

Midland Women's Health Care Place Annual Report 2020-2021



Table of Contents

Table of Contents	2
Who We Are	3
Chairperson and CEO Reports	4
Our People	5
Issues Affecting Australian Women	6
2020-2021 Our Statistics in a Snapshot.	7
Women's wellbeing & support groups	8
Mum's wellbeing & support groups	9
Health Promotion	10
Partners and Supporters	11
Milestone - Mental Health Accreditation	12
Client Testimonials	13
Financial Statement	14
How you can make a difference	15

Acknowledgement of Country

MWHCP acknowledges the traditional owners of country throughout Western Australia and recognises their continuing connection to land, waters and community. We pay our respect to them and their cultures; and to elders both past, present and emerging.

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 report was compiled by Sue-Ellen Smith (Health Promotion Officer MWHCP)

This report is a summary of the amazing work we do at the centre and reflects our commitment to the women of the East Metro region of Perth. This year saw us celebrate the milestone of 25 years of service delivery. We welcomed a new CEO and secured a range of new funding which will help us to continue to support and empower women in the East Metro region of Perth and beyond. It is exciting that we will be delivering a range of new and much-needed community programs in the 2021-2022 period.

Our Purpose

To empower and improve/strengthen the wellbeing of all women and families for stronger futures.

Vision

Empowered Women, Empowering Community.

Values

Respect - We act with compassion and integrity, valuing ethical behaviour.

Inclusion - We embrace everyone's uniqueness and collaborate for the best outcomes.

Courage - We build strength and confidence, encouraging persistence - Never give up.

Authenticity - We are honest, transparent and genuine – We are real.

Keep up to date and show your support of Midland Women's.

Subscribe, Follow Us, Reach Out.



@MHWCP



9250 2221



info@mwhcp.org.au



www.mwhcp.org.au



Artwork thanks to Lee Martin - Art Expression

Chairperson and CEO Reports

Hello and welcome / Kaya wandjoo,

Having just completed my first 12 months at Midland Women's Health Care Place, I present this year's annual report with a sense of achievement.

Whenever there is a change of CEO, there will be organisational changes and I would like to take this opportunity to thank the staff and volunteers for working to ensure Midland Women's Health Care Place has embraced the challenges of the year and celebrated its successes.

COVID-19 has continued to challenge as well as provide a space for reflection. The counselling space has seen periods of adjustment where our counsellors have flexibly moved to phone counselling appointments which our clients welcomed to maintain contact. We continued to see an increase in women impacted by family and domestic violence and the ability for the centre to continue to provide a space where women can be heard and feel safe to express what is happening for them during a time of global, local and personal change and uncertainty has been invaluable.

This year saw us celebrate the 25th anniversary of services to women providing them the support we have been respected and valued for, over that time.

As well as growing our services we successfully attained Mental Health Accreditation which was immediately rewarded with additional funding to assist more women needing our help. We have successfully secured several grants to improve IT and building infrastructure and we look forward to seeing a new software system and building improvements and upgrades over the next few months.

In closing, I would like to also thank the Board for volunteering their time and our funding bodies for their continued support. To me the most important people are our clients so thank you for placing your faith in us. We will continue to work with you towards a better tomorrow and to strive for a safe community for all.

Helen Berry
CEO



Hello,

2021 marks my second year as Chairperson of Midland Women's Health Care Place Incorporated.

2021 also marked our 25th year of providing essential services to support women in the East Metro Area, a tremendous achievement in this sector. We continue to meet mental health accreditation requirements and our work in that space is expanding. MWHCP continues to grow and the Board pays tribute to our Staff, Counselling Staff and Group Facilitators for their quality of service to our clientele.

MWHCP strives for continuous improvement and our capacity to manage the ongoing COVID-19 challenges has seen us operate more dynamically to ensure continuity of service during lockdown and restriction periods. We are thankful for grants received that have enabled us to upgrade our communications and IT infrastructure meaning shorter wait times for new clientele and more efficient service to our existing clientele.

The Board focus on our operations has seen MWHCP obtain Mental Health Commission accreditation, and we are strengthening our position in the women's health network, working closely with peer organisations and local governments.

Our Board recruitment process ensures we have members with the requisite skills to best suit our next stages of development along with exploring partnership opportunities for other revenue streams, bolstering our ability to provide service farther out into the East Metro Region.

I would like to acknowledge the Past Board members who have offered their time, knowledge and commitment over the 12 months and recognise the Life Members of the Organisation.

As Chair of the Board, I would like to sincerely thank my fellow Board members for their ongoing support, our CEO and staff for their dedication and hard work throughout the year.

Anna Schwartz
Chairperson



Board of Governance

Anna Schwartz – Chairperson
Linda Dawson – Vice-Chairperson
Melanie Khoo – Treasurer
Shannon Mony - Secretary
Di Welch - Board Member

Staff

Helen Berry - CEO
Sue-Ellen Smith – Health Promotion Officer
Sandra Kubota Iso - Counsellor
Allison De'Lima - Counsellor
Mallory Webb - Counsellor
Marta Farias - Counsellor
Frankie Wallace -Counsellor
Renata Ferreira dos Santos - Creche
Julia Iso - Cleaner

Facilitators

Dimity – Art Expression, Emma – Craft Connection, Sophia – Empowering Dance
Teresa – Tai Chi, Hayley – Mums and Bubs Yoga

Volunteers

Mikaela - Creche, Yanna - Creche

Departing Board and Staff

We thank the women who were with us over the 2020-2021 period. You were a valuable part of the team.

Sally Kingdon-Barbosa – CEO
Maria Pearce – Board Member
Rosemary Donovan – Board Member
Adriana Begovich – Board Member
Bethanie D'amico – Board Member
Sandra Louise – Board Member
Liz Hanley - Board Member
Emma McLarty – Counsellor
Cassandra Abraham – Counsellor
Hannah Cugini – Social Relations
Beverly Houghton – Reception
Kate Cameron – Bookkeeper
Rose Strangler – Creche Supervisor
Shannon Duff - Creche



Issues Affecting Australian Women

Violence Against Women

On average, one woman a week is murdered by her current or former partner.

1 in 5 Australian women (18.4%) aged 15+ has experienced sexual violence.

1 in 3 Australian women (34.2%) aged 15+ has experienced physical and/or sexual violence perpetrated by a man.

Young women (18–24 years) experience significantly higher rates of physical and sexual violence than women in older age groups.

Women with disabilities in Australia are on average two times more likely than women without disabilities to have experienced sexual violence and intimate partner violence.



Gender Equity

Australia's full-time gender pay gap is 13%, with women earning on average \$242.20 per week less than men.

Superannuation at retirement (average)

Women: \$157,050 & Men: \$270,710

Domestic or family violence is a leading driver of homelessness for women.

The number of older homeless women in Australia increased by over 30% between 2011 and 2016 to nearly 7,000.



Impact and Cost of Violence Against Women

In 2018-2019, Aboriginal and Torres Strait Islander females had 29 times the rate of hospitalisation for non-fatal family violence assaults when compared with non-Indigenous females.

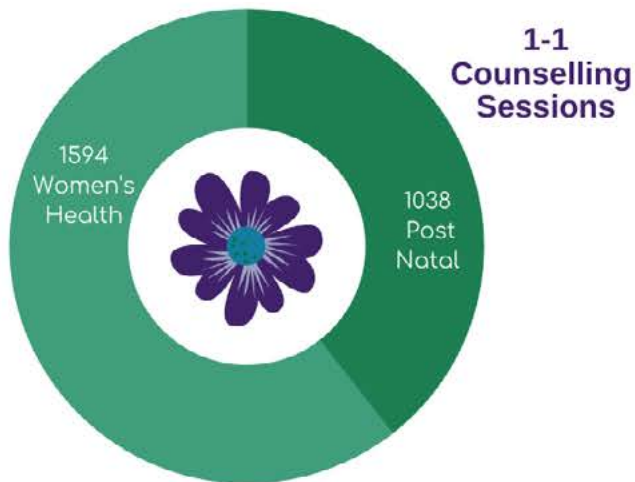
Based on 2015 analysis, violence against women in Australia is costing Australia \$21.7 billion each year.

Women who experience partner violence during pregnancy are 3 times as likely to experience depression.



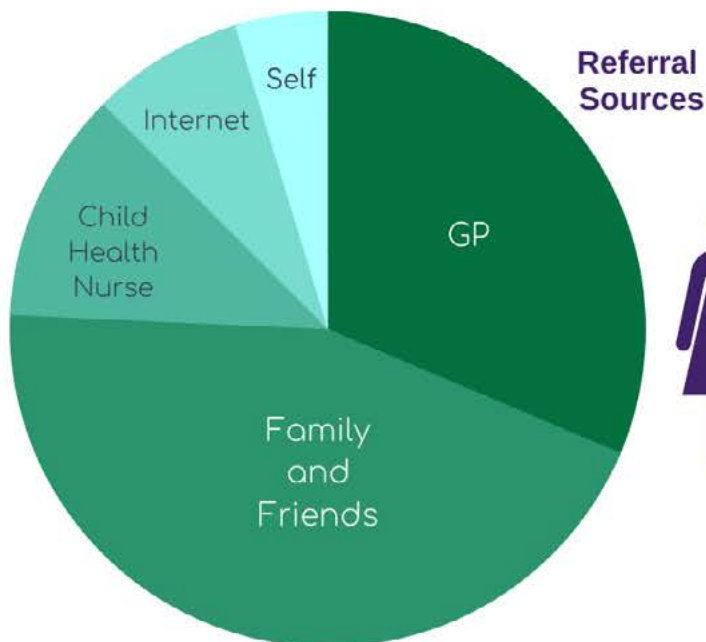
Data: Our Watch Quick Facts and Australian Human Rights Commission.

2020-2021 Our Statistics in a Snapshot



Top 10 Counselling Issues

Anxiety **38%**
 Domestic Violence **20%**
 Relationship Issues **19%**
 Depression **18%**
 Family Issues **17%**
 Stress **16%**
 Life Transition Challenges **13%**
 Grief and Loss **11%**
 Childhood Issues **7%**
 Family Split Up **7%**



606 Women Accessed 1-1 Counselling

Clients Age

16-25 : 12%
 26-35 : 36%
 36-45 : 27%
 46-55 : 14%
 56-65 : 6%
 66-75 : 4%
 76-85 : 1%



Women's wellbeing & support groups

Our groups are all about connection and building a community atmosphere. A welcoming smile and support are always on offer. We aim to facilitate spaces that allow friendships to grow and thrive.

Womens groups held in 2020-2021

Beyond Anxiety
Food Sensations - Cooking with Foodbank
Craft Connection
Crochet Club
Empowering Dance
Grief and Loss
Me, Myself and Money with Indigo Junction
Tai Chi
Yoga

One-off Workshops

Boost Your Wellbeing with Helping Minds
Bowel Health Cooking Workshop with Cancer Council
Christmas Platters on a Budget
She Warrior – Self Defence Workshop
The Vulva Unveiled



Mum's wellbeing & support groups

There have been a range of mums and mums to be, education, wellbeing and support groups held at the centre over the last 12 months.

Into 2021-2022 we have secured additional funding to provide some innovative, exciting and fun new groups targeting mums in the area. The team are working hard to put these together currently.

These are based on what mums who have attended the centre say they need.

In this COVID-19 world, family separation is a huge issue and that extended support is lacking. One group will aim to offer this extra support and aim to increase social equity and linking mums together, allowing them to provide support for each other. Another group will be aimed at mums with children 6-12 months which will focus on attachments.

Art Expression

Bubs and Bubs Yoga

Circle of Security

Mother, Baby Nurture with Playgroup WA

Infant Massage

One-off Workshops

Coffee, Tea and Me Time

Raising Resilient Children with Helping Minds

Sharon - Group facilitator (Playgroup) &
Sandra - Counsellor (MWHCP) all set to
deliver Mother, Baby Nurture



Health Promotion

Supporting the community and getting the health message out to women in the East metro area is a large part of what we do. Below are some of the activities we undertook in the last year.

One of our biggest milestones was celebrating 25 years of Midland Women's. To the founding members and all the women who have been a part of MWHCP over this time, we thank you for your dedication, support and commitment.

In January we launched the first stage of our Reconciliation Action Plan - Innovate, at the beautiful Bells Rapids in the Swan Valley. We look forward to taking this commitment further into the future.

Altone Comes Alive

Art Expression Showcase

Celebrated our 25th Anniversary

Cyril Jackson Wellbeing Day

Ellenbrook Reconnect Family Day with Carers WA

First Aid Training All Staff

Healthy Christmas Platters on a Budget

Hit 2000 likes on Facebook

Inaugural Hairdressers Domestic Violence Education - In conjunction with City of Swan,

Relationships Australia, Midland FDV Police Unit, Lifeline,

Koolkunna and Midlas as part of the

Swan Family Domestic Violence Committee.

Midland March That Matters

NAIDOC Ellenbrook

Reconciliation Action Plan - Innovate Launch

Below: Cyril Jackson Wellbeing Day



Partners and Supporters

MWHCP understands the importance of a collaborative effort to achieve improved outcomes for women in the East Metro region. We would like to acknowledge and thank all the people and organisations that have collaborated with us and supported the work we do. The following are partner organisations and networks we have engaged with over the past 12 months.

Bendigo Bank
Bunnings Midland
CLAN Midland
City of Swan
Colour Me Kate
Commonwealth Bank
Department of Health
Dreambuilders Care
ER Assist – Christine Brown
Foodbank
HWL Ebsworth – Rochelle Airey and Erica Hartley
Indigo Junction
Jessica Shaw MLA
Ken Wyatts Office
Lotterywest
Mental Health Commission
Michelle Roberts MLA
Midvale Hub
Mineral Resources
Midlas
Playgroup WA
Relationships Australia
Services Australia
Shalom House
Wisdom Yoga
Zonta Swan Perth Hills

RAP Launch
L-R: Johnny Garlett, Cassandra
Abraham, Hon Ken Wyatt,
Helen Berry
Aunty Di Ryder,
Sue-Ellen Smith



Above: Christmas giving thanks to Mineral Resources

Milestone - Mental Health Accreditation

A huge milestone was reached in May 2021 with achieving Mental Health Accreditation. This accreditation allows us to expand our services and gives us the opportunity to offer more. It adds to creating a robust and sustainable organisation into the future along with supporting us to give the most professional care to the women who access services.



National Standards for
Mental Health Services
QUALITY ACCREDITED
ORGANISATION

CERTIFICATE OF CERTIFICATION

This is to certify that

MIDLAND WOMEN'S HEALTH CARE PLACE INCORPORATED

at

Registered Head Office and ABN:

24 Junction Parade, Midland WA 6056 (ABN: 24 037 849 477)

Service Head Office and Service Delivery Address:

24 Junction Parade, Midland WA 6056

has met the requirements for certification against the **National Standards for Mental Health Services** for the provision of the following mental health services:

The provision of 1 to 1 counselling
Groups for promoting health and wellbeing

Not Applicable Clause/s:

Standard Name	Criteria
National Standards for Mental Health Services	1.6 2.2, 2.4, 2.5 3.5, 3.6, 3.7 7.10, 7.12, 7.13, 7.14, 7.15 10.3.6, 10.3.7, 10.3.8 10.5.4, 10.5.5, 10.5.6, 10.5.8, 10.5.10, 10.5.16, 10.5.17 10.6.8

Certification No.: 650.00

Issue Date: 10 June 2021

Certification Date: 26 May 2021

Expiry Date: 26 May 2024

AUTHORISED SIGNATORY
IHCA CERTIFICATION

Certified by the Institute for Healthy Communities Australia Certification Pty Ltd (IHCA Certification)
Level 1, 73-77 Russell St, West End, Queensland Australia, 4101 (ACN 103 006 293) and subject to the Terms and
Conditions for Certification.

This certificate remains the property of IHCA Certification and must be returned to IHCA Certification on request.

supporting excellence

I have been going to MWHCP since my daughter was 6 weeks old. She is now 3 years old. When I first started coming to my appointments at MWHCP, I was a totally different person. I was lost, had nothing and no one left besides my new baby. I was being abused in every form by my daughter's father. I wanted to give up, but coming to MWHCP helped me get my life back on track. Saved me in fact, I was stuck and had no idea what to do or how to save myself and my new baby. They helped me with finding accommodation and support letters to help me get away from my ex partner. They helped me get a roof over mine and my baby's head. My ex however, didn't leave us alone and thanks to the support of MWHCP and specifically my counsellor Sandra, I was able to get the courage to get a restraining order. My life hasn't been easy since. But I always know I can go there whenever I need and get the support and comfort I desire to get through my current issues.

I know I can call or txt anytime, which gives me peace of mind. It truly has been life changing and I couldn't be more grateful. I wish I could express my gratitude and appreciation in words, but I simply can not. My life has changed for the better in every way. I now have actual real friends and a sense of self I thought was long lost.

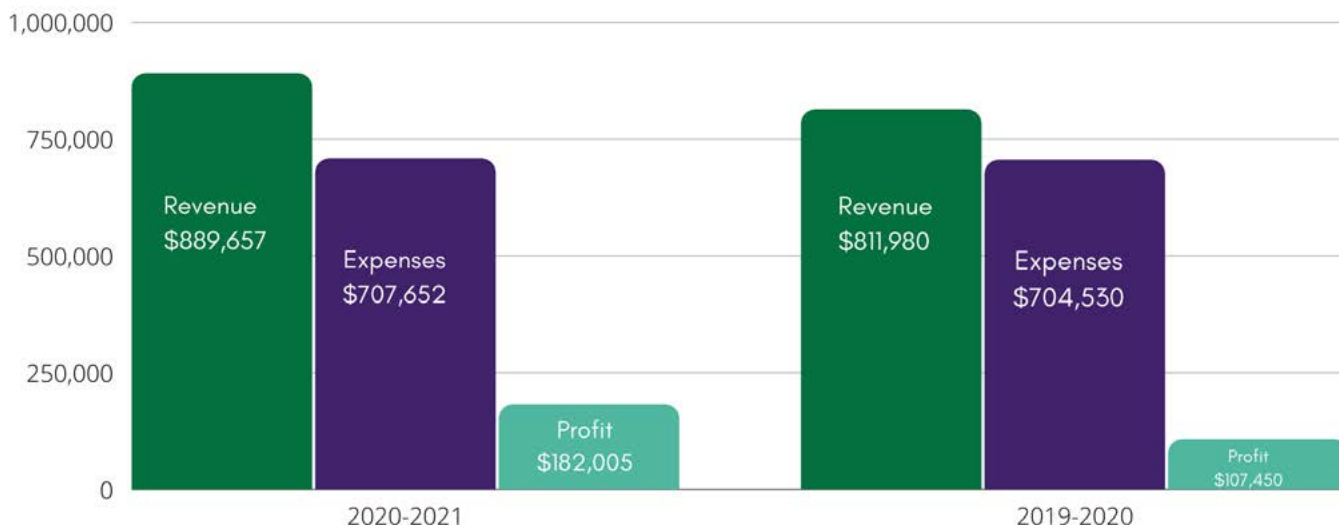
F.R.

27 years old



Financial Statement

We are committed to transparency and accountability. A complete set of audited financial statements will be available at our Annual General Meeting or upon request.



STIELOW & ASSOCIATES
ABN 39 577 863 062
Suite 1, 100 Hay Street
Subiaco WA 6008
PO Box 8270
Subiaco East WA 6008
Telephone (08) 9388 0468
Facsimile (08) 9381 5590
Email leon@stielow.com.au
www.stielow.com.au

13 Sep. 21

MIDLAND WOMEN'S HEALTH CARE PLACE INC.
24 Junction Parade
Midland WA 6056

AUDITOR'S INDEPENDENCE DECLARATION

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2021 there have been:

a) no contraventions of any applicable code of professional conduct in relation to the audit.

STIELOW & ASSOCIATES

LEON STIELOW
CHARTERED ACCOUNTANT
PRINCIPAL

ASIC REGISTERED AUDITOR N# 270930

Dated this 13th day of September 2021

Perth, Western Australia

How you can make a difference



Please consider donating today.

Your generosity will enable more women to access our services.

Your donations could be used for:

\$80 = Enables a woman to attend an art, dance or other class for a term.

\$15 = 1 - 1 Counselling session.

\$5 = A child can attend the creche thus enabling their mother to get support.

It all counts and makes a big difference.

Visit: www.givenow.com.au/mwhcp

Containers for Change

That 10 cents quickly adds up and in 2020-2021 \$462 was raised from container that would have otherwise ended in landfill.

Simply use #C10289444 of the QR code below. Take a photo and save it on your phone.

It may be at your sporting club, work, business or in your home. Make the change and donate your cash from containers to Midland Women's.

It DOES make a difference.



Cover artwork thanks to Mary Wilkinson - Art Expression



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

24 Junction Parade
Midland WA 6056
9250 2221
info@mwhcp.org.au
www.mwhcp.org.au