



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

Annual Report 2021/2022

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Acknowledgment of Country

Midland Women's Health Care Place acknowledges the traditional owners of country throughout Western Australia and recognises their continuing connection to land, waters and community. We pay our respects to them and their cultures, and to elders both past, present and emerging.

Ngala kaaditj Wadjuk moort keyen kaadak nidja boodja – We acknowledge the Noongar people as the original custodians of the land on which our office sits.

About Us

Midland Women's Health Care Place Incorporated (MWHCP) is an inclusive organisation.

We support adult women of all ages from adolescence to later life - through all life stages and events including relationships, motherhood, loss and grief, trauma and ageing.

We support women from all social and economic backgrounds, including Aboriginal & Torres Strait Islander women and women from culturally diverse backgrounds and women identifying as LGBTIQ.

We are an accredited provider under the National Standards for Mental Health Services and committed to a philosophy of continuous improvement. Our counselling services are founded on the Recovery Model of mental health which is a person-centred approach to mental health that builds on the person's own life experiences and journey to create and live a meaningful life within the context of their own community.

Our Purpose

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

Our Vision

Empowered Women,
Empowering
Community.



Strength to Strength Program

Our Values



Respect

We act with compassion and integrity, valuing ethical behaviour.



Inclusion

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



Courage

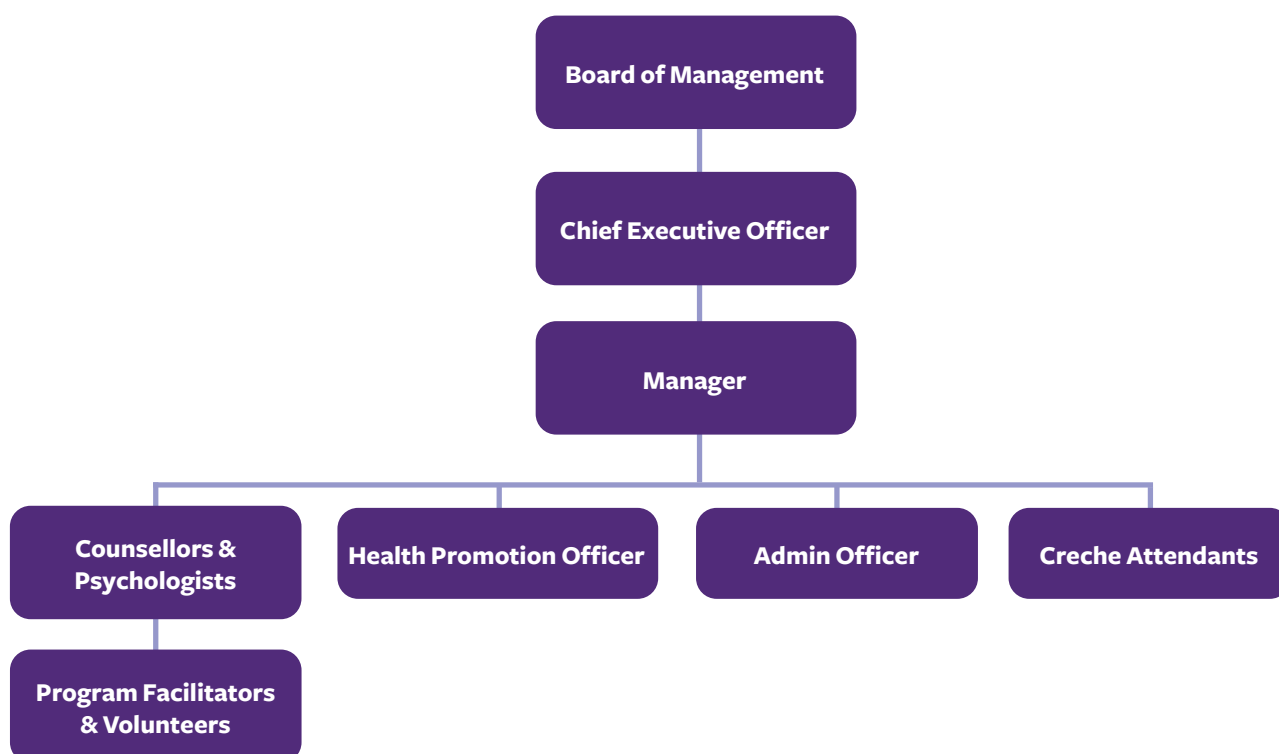
We build strength and confidence, encouraging persistence. We never give up.



Authenticity

We are honest, transparent and genuine. We are real.

Our Organisation





A message from our Patron

Midland Women's Health Care Place (MWHCP) is a well-recognised and highly regarded organisation that for over 25 years now, continues to provide a range of health services for women aged 16+ in the East Metropolitan Region of Perth, and I congratulate MWHCP on the achievements over the past difficult year.

MWHCP has become expert in coping with the pandemic and continuing to provide essential health, mental health, and community-based services, responding to the changing needs of the community whilst respecting the dignity of people making contact for assistance to help allay their fears and anxieties in coping with COVID-19 and other issues. The Board and staff have demonstrated extraordinary resolve and resilience to turn challenge into innovation, which saw expanded activities that include a refuge service for women

escaping family and domestic violence, with plans for more wrap around services so that clients can receive all the assistance they need on site. There will be new chapters in this story and no doubt more to come over 2022/23.

I'm delighted to read the information that is shared in this year's Annual Report, particularly the high levels of client satisfaction. During the past year, MWHCP has reached out and helped 866 people.

Congratulations to MWHCP. You've risen to the challenges and are well prepared to face future challenges that lie ahead. I extend sincere words of thanks and praise for your outstanding efforts over the past year. And, your work goes on.

Michelle Roberts MLA
Member for Midland



International Women's Day Event





Artwork by Lee Martin



Chairperson's Report

2022 marks my third year as Chairperson of Midland Women's Health Care Place Incorporated (MWHCP).

MWHCP maintains its commitment to delivering solutions efficiently for clients presenting with a range of needs from counselling, post-natal assistance to domestic violence support as well as a variety of classes in support for our community.

We are continuing to grow as a service through the Mental Health Commission of WA and have been lucky enough to be granted additional funding to further our service provision through group sessions.

COVID-19 again caused considerable challenges for the organisation this year but we continued to provide services through our various platforms ensuring continuity for our clients. Our IT infrastructure enhancements greatly assisted in this process and we now have the capability to operate uninterrupted.

The Board's focus this year has been on core services and bedding in the best practices across the organisation. This ensures compliance with our Mental Health Commission accreditation and assists with preparation for the Department of Health accreditation process.

We have continued to build partnerships throughout the sector, strengthening our position in the women's health network. We have worked extensively with local government and associated services with the aim of growing the organisation in the future.

As Chairperson, I would like to sincerely thank my fellow Board members for their ongoing support as well as our Chief Executive Officer and staff for their dedication and hard work throughout the year.

Anna Schwartz



Chief Executive Officer's Report

It has been another year of growth for Midland Women's Health Care Place. It is with great pleasure that I outline our services and several significant improvements undertaken this year.

A core focus are our counselling and support groups which are funded by the Mental Health Commission of WA. In 2021/22, we increased our service delivery across the board especially in the number of group sessions we were able to offer. We saw 537 clients, delivered 1259 individual hours of counselling and 244 group sessions. This compares to the previous year when we saw 495 clients, delivered 1224 individual sessions and 169 group sessions.

Our programs

The Mental Health Commission of WA provided an additional \$170K to fund a pilot program to support women experiencing perinatal depression and anxiety. The program began in late 2021 and ran until mid 2022. Initial feedback indicated this support is highly valued by our clients.

This year, COVID-19 continued to affect our organisation. The main impact was on clients and staff who were either isolating as close contacts, or unwell with COVID-19. Every effort was made to minimise the disruption to client appointments, and where possible, staff replaced face to face sessions with telephone counselling. Social distancing precautions were implemented in our group sessions and our staff and volunteers successfully adapted to the requirements to ensure group sessions were enjoyable and productive.

COVID-19 restrictions have also meant our clients continued to experience social isolation from families and friends, interstate and overseas which has in turn, increased the need for support and social interaction through MWHCP.

Unfortunately, counsellors also saw an increase in women experiencing family and domestic violence. Throughout the

year, we have continued to provide a safe, confidential space where women can experience support in a compassionate and non-judgemental environment.

In May, we received funding, via the National Cervical Screening Program, to establish cervical screening within the community which will begin in late 2022.

Our facilities

This year has also seen a number of improvements to our physical environment and our work practices. An upgrade to our IT infrastructure enabled all staff to have remote connectivity, laptops, access to headphones and speakers and VOIP phones. This was particularly valuable to ensure we could maintain client services during the COVID-19 lockdowns and when COVID-19 illness affected an individual's ability to work from the Centre. Consequently, we have revised and updated our Working from Home policy and now offer increased workplace flexibility for all staff.

To provide an additional level of protection from COVID-19 transmission, safety screens were fitted at reception and PPE was provided to all staff in line with WA Health guidelines. Renovations to the Centre's bathrooms are underway and when complete, these will be an important improvement for our clients living with disability.

None of our service achievements or improvements could have occurred without the dedication and commitment of our team of staff and volunteers – they represent the essence of Midland Women's Health Care Place, and it has been a privilege to work with such a team. I extend my thanks to the staff who have moved on to other opportunities over the past 12 months in particular Sue-Ellen Smith, Marta Farias and Frankie Wallace.

I would also like to express my appreciation of the Board who volunteer their time and talents in shaping the philosophy, values and strategic direction of our organisation.

Helen Berry

Our People

We would not have successfully supported our clients, offered as many programs and or built more connections in the Midland community without the dedication and loyalty of our staff, facilitators and volunteers. Our thanks also to our Board who give of their time to guide our organisation.

Our Board



Anna Schwartz
Chairperson



Linda Dawson
Vice-Chairperson



Melanie Khoo
Treasurer



Shannon Mony
Secretary



Di Welch
Board Member



Jennifer Gaskill
Board Member



Leah Schwartz
Board Member

Our Staff

Helen Berry – Chief Executive Officer
Sandra Kubota Iso – Counsellor
Allison De’Lima – Counsellor
Mallory Webb – Counsellor
Brenda Downing – Counsellor
Frankie Wallace – Counsellor
Karen Giblett – Counsellor
Marta Farias – Counsellor
Renata Ferreira dos Santos – Creche
Jenny Rana – Creche
Julia Iso – Cleaner
Amber Willmott – Receptionist
Tracey Morrison – Receptionist
Sue-Ellen Smith – Health Promotions Officer

Our Facilitators

Dimity Gregson – Art Expression
Emma Harrison – Craft Connection
Sophia Kalli – Empowering Dance
Teresa Stokes – Tai Chi
Hayley Smith – Mums and Bubs Yoga
Susan Hauri-Downing – Craft Connections

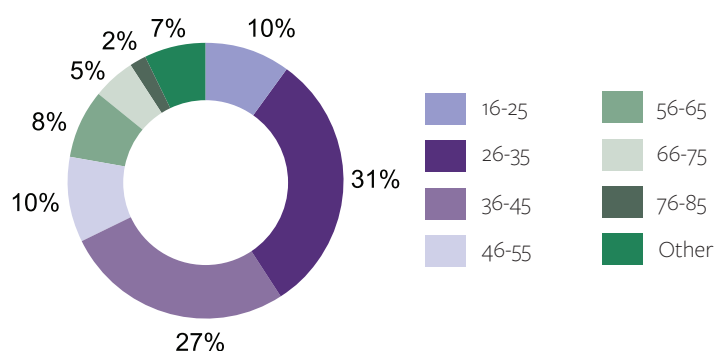
Our Volunteers

Mikaela Wainwright
Yanna Gnais-Albuquerque –
Creche

Making a Difference

At the heart of our organisation is a commitment to make real difference to the lives of women and children in the Midland area. The information below provides an insight into our work over the last year and the number of people we have supported across our groups and counselling services.

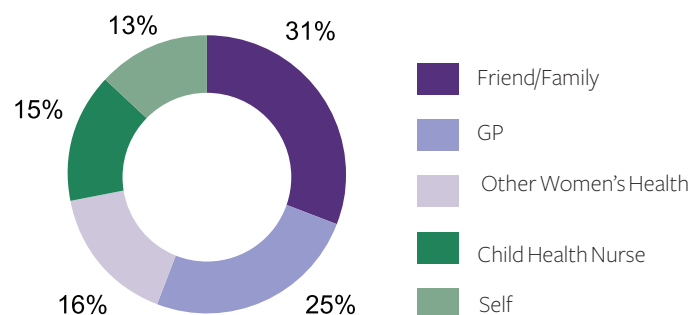
Client Age



Total number of clients supported



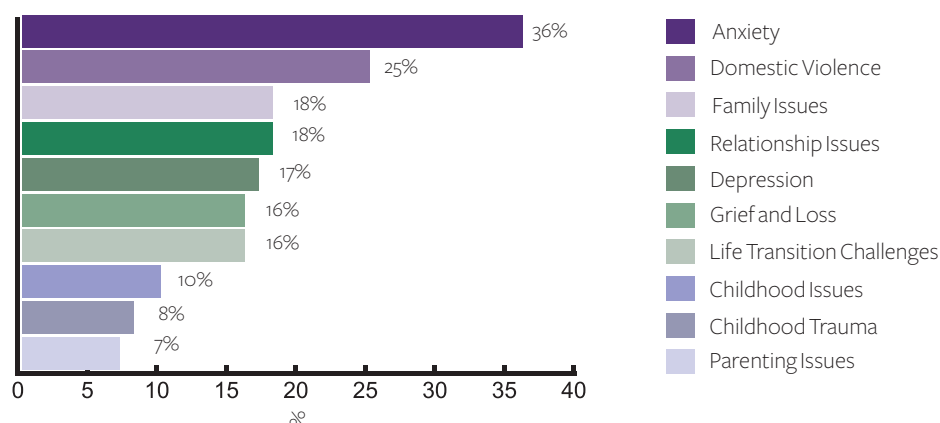
Referral Sources



Mental Health Commission funded programs



Top 10 Counselling Issues





Counsellors, L-R Allison, Mallory, Brenda, Sandra

Our Programs

Our programs and support services are designed for women of all ages across different life stages. During 2021/22, groups have included:

Women's Wellbeing and 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 provide space for friendships to grow and thrive.

- Strength to Strength
- Beyond Anxiety
- Tai Chi
- Art Expression
- Craft Connection
- Empowering Dance
- Me, Myself and Money

Mums' Wellbeing and Support Groups

Over the last year, we have introduced some new groups following the funding we received in 2021 for a pilot program supporting women suffering from perinatal depression and anxiety.

- Mother, Baby, Nurture
- Mums and Bubs Yoga
- Babies on the Move
- Blue Zone
- Circle of Security

Health Promotion

We attended a number of key local events including International Women's Day, the Midland March that Matters, which was a protest against domestic violence, and NAIDOC Week. We ran a Women in Art program in Ellenbrook, thanks to funding from Stockland, and a cervical screening community education program.

Specialised Counselling Services

- Perinatal depression and anxiety
- Family and domestic violence
- Relationship issues
- Loss and grief
- Experiences of trauma
- Self-esteem and confidence issues
- Life transition issues
- Advocacy, mental health strategies and referrals



Craft Connection in the Kitchen



Platter Workshop



Women in Art Workshop



Client Feedback

We are only successful if our clients succeed. We value their feedback, celebrate their stories and embrace their progress.



Creche, L-R Renata, Jenni

Mother, Baby, Nurture

"Thank-you so much for such a compassionate and supportive space."

"It is a fantastic resource for mothers to receive support."

"Fantastic! Louise and Sandra are compassionate and understanding. A safe environment to express my emotions."

"Everyone has been so kind to me and my baby."



Blue Zone

"This group helps mothers who are struggling in their same routine by socialising, interacting and experiencing with the activities they make us do. Also if you don't have many people or family around, coming here makes you feel like home."

"This is a great group for women to forget their struggles and relax for a bit. They can then be a better parent to their kids."

"Something to look forward to."

Circle of Security, Parenting Program

"Very empowering and informative. A safe haven to discuss my parenting concerns. "

"This group helped me to identify and consolidate my thoughts and actions of parenting in a way that better helps me be aware of them and apply them to everyday life."

"Real world advice that supports and guides parenting. Kind and warm presenters and a safe place to share stories."

"As a first time parent, this course has helped me understand myself better as a parent and has allowed me to understand how to connect better with my child."

"I feel so at home at MWHCP and in many ways being a part of this community through various supports has really saved me from myself and my anxiety/depression. The people here are so kind, empathetic, understanding and helpful, and the impact that they have cannot be underestimated."



Reception, Amber

Strength to Strength – Domestic Violence Support Group

"I feel so lucky to have this support and to be welcomed in each week. To have a voice, and be understood."

"This group has helped my mental health, and provided support to be there for my kids and not to go back into an abusive relationship."

"First time in a support group. Previously had lots of one-on-one. I have found the support group is able to help me in different ways that one-on-one does not fill."

"A place where you can share your stories without being judged by others. This group provides a safe place for DV victims to share stories and feelings in a safe environment."

"Really important to feel heard, understood and supported during this recovery process."



Artwork by Maz Mallory

Our Partners and Supporters

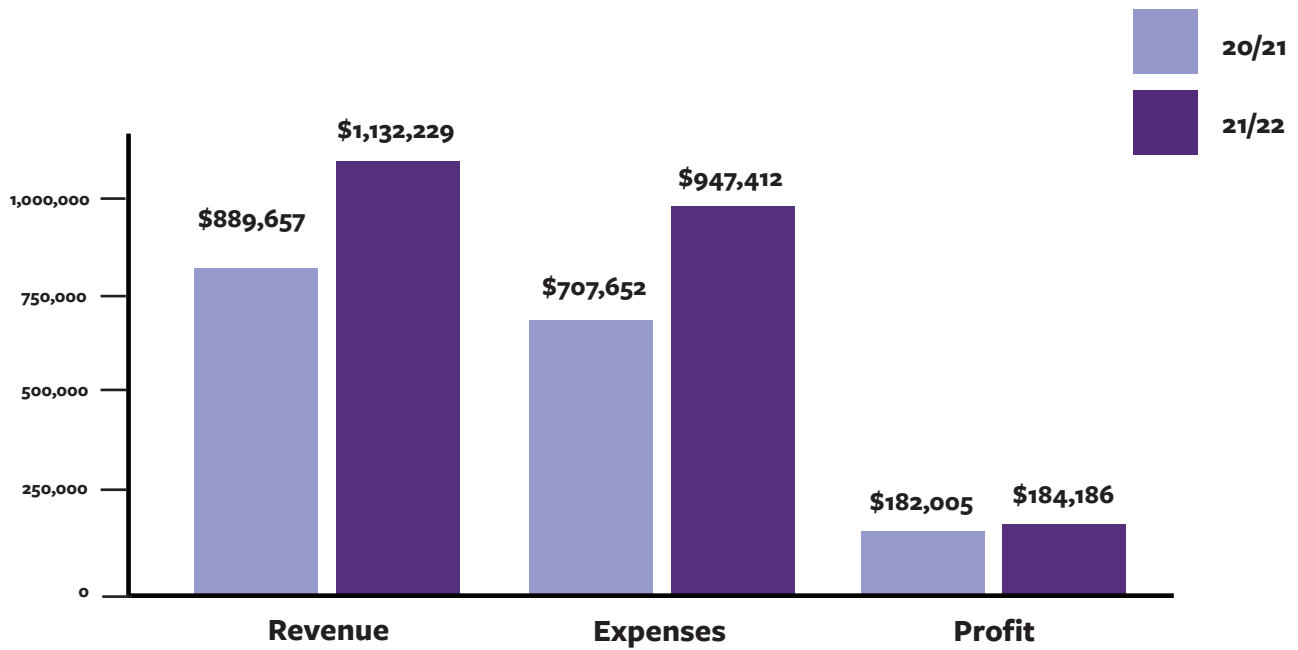
We understand and acknowledge the importance of collaboration to achieve improved outcomes for women in the East Metropolitan region of Perth. We would like to thank all the people and organisations that have provided resources in support of our work over the last year:

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 Ebbsworth – Rochelle Airey and Erica
Hartley
Jessica Shaw MLA
Ken Wyatt MLA

Lotterywest
Mental Health Commission
Michelle Roberts MLA
Midvale Hub
Mineral Resources
Midlas
Playgroup WA
Relationships Australia
Services Australia
Shalom House
Stockland
Wisdom Yoga
Zonta Swan Perth Hills

Financial Summary

MWHCP is committed to financial transparency and accountability. Our financial statements were independently audited by Stielow & Associates and are available on request.





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

Contact us:

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Midland WA 6056

Call: 9250 2221

Email: info@mwhcp.org.au

www.mwhcp.org.au

 Follow us @MHWCP

Make a donation today

If you care about making a difference to the lives of vulnerable women and children, please donate directly to the Midland Women's Health Care Place today:

www.givenow.com.au/mwhcp

All donations over \$2 are tax deductible.



Or you can donate via Containers for Change by using the code #C10289444.
10c from every container you donate will go to Midland Women's Health Care Place.