media presence and as you will note in the Program Reports, our website has received over 376,500 hits in the six month period from January to June 2015.

In addition, the Board have undertaken events for the MWHCP Membership including International Women's Day and Anniversary celebrations. I would like to acknowledge Executive and Board members who have worked tirelessly this year. Thank you to Vice Chair Robin Drew, Treasurer Tessa Merkel, Secretary Rosalie Gordon, and Board members Huyen Tran, Sue Marinelli, Sheryl Mizen and Val Stopp. I would also like to thank the staff for all their hard work and support throughout this twentieth anniversary year.

Mary Papadopoulos, Chairperson

Board of Management



Chairperson
Mary Papadopoulos



Deputy Chairperson
Robin Drew



Secretary
Rosalie Gordon



Treasurer
Tessa Merkel



Board Member
Sue Marinelli



Board Member
Sheryl Ann Mizen



Board Member
Val Stopp



Board Member
Huyen Tran



Administration Team

- (from left)
- General Manager Patsy Molloy
- Assistant Manager Yvette Laubsch to Nov 2014
- Client Liaison Sue Hisco
- Administration Assistant Megan Sleep

- Assistant Manager Liz Owens from Nov 2014



Counselling Team

- (from left)
- PND Counsellor Kym Daffen
- Senior Counsellor Madeleine Hicks (retired)
- General Counsellor Sara Thomas
- General Counsellor Sharon Deslandes



Embrace Crèche Team

- (from left)
- Crèche Supervisor Judi Munro (til Dec 2014)
- Crèche Supervisor Janet Duff
- Crèche Volunteer Mayuree Johns
- Creche Assistant Margaret Dunne (til Nov 14)
- Creche Volunteer Andrea Cipro (til Dec 2014)
- Crèche Volunteer Priya Kapadia (no photo)



Creche Worker

Noeline Snowden (from Dec 2014)

General Manager's Report

20 Years Annual Report

I would like to acknowledge the Wadjuk people of the Noongar nation as custodians of this land and acknowledge Elders past present and future. "Ngala kaaditj Wadjuk moort keyen kaadak nidja boodja". We acknowledge Noongar people as the original custodians of the land on which our office sits.

This is the twentieth year in which MWHCP has been operating in Midland and the eastern metropolitan region. First at Railway Parade opposite where the new hospital proudly stands, then at 61 Morrison Rd (opposite the Police Station) and now in our lovely purpose built Lotterywest house, which is being leased to us for forty years by the City of Swan.

With the new partnership between government and non-government agencies, we find ourselves in a particular cycle of change – plans are afoot for the redevelopment of the Midland oval – which has been an iconic place and still supports gentle recreation for many people – from dog walking to soccer. The new hospital will soon open its doors and the winds of change blow strong. Part of this year has included our efforts to provide a tender to continue operating our Women's Health Program – thus far, despite two extensions, we have not heard the results as yet!

On the positive side – we are maintaining a high level of service delivery with more than double the Counselling sessions and many more groups, courses and workshops than the contract has determined.

I want to acknowledge the brilliant team here – from the administration staff to the facilitators who specialise in delivering a variety of courses from gentle exercise to art to our more vulnerable consumers. And where would we be without the creche staff and volunteers? These dedicated ladies ensure that our mums can make their therapy and support groups with the EMBRACE program, have a pap smear appointment or individual counselling session. The Board of Management oversee all aspects of the service delivery including taking responsibility for compliance with laws and regulations and financial accountability that is vital to remain strong. We are a small but diverse team.

The Women's Health Program again shows that depression and anxiety "top the list" of reported concerns of women attending counselling with relationship and family issues, grief and stress reported and discussed with our counsellors.

We have managed to continue with Pilates, Gentle Yoga, Belly Dance and Tai Chi groups in the physical health program, and art and creative pursuits arranging workshops for those who have experienced domestic violence or are grappling with mental health concerns.

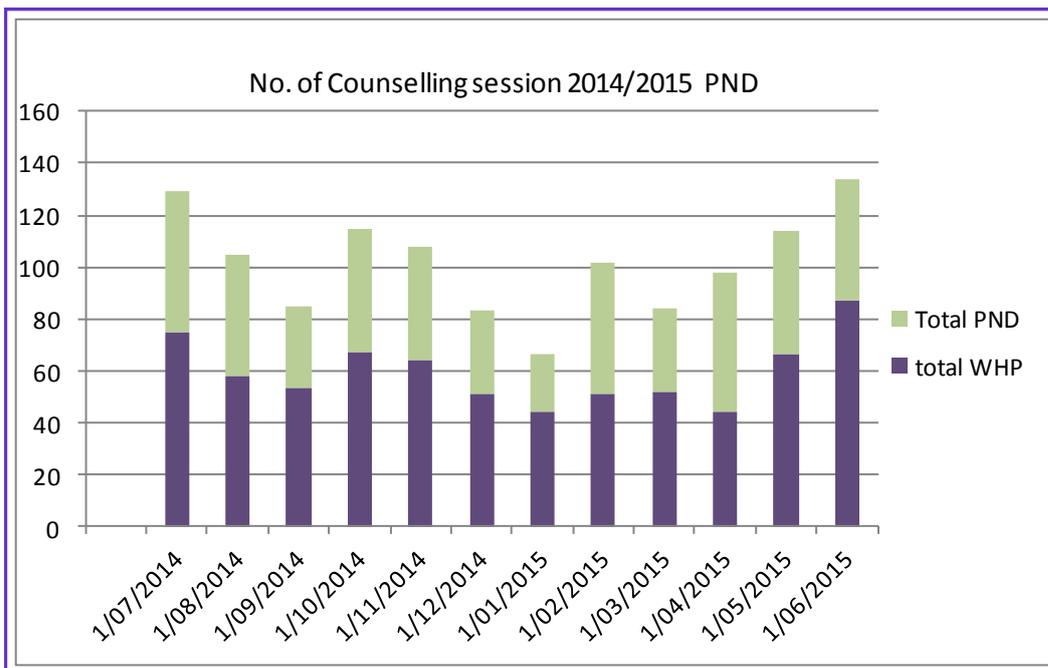
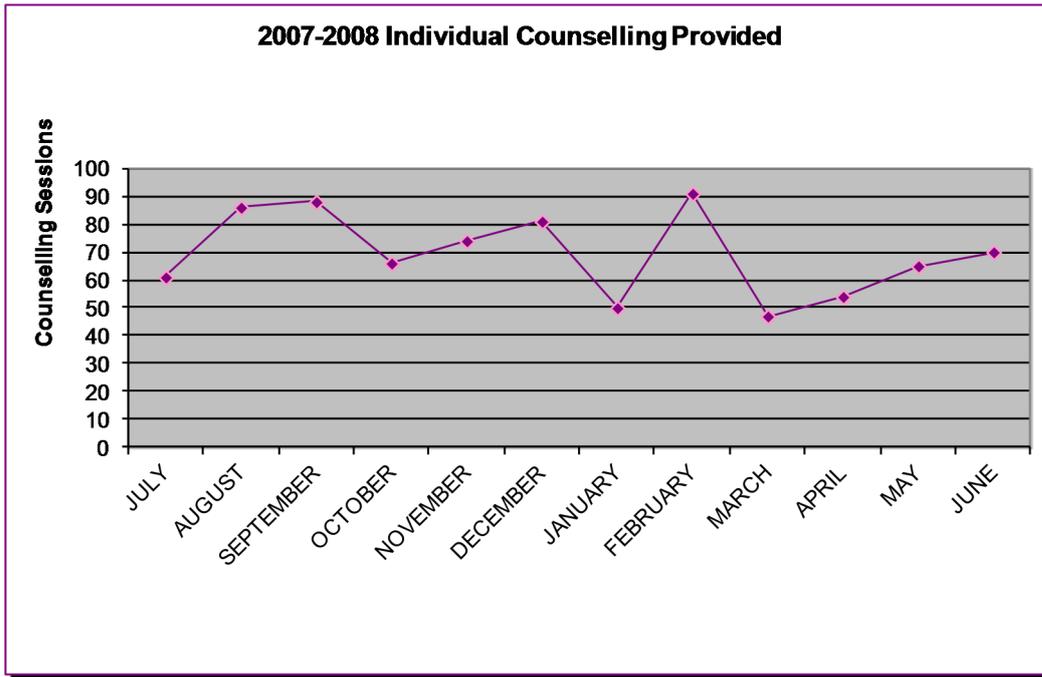
Our Pap Clinic supported by the SRHWA Advanced Practice Nurses has also been fully booked with 20% of our clients from non-English speaking backgrounds and 30% who have not had a pap smear for more than 4 years. We have had translators attending to assist women who do not speak fluent English to access this important health service and reduce and/or prevent cervical cancer.

Once again our snapshot statistics indicate that we are maintaining a busy activity

service with 367,508 website hits in the last six month period. For a small service, this indicates that our up-to-date information is proving valuable to people and interestingly that 54% of our web clients are male.

Thank you to everyone who has worked so hard over many years to help us maintain a highly efficient and effective service and to help us celebrate an important milestone – twenty years of “healthy women, strong community”

Patsy Molloy B Soc Sc. General Manager



Funded Programs

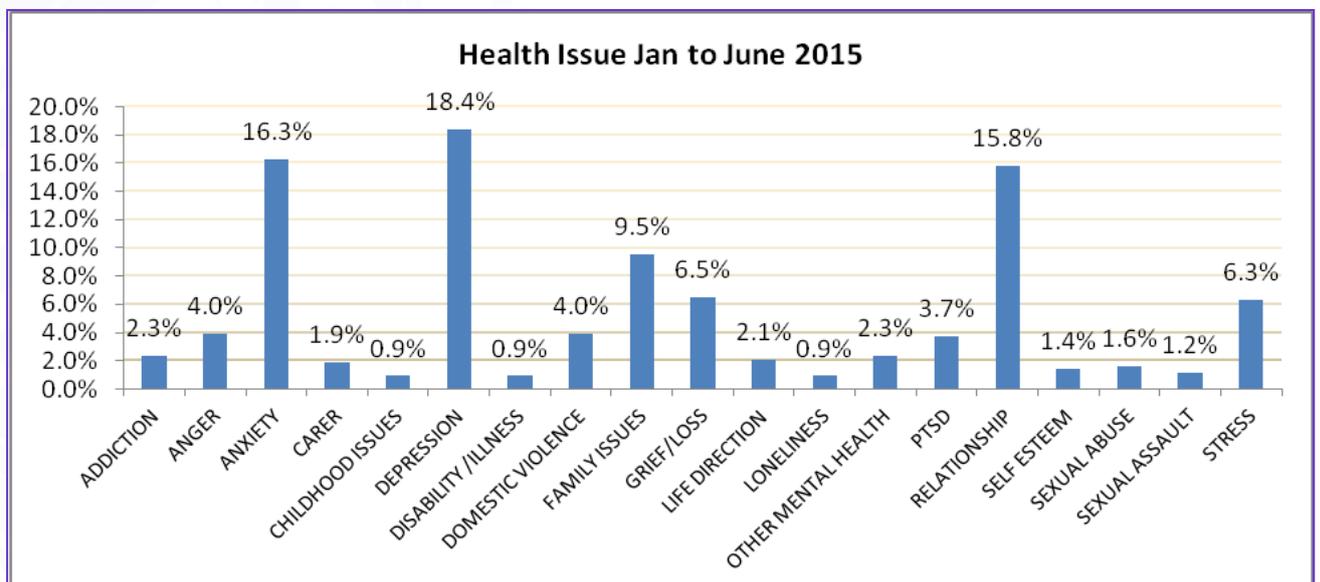
Women's Health Program

- Short-term professional counselling
- Physical activities
- Health education sessions
- Workshops
- Social activities
- Information & referrals

The Women's Health Program (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.

Over the past five years, partnerships have played an increasingly important role in the approach to providing women's health program with the preparation of the Women's 10 Point Plan and the Department of Health's Women's Health Strategy 2013 – 2017. These documents guide the development and focus of programs and often "to improve and promote the health and wellbeing of all women, particularly those vulnerable women at most risk of poor health outcomes."

The focus this year has been on inclusion, with groups tailored more towards social contact and creative activities. This year, the Women's Health Program has had a total of 163 new clients and 475 existing clients seeking counselling on a variety of issues. Relationship, depression and family issues were the most common presenting issues for the clients seeking counselling in the second half of 2014/15 (refer to graph below). The total number of counselling sessions provided by the WHP Program exceeded our annual contractual requirement by double in the past year. Ninety five per cent (95%) of clients accessing our counselling services reported that they were satisfied to very satisfied with the counselling overall service.



Funded Programs

The largest cohort of women accessing the individual counselling service was aged between 25-60 years at 75% with a further 11% from the 16 – 24 age range and 11 % of women aged over 60.

Over the past year, we provided gentle exercise classes such as

- Pilates
- Gentle Yoga
- Mums & Bubs Yoga
- Tai Chi / Gentle Exercise for Arthritis & Diabetes
- Tribal Belly Dancing

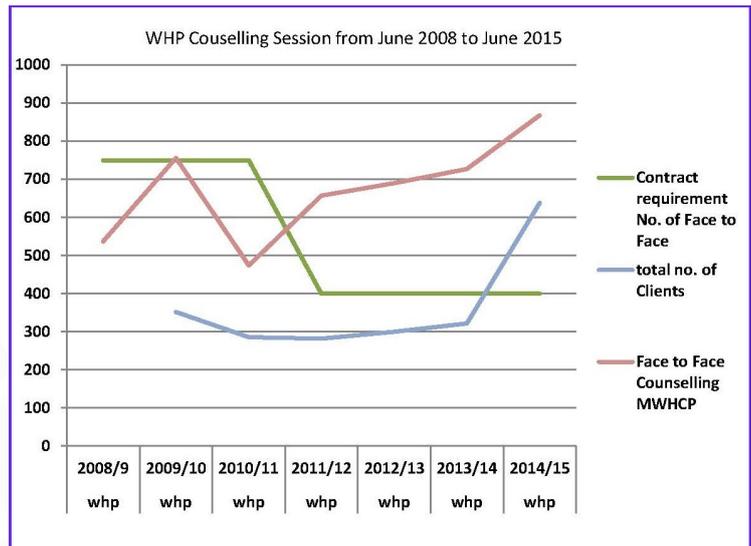
as well as Self Esteem Therapeutic Groups.

New initiatives

- Art and Craft Group
- Creative Coffee club & 4ME

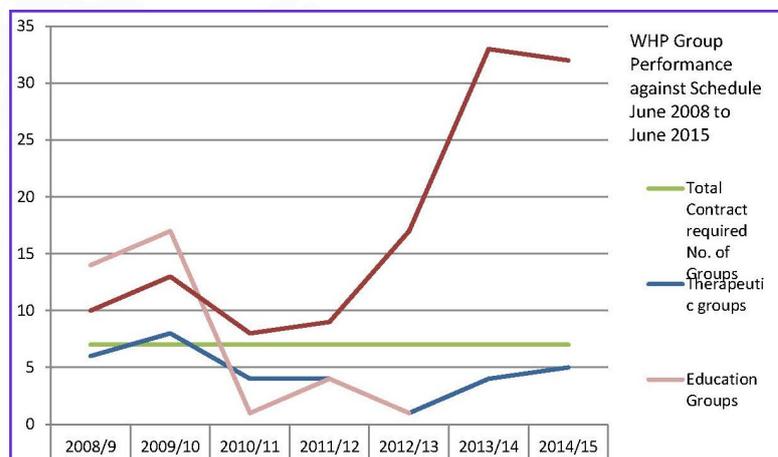
One day workshops for

- Domestic violence survivors (and thrivers!)
- First Aid,
- Financials &
- Healthy Eating.



We have also increased the venue use by other organisations and individuals.

The WHP program also enables us to network and liaise with other service providers, through the Communities for Children Committee, Family Support Network, Domestic Violence Network, Early Years, Perinatal Infant Mental Health (PIMH) Committee and to best utilise resources and plan organise and promote women's health issues.



Funded Programs

EMBRACE Mums & Bubs Wellbeing Program

In 2014-15 the EMBRACE Program was contracted by the Mental Health Commission until 2017 for both Midland and the Ellenbrook outreach services. EMBRACE program encompasses our holistic approach to early intervention and prevention work.

The EMBRACE Mums and Bubs Wellbeing Program is funded for the provision of perinatal mental health support services to women. As many as one in five women experience anxiety, stress and depression around childbirth. The program includes Assessment sessions, a nine week Therapy Group (with crèche) and Support Group fortnightly each term.

The 9 week Embrace Therapy Group teaches the women skills and behaviours aimed at reducing the symptoms of postnatal depression and anxiety to assist in their recovery. Often some counselling and support can ease the transition into parenthood and we help women form strong bonds with their babies and develop social support systems for the early childhood years for mothers and their families.

After nearly twenty years with us, our wonderful Senior Counsellor Madeleine Hicks retired at the end of July 2015. Madeleine has an infectious laugh, a warm and empathic style and a wicked sense of humour. She has received many farewell messages from former clients and services and although she is sorely missed, we all sincerely wish her well. Dr Erica Usher the Clinical Psychologist who in 2003, agreed to supervise our PND Therapy program, continues to provide oversight and supervision.

Recently our EMBRACE Counsellor, Kym Daffen has undertaken Circle of Security training and has begun to facilitate this to parents' groups in the evenings. Kym also provides the Embrace outreach service to Ellenbrook and convenes the Swan Perinatal Infant Mental Health Committee, which was a finalist in the Mental Health Good Outcomes Award in October 2014.

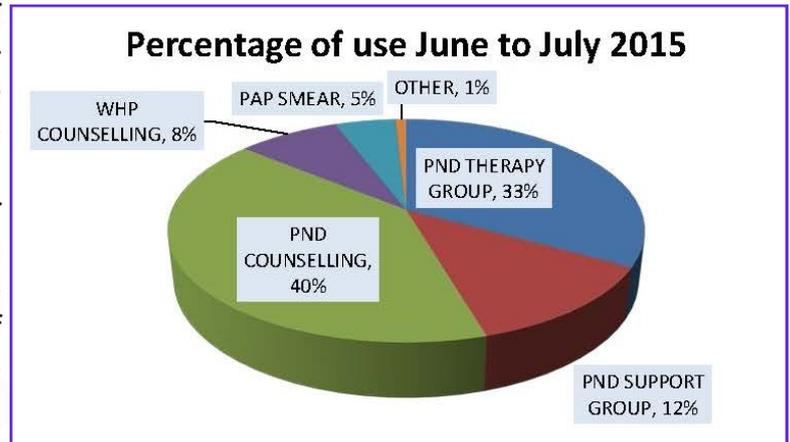
This year we have continued to include the Pram Walking Group in support of young mums in Ellenbrook. We have established an annual event in PND Awareness week to encourage those in support of families experiencing PND to join us for a walk around the park.

Mums & Bubs Yoga had a break until our WHP Yoga teacher was able to clear her timetable on a Monday and now the yoga continues to run with good numbers. It combines exercise for mums and play time for babies in a safe and supportive environment.

Crèche Services - Midland and Ellenbrook

This year, following the maintenance of the Crèche through several Grants, through careful management of our money we were able to incorporate this into our service provision.

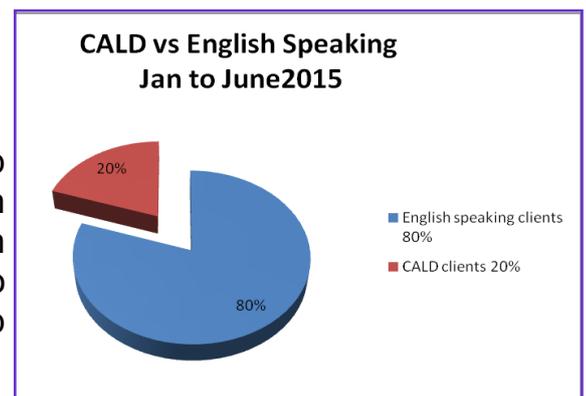
The extended all-day crèche service on Tuesdays enables women accessing the PND Counselling, Support groups, Pap Clinic and Women’s Health Counselling to attend their sessions while their young babies are cared for on-site. We would not be able to do this without a fantastic crèche team including carefully screened volunteers. We thank them for their devotion to maintaining such a calm and friendly atmosphere where even the most anxious of mothers feel confident to leave their newborns.



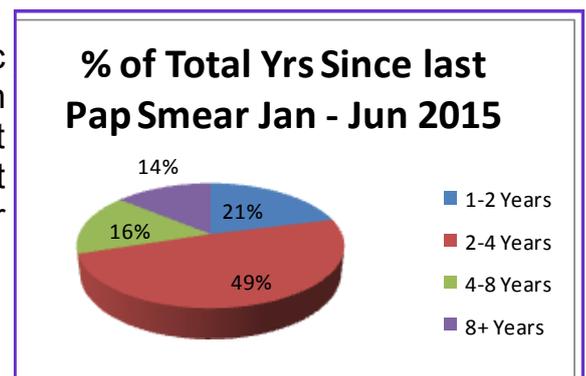
This year we have had two of our long-standing Ellenbrook crèche supervisors retire. Judy and Margaret are sadly missed, but have given such a good start to so many of our smaller people that we do not begrudge them their retirement! We also thank Andrea our Volunteer who left for family reasons.

Pap Smear Clinic

This year, we continue to have a full day Pap Clinic weekly. FPWA works collaboratively with us to maintain a sexual & reproductive health clinic at our premises. We currently have two Female Registered Nurses providing free Pap Smear tests to women.



A total of 20% of all clients attending the clinic over the past year were from a non-English speaking background. Our record showed that 30% of all attending clients were considered “at risk” clients as they had not had a Pap smear test in the past four years or more.



Highlights 2014/15



Midland Centrepont

Staff went along to Centrepont Community Day with other service providers to promote women's health. Many brochures were handed out and many conversations had with interested people. A successful promotional event as many people did not know of our existence, although very encouraging when others told us they had been to Midland Women's Health Care Place years before.



Self Esteem Group

The Self Esteem Group is an 8 week course. Our counsellor, Sharon provides women with a range of techniques, skills and strategies to strengthen their self esteem. Activities are shared in an atmosphere of trust and shared learning, with pampering techniques and self care important ingredients. An empowering group experience!

Anniversary Lunch

We saw many friends (members, clients and previous staff) come along to celebrate our 20th Anniversary. It was fun reminiscing about the key times gone by. We were reminded of how far Midland Women's Health Care Place has come and of the many people that travelled with us and are still with us now. The different houses we have work out of and the supportive people we have crossed paths with have enabled us to grow and assist women in many ways to make our visions come true. Healthy Women Strong Community.



White Ribbon Day

White Ribbon Day (WRD) is held every year in November to focus on the issue of violence against women and is an opportunity for men to swear never to commit, condone or remain silent about violence against women. Thanks to the many people who assisted in the WRD Committee to coordinate the events and raise awareness of this vital issue. In the inaugural Midland March that Matters.

Highlights 2014/15



Art & Craft Group

Our Art & Craft group has evolved over time. The first trial was a mixture of Card Making, Utando Doll Making, Origami and painting. Thank you to all our volunteer facilitators over the length of the classes. A lot of fun and creative learning took place and friendships were developed.



Art Group

Susanne is a qualified art teacher who has been a true inspiration for the women attending the art classes. Close connections have been made between the women while creating incredible works of art. Confidence levels have risen and the return rate is very high, indicating its great success.



International Women's Day (IWD)

At the International Women's Day celebration we honoured Alison Robartson with Life Membership. Our Embrace Counsellor Kym Daffen gave a speech recognising the important role played by women in our community and the strong tradition of support and encouragement that won the vote and rights to education. Unfortunately in WA women are still only paid 75% as much as their male counterparts, the biggest gender pay gap in Australia.



20th Anniversary Cocktail Party

On a stormy night in early August, and organised by the Board for members, staff, service providers, dignitaries and friends of MWHCP. To celebrate 20 years of achievements. The Hills Symphony Orchestra Quartet played whilst there was delicious food by Chef Ryan and the most colourful and tasty cocktails, by Calvin and Graham on the bar. Thanks to all.



Mental Health Good Outcomes - Award Finalist

The Swan Perinatal and Infant Mental Health Project is a community-based model of perinatal and infant mental health service coordination in the Ellenbrook and broader Swan region. We were nominated for the Mental Health Advisory Council Award for improved mental health outcomes delivered in partnership, and were pleased to be selected as a finalist for this award.

History

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 being built.

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

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 closure of services.

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.

The Board worked tirelessly to negotiate with the City of Swan for a block of land at 4 The Avenue Midland and Lotterywest to provide a



Vacant block 2005

History

purpose built premises with large group rooms, Counselling and Clinical rooms and office space to accommodate the expanding programs.

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.



Boardroom 2006



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

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.

High ropes – Women without Limits workshop 2008

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

History

Cross Cultural Awareness training 2008



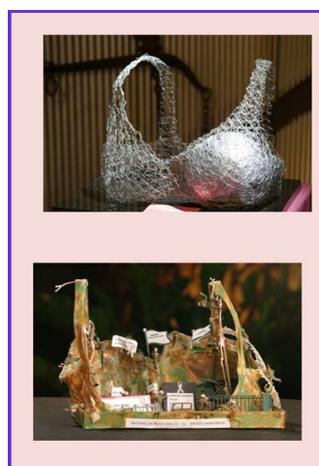
Nadia on front desk with a “new” visitor

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.



Grant – Criminal Confiscation Grants program – Women Recovering



Bra Art Competition for Breast Cancer Awareness week

History



WOW Week 2009



Members BBQ Christmas 2013

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.

The new Lotterywest premises were also shared with the Cancer Council, SARC, the Aboriginal Maternity Group Practice (now renamed Moort Boodjari Boodja). We have had Interns from Edith Cowan University on and a Registered Psychologist offering Medicare services. Venue hire has supplemented Contract income and enabled maintenance and upkeep for the building.

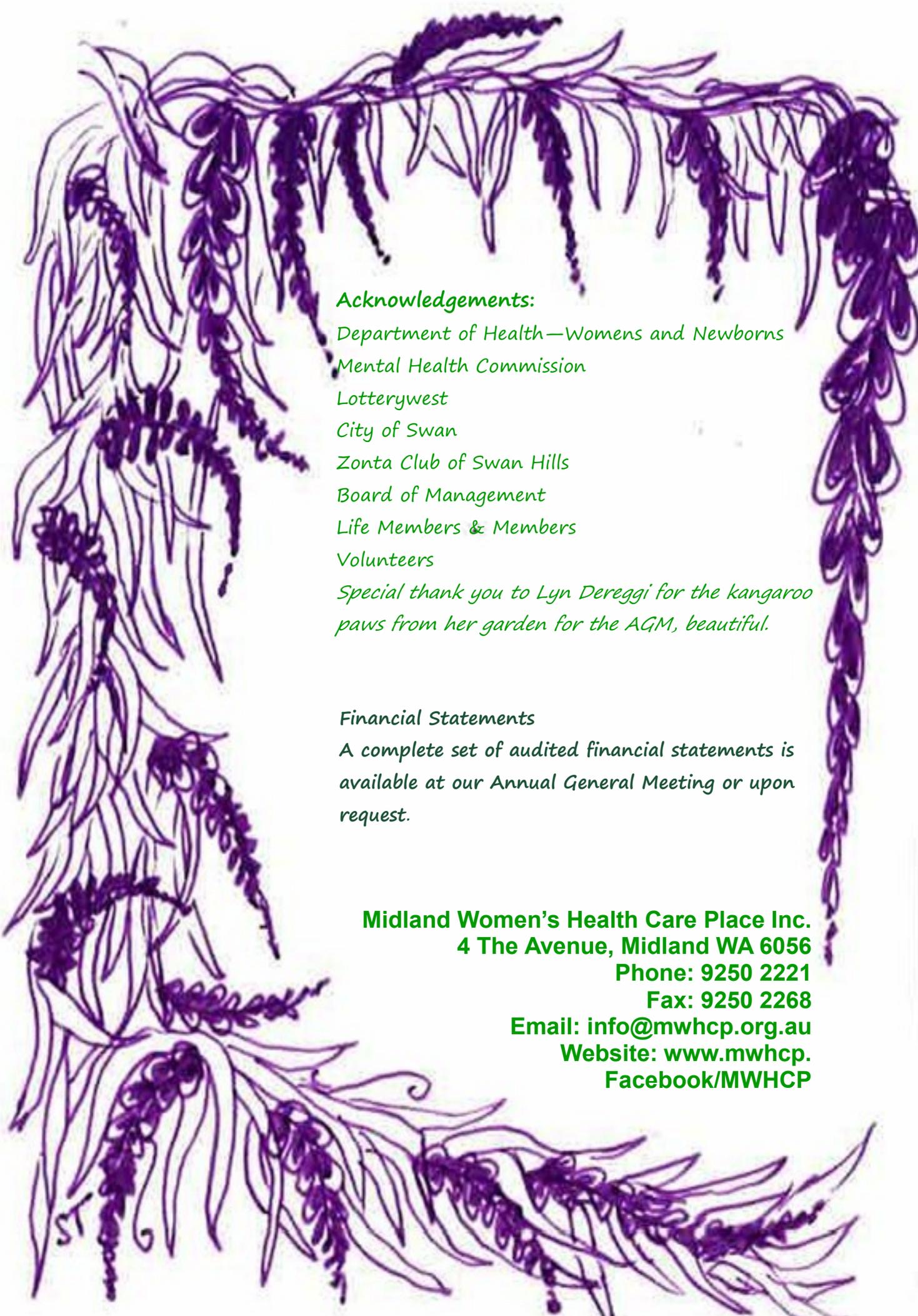
In October 2012, the PND program changed its name in a ceremony with the Minister The Hon Helen Morton, to the EMBRACE program and addition classes in Mums & Bubs Yoga, and the Therapy group were offered from the Ellenbrook Library. These services have been offered to the families of more than 75 babies a month being born in this rapidly expanding community.



Mental Health Finalist in the Good Outcomes Awards 2014



Pram Walk PND Awareness Week



Acknowledgements:

Department of Health—Womens and Newborns

Mental Health Commission

Lotterywest

City of Swan

Zonta Club of Swan Hills

Board of Management

Life Members & Members

Volunteers

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

Financial Statements

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

Midland Women's Health Care Place Inc.

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