

Annual Report

2023-2024



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



Content

About Us	3
Our Values	4
A Message from Our Patron	5
Chairperson's Report	6
Chief Executive Officer Report	7
Making a Difference	8
Groups and Programs	10
Staff and Board	11
Our Partners and Supporters	12
Financial Summary	13

Acknowledgement 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) provide a variety of services to support all women, 16 and above.

MWHCP low cost counselling assists with a variety of issues including relationship breakdown, domestic violence, low self-esteem, anxiety, depression, prenatal and antenatal health. Our female only counsellors are located at Midland and Ellenbrook.

At the Midland centre, we also offer:

- Well-being support groups & programs designed to empower, nurture, and inspire.
- Parental programs focused on supporting and strengthening secure parent-child relationships.
- Therapeutic and psychoeducational groups provide a comfortable and supportive environment to assist women to reach their full potential.

MWHCP 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 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.

Nardine Refuge is a communal living environment for women and children escaping family and domestic violence situations. As a child safe organisation, the refuge offers individualised case management to support individuals and families rebuild their lives. Staff are trauma informed, working with women and children from a strength based, person centred philosophy.

Our Values

Respect

We act with compassion and integrity, valuing ethical behaviour.

Authenticity

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

Inclusion

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

Courage

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

I have been feeling a lot more positive after my sessions.

– Counselling Client

Our Purpose

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

Our Vision

- **Empowered Women**
- **Strengthen Community**

I felt heard, respected, understood. The counsellor is lovely, caring, compassionate and made me feel comfortable.

– Counselling Client

A Message from Our Patron

As Patron of Midland Women's Health Care Place, I'm pleased to support an organisation who, for the past 28 years has gone from strength to strength and built a relationship with the Midland community.

The increase in service provision to include a refuge for women and their families escaping domestic violence is a great achievement.

The ability to continue to adapt to meet the ever-changing needs of our community and the positive impacts being felt by those using the services provided by Midland Women's Health Care Place secures the organisations place in Midland and the East Metro region.

I'm keen to see the relationship with the state government grow so that increased accommodation at the refuge can be provided, along with the expansion of counselling space at the Midland Premises, which falls part of the strategic plan to expand service delivery, given the ever-increasing demand for service from community.

Midland Women's Health Care Place is held in high regard, and I acknowledge the dedication of the staff who work directly with the community and who continue to make MWHCP a safe, welcoming space; and the Board who always place the needs of MWHCP as their top priority.

The next twelve months is set to be an exciting period, and I look forward to MWHCP achieving its goals.

Hon Michelle Roberts MLA
Member for Midland

Chairperson's Report



2024 marks my fifth year as Chairperson of Midland Women's Health Care Place Incorporated (MWHCP). It's hard to believe it's already been five years since I began as Chairperson of Midland Women's Health Care Place (MWHCP), and what an incredible journey it has been.

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 of our community.

We continue to enhance our services this year both at MWHCP and at Nardine refuge. With our wrap-around services at both MWHCP and Nardine, I've seen firsthand the power of coming together as one organisation, creating an even stronger support network for those who need us most.

I'm deeply grateful for the invaluable support from our funding partners—the Mental Health Commission, the Department of Health, and the Department of Communities—which allows us to continue offering first-class services to our community. Together, we're making a meaningful impact, and I'm excited to see us grow even further.

With the organisation growing by 50% since the merger with Nardine the focus has been on compliance across our three funding bodies. The changing portfolio has changed the risk profile of the organisation and therefore has shifted the focus. I am pleased to say we have been successful in achieving compliance across the board.

We have continued to build partnerships throughout the sector, strengthening our position in the Women's Health Network and working extensively with local government and associated services with the aim of growing the organisation in the future. We remain a trusted organisation in Midland and surrounds and will continue to grow as we embrace our outreach services with expansions in Ellenbrook.

To my fellow Board members, our incredible CEO, and every staff member—thank you for your unwavering dedication, resilience, and commitment. It's because of each of you that we continue to be a trusted presence in Midland, and beyond and I look forward to all we'll accomplish together in the coming year.

Anna Schwartz
Chair

Chief Executive Officer Report

I am honoured to present this CEO report for the year 2023-2024, marking a significant chapter in our organisation's history. This has been a transformative year—one that brought both exciting opportunities and challenging transitions.

I assumed leadership in December 2023. Taking on the role during the first year of the merger of Nardine Wimmin's refuge with Midland Women's Health Care Place, I have been inspired by the resilience, adaptability, and collective efforts of our teams. Merging two organisations with rich legacies is no small task, yet we have navigated with demonstrated determination and grit in this transition.

Our successful merger would not have been possible without the crucial support of our three primary funding bodies: Department of Communities, Department of Health and the Mental Health Commission whose unwavering commitment and confidence in our mission have provided us with the support required to navigate this complex process. Their partnership has been invaluable as we unified two organisations with distinct cultures, structures, and goals into a cohesive, stronger entity.

In addition to the merger, the organisation successfully completed the Audit for Mental Health Accreditation, securing accreditation for the next three years. This achievement is a testament to the dedication of our mental health team, who have shown their commitment to providing exceptional care and ensuring the safety and well-being of our clients. The accreditation reflects our adherence to best practices and further strengthens our role as a trusted provider of mental health services.

While the year has brought significant achievements, we have also said goodbye to several valued colleagues who played important roles in the organisation's journey. I want to take this moment to acknowledge their contributions.

I also want to acknowledge the resilience and adaptability shown by our teams throughout this period of change. Integrating two organisations is never easy, but our people have stepped up, so that we could remain focused on delivering quality services to our clients.

Looking ahead, I am filled with optimism as we have laid the foundation for sustainable growth and innovation.

In closing, I extend my deepest thanks to everyone—our employees, the Board, partners, funding bodies, volunteers and stakeholders. Together, we have not only embraced the challenges of this year but have laid the groundwork for a brighter, more impactful future.

Thank you for your continued trust, dedication, and commitment to our shared vision.

Sincerely,

Linda Malone

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 East Metro region. 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.

Midland Women's Health Care Place

Number of Clients Supported

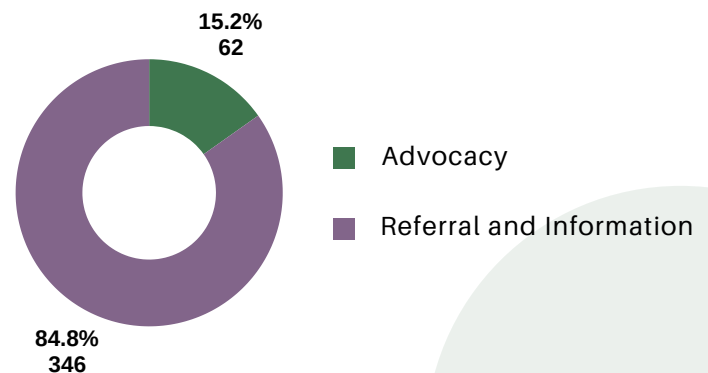


377

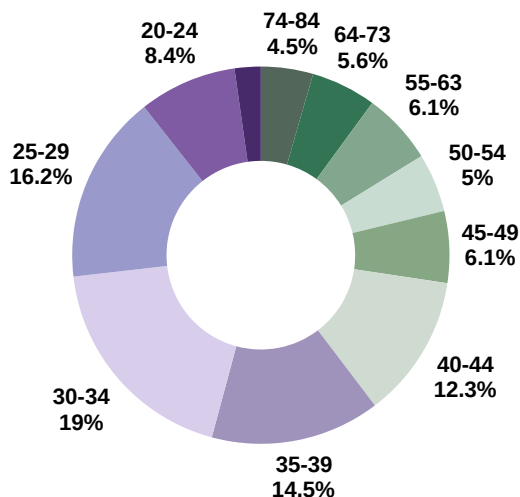
Number of Counselling Sessions Provided



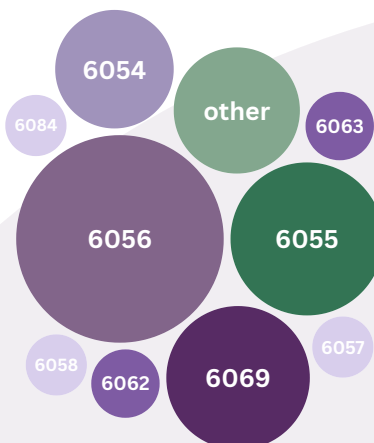
1479



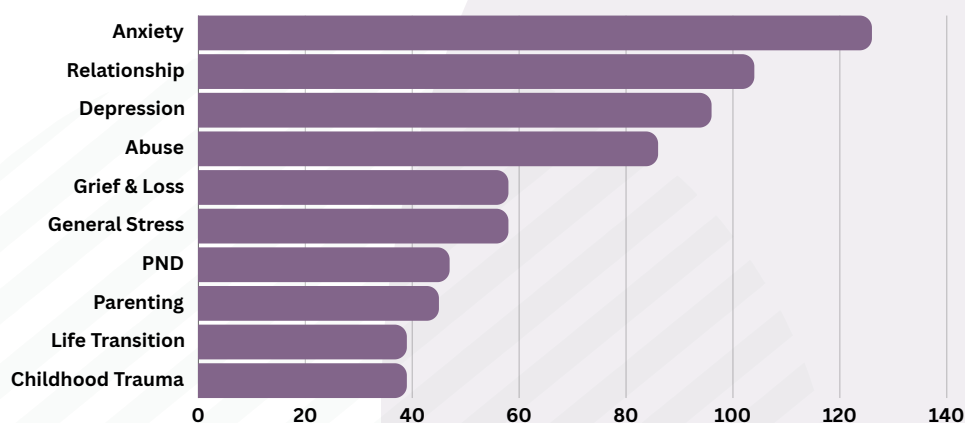
Age Groups of Clients



Top 10 Client Distribution Areas by Postcode



Top 10 Counselling Issues



Nardine Refuge Centre

In 2023-2024 Nardine Women's Refuge supported women and children to create a safe space to heal.

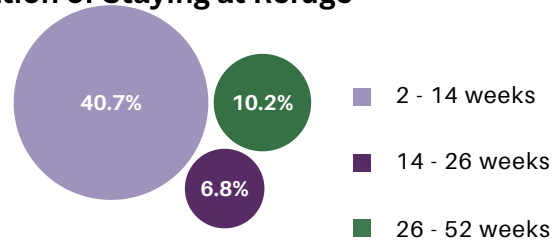
Number of Clients Accommodated and Supported



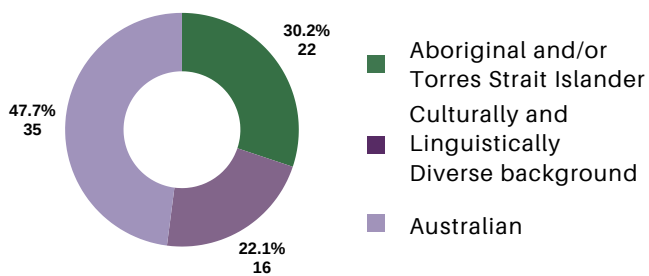
73

5.4% of clients were directly assisted by Nardine to receive NDIS support.

Duration of Staying at Refuge



Culture Background of Clients



100% Positive Feedback



All clients who provided feedback strongly agreed that the refuge provided safe and supportive accommodation.

Case Study

In December 2023, a 25-year-old woman arrived at Nardine Refuge. The lady on a protection visa had originally arrived in Australia in 2016 from Indonesia, having no other family in Australia. She had been living in unsafe conditions, having been assaulted. She was referred to the refuge through the hospital.

Whilst staying at Nardine, staff were able to support the client through the flexible support payments providing financial support, including living necessities and, ambulance cover. Safety, support and awareness programs around FDV were provided by staff. The client engaged with counselling at MWHCP once a week, as well as a wellbeing group at refuge.

With the assistance from Nardine staff, the client was able to access housing with a community housing partner and move forward with her life.

Groups and Programs

Our programs and support services cater to women of all ages and life stages, fostering connections and building a strong sense of community. With a welcoming atmosphere and ongoing support, we create spaces where women can promote emotional, physical, and mental health and build meaningful connection within the community through a variety of activities.

- Art Expressions
- BabyFast (CLAN Midland)
- Circle of Security (Midvale Hub)
- Craft Connections
- Empowering Dance
- Mother Baby Nurture (Ngala/Playgroup WA)
- Nom Food (Foodbank)
- Shark Cage
- Strength to Strength
- Tai Chi
- Yorga's Own Time (Luma)

Great outlet for everyone!

– Craft Connections participant

The group helps with improving the social aspect of my life and I so much enjoy the artistic expression through the activities we do.

– Craft Connections participant

I have a lot of strengths.

– Shark Cage Participant



Toys for the creche purchased with the grant from the Perth Airport.

Staff and Board

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.

Board of Management



Anna Schwartz
Chairperson



Linda Dawson
Vice-Chairperson



Melanie Khoo
Treasurer



Shannon Mony
Secretary



Di Welch
Board Member



Jennifer Gaskill
Board Member



Megan Thomas
Board Member



Roseanne Thomas
Board Member

Staff

Haydee Armitage
Mikalya Ashworth
Jo Atkinson
Millie Basic-Kontoolas
Lisa Coe
Brenda Downing
Emma Folcik
Deborah Healy
Erin Hegarty
Karen Giblett
Linda Malone
Ivana Martinovic
Katey Morse
Deepa Venugopal
Justine Wheeler
Katie Wildner

Facilitators

Dimity Gregson (Art Expression)
Emma Harrison (Craft Connection)
Sophia Kalli (Empowering Dance)
Teresa Stokes (Tai Chi)
Susan Hauri-Downing (Craft Connections)

Volunteers

Honor Cass
Sarah Chopra
Leo Gualnam
Sarah Smith
Gemma White
Catherine Wilkes

We acknowledge the hard work and dedication of all the staff, including those who have left during the year, and whose contributions continue to benefit the development of MWHCP.

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.

Community Partners

100 Women	Kate Doust MLC
Bendigo Bank	Lotterywest
Birthdays from the heart	McCusker Foundation
Bunnings Victoria park	Mettle
Centre for Women's Safety and Wellbeing	Michelle Roberts MLA
City of Swan	Midlas
City of Victoria park	Midvale Hub
CLAN Midland	Mineral Resources
Commonwealth Bank	Operation sunshine
Dreambuilders Care	Oz Harvest
Dress for success	Perth Homeless support service
EmpowerHer	Playgroup WA
Essentials women	Pregnancy assist
Foodbank	Second Bite
HWL Ebsworth – Rochelle Airey and Erica Hartley	Sussex street Community Law
Indigo Junction (Karnanny)	Tiny Tots
	Umbrellas and footprints
	Variety

Sponsors

Thank you to the following funding bodies who provide the resources necessary to operate the organisation.



Government of **Western Australia**
Department of **Health**



Government of **Western Australia**
Department of **Communities**

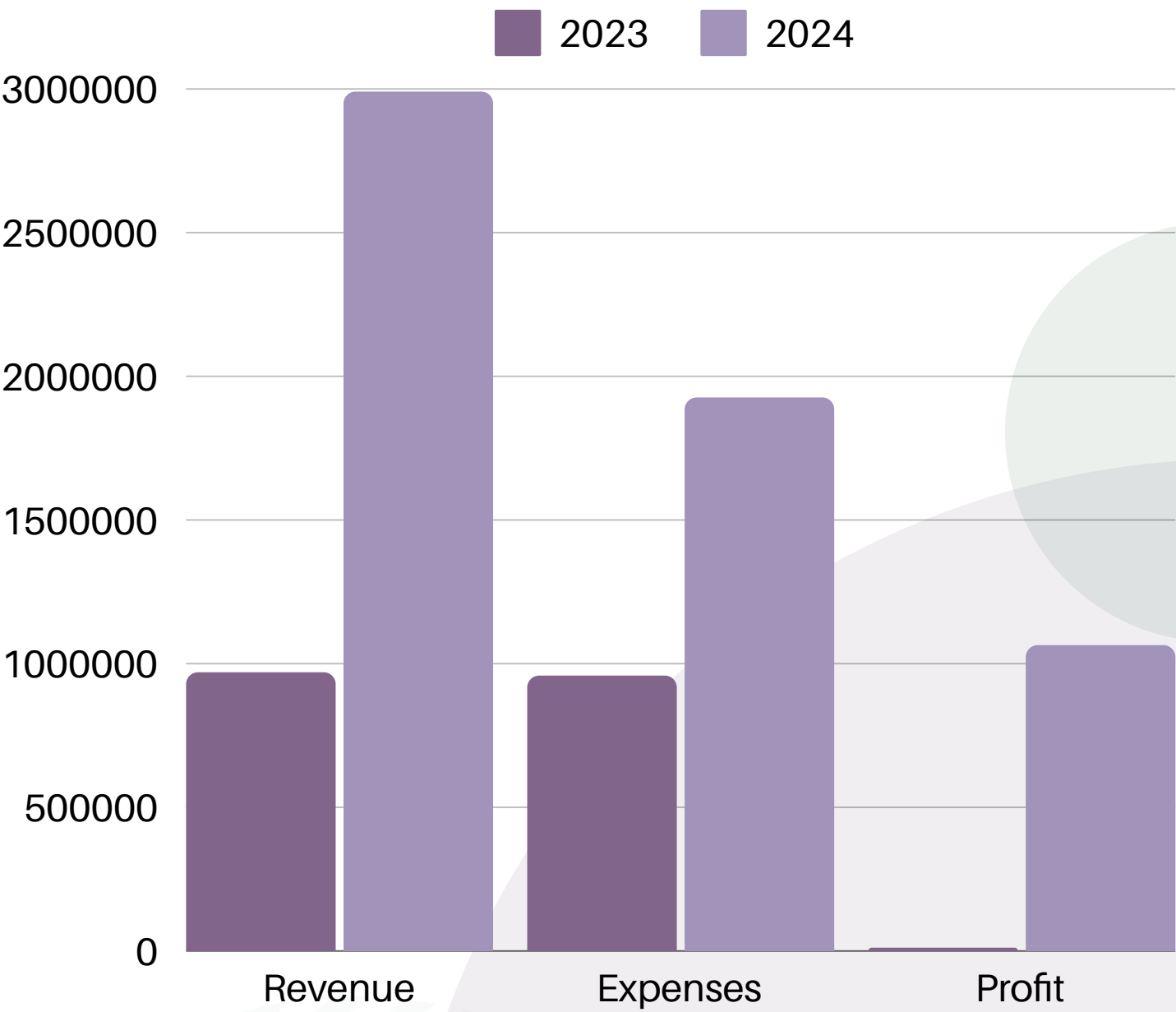


Government of **Western Australia**
Mental Health Commission



Financial Summary

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





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

Contact Us

Phone Number: 08 9250 2221

Email: info@mwhcp.org.au

Address: 24 Junction Parade, Midland, WA 6056

Website: www.mwhcp.org.au

Facebook: @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.



You can also 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.