Notice of Annual General Meeting

All Members and friends are invited to attend the Annual General Meeting of the Wide Bay Women’s Health Centre Inc and to witness the installation of the new Management Committee for 2017 - 2018

12.00 NOON Tuesday 19th September 2017

A light Lunch of sandwiches, fruit, tea, coffee, etc. will be provided after the meeting.

For catering purposes, please R.S.V.P by 5pm Thursday 14th September

Please note: To nominate for the committee and vote at the above AGM, members must be financial. Membership Fee is $5.00 and membership forms, proxy forms and nomination forms will be mailed to members within the next few weeks.

The Centre is undergoing an independent audit of the Human Services Quality Framework (HSQF). The HSQF audit is the framework for assessing and promoting improvement in the quality of human services funded by the Department of Communities, Child Safety and Disability Services.

Any current clients of the Centre who wish to meet with the auditors to discuss the services received, should contact the Centre no later than Monday 18th September. The auditors will be here on Monday 25th and Tuesday 26th September 2017.

If you wish to speak to the Auditors, or for more information, please call the Centre on 4125 5788

Have you renewed your Membership? - All Centre memberships lapse in September of each year. Membership fees help to fund Centre activities so if you have not yet renewed your membership, please drop in to the Centre and do so as soon as possible. If you do not renew, you will no longer receive the Centre newsletter and you will also lose access to our lending library.
Galangoor D’Buthbee

Good Morning in ‘Butchulla’ language
I would like to acknowledge our
Traditional Owners ‘Butchulla’ Elders both past and present and all of their descendants, whose land we all live, work and play on.

National Aboriginal and Torres Strait Islander Children’s Day

Will be celebrated nationally on Friday, 4th August 2017. This year marks the 20th Anniversary of the Bringing Them Home Report.

This day was first observed in 1988, with 2017 being the 29th Celebration. This is a time for Aboriginal and Torres Strait Islander families to come together to celebrate strengths and culture for all.

The theme for 2017 - Value our Rights. Respect our Culture. Bring us home.

Community Family Day

In partnership with Wide Bay Women’s Health Centre Inc as part of the Bringing and Keeping Our Ghundus Home – Maryborough Healing Circle a project funded by QCOSS and QFCC.

Come along and support UnitingCare Community, Guwanu CaSE workers, Susan Tobane and Deb Pearson, with the FIRST National Aboriginal and Torres Strait Islander Children’s Day event.

ULULAH Lagoon, ANZAC Park, Maryborough

Date: Saturday 5th August 2017

Time: 10 am to 1 pm

There will be Welcome to Country, Dancers, FREE cultural activities, Cultural face painting, FREE sausage sizzle and bottled water, Prizes to give away and lots of fun.

Service providers will be available to provide information about the programs/services they offer to children and families.

For further information please contact:
Susan Tobane - UnitingCare Community Maryborough
Phone: 4122 9017
Email: susantobane@uccommunity.org.au

Debbie Pearson - UnitingCare Community Hervey Bay
Phone: 4191 3110
Email: deb.pearson@uccommunity.org.au

2017 FRASER COAST NAIDOC AWARDS

The Wide Bay Women’s Health Centre was presented with the Fraser Coast Naidoc Business Organisation Award 2017.

This award recognises that the Centre has excelled in providing services, information or resources to Indigenous Australians due to their values and beliefs in equality and inclusion.

The Wide Bay Women’s Health Centre received this award for its work in bringing women and young girls together with various activities and interactions that include cultural programs/workshops and activities which focus on the health and well-being of all women and young girls.

NAIDOC (National Aboriginal and Islander Day of Observance Committee)
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<tr>
<th>Date</th>
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<th>Workshop</th>
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<td>1st August</td>
<td>Tuesday</td>
<td>THE SCIENCE OF ANGER</td>
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<td>2nd - 30th August</td>
<td>Wednesday</td>
<td>RELAXATION &amp; MEDITATION</td>
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<td>3rd August</td>
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<td>POSITIVE DISCIPLINE IN EVERYDAY PARENTING</td>
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<td>7th - 28th August</td>
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<td>C IS FOR CONFIDENCE</td>
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<td>10th - 31st August</td>
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<td>STOP STRUGGLING WITH ANXIETY AND DEPRESSION</td>
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<td>6th - 27th September</td>
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<td>RELAXATION &amp; MEDITATION</td>
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<td>5th - 12th September</td>
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<td>SHARK CAGE</td>
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<td>7th - 14th September</td>
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<td>STOP STRUGGLING WITH ANXIETY AND DEPRESSION</td>
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**VALE**

It is with great sadness that we advise the death of our past member. Joan Murray, who was a founding member of the Centre and died on 3rd June. Joan served on the Management Committee from 1999 and was Vice-President from 2000-2002. She was involved in many community activities including making up wonderful Christmas hampers, together with her church group, for the disadvantaged in Hervey Bay. Centre staff always looked forward to helping deliver these hampers for the obvious joy they brought. Joan will be greatly missed.
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<td>The Science of Anger 10.00am-12.30pm (Final)</td>
<td>Relaxation and Meditation 9.30am-10.30am</td>
<td>Positive Discipline in Everyday Parenting 9.30am-12.30pm (Final)</td>
<td>Jeans for Jeans Day</td>
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<td>Seniors Week 19th-27th August</td>
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<td>Who Moved My Cheese 10.00am-12.00am</td>
<td>Relaxation and Meditation 9.30am-10.30am</td>
<td>Stop Struggling with Anxiety and Depression 9.30am-12.30pm</td>
<td>Cancer Council Daffodil Day Centre Closed</td>
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## SEPTEMBER 2017

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<td><img src="image" alt="Play Your Part" /></td>
<td><strong>National Child Protection Week</strong></td>
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<td>World Suicide Prevention Day</td>
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*August - September 2017*
### 5 Simple Steps

5 Simple Steps to Maximise Your Brain Health is an important component of Alzheimer's Australia's dementia risk reduction program, Your Brain Matters, and emphasises how preventive health measures can benefit your brain health.

It shows you how to look after your brain health and has been developed by Alzheimer's Australia based on published research evidence. Being brain healthy is particularly important once you reach middle age as this is when changes start to occur in the brain.

To lead a brain healthy life you need to look after your brain, your body and your heart - the earlier the better. Scientific research suggests that leading a brain healthy life may reduce a person's risk of developing dementia later in life.

There are no guarantees however, as dementia cannot yet be prevented or cured, but evidence does show that people can reduce their risk for dementia and other chronic diseases like diabetes, heart disease and cancer by adopting healthy lifestyles.

Think of your brain as being on a pedestal and that your role is to guard this most precious asset by making sure it is well nourished with good nutrition choices while enjoying the benefits of physical activity and mental challenges.

It is never too late to switch to a healthier lifestyle. You don't need to start doing expensive new brain-training programs either - although they may be helpful - much of what you need to do to enjoy good brain health are simple things that you can easily do in your everyday life to lower your risk of dementia.

**Step One -** Look after your heart  
**Step Two -** Be physically active  
**Step Three -** Mentally challenge your brain  
**Step Four -** Follow a healthy diet  
**Step Five -** Enjoy social activity

### What else can you do to avoid dementia?

- **Avoid Head Injury**  
  A serious head injury, with loss of consciousness, is associated with a higher risk of developing dementia. This doesn't mean that you will get dementia if you have suffered a serious head injury, but your risk is greater on average than someone who hasn't suffered one.

- **Manage Depression**  
  Depression may be also associated with a higher risk of developing dementia. Evidence is emerging about the physical effects that depression can have on the brain. It is clearly vital to identify and treat depression. Preventing new episodes of depression may be useful to brain health. Effective treatment is available, so you should never hesitate to consult a health professional for advice.

  [https://yourbrainmatters.org.au/5-simple-steps](https://yourbrainmatters.org.au/5-simple-steps)

### Fact Buster

**Q: Should you wake a sleepwalker?**

**A: No, but not because you'll give them a heart attack or kill them from shock.**

Sleepwalking is one of those "strange but true" phenomena – people are asleep but somehow still able to wander around and perform behaviours which may be as complex as searching through drawers and cupboards, getting dressed, eating or urinating. In extreme cases, they have even been reported driving cars.

Despite the stereotypical image, sleepwalkers don't normally walk with arms outstretched. Their eyes may be closed or open (often with a somewhat glazed expression), but regardless, they can still be clumsy.

What about the advice you often hear that you should never wake someone who is sleepwalking? The idea behind that is that it's dangerous and will somehow cause them harm, perhaps by triggering a heart attack or a level of shock so intense it could kill them. But is this really the case?

While it's true it's best not to wake a sleepwalker, the heart attack and "killer shock" part of the story is a myth, says Associate Professor Harriet Hiscock.

"When someone is sleepwalking they're sort of stuck between deep sleep and light sleep, and if you try to wake them up they will be very confused and disoriented," says Hiscock, consultant paediatrician and researcher at the Murdoch Children's Research Institute.

"You're not going to give them a heart attack or kill them, but by trying to wake them up – which is usually quite hard to do – you can make them very agitated." This will probably confuse them, so if you can possibly manage it, avoid waking the person. And the advice isn't purely to save sleepwalkers a fright. Suddenly exposing them to their barefoot-in-the-garden-reality may make them so startled they become violent and physically lash out. So, if you have to do it, be forewarned.

Women’s Legal Service

REGIONAL, RURAL AND REMOTE LEGAL ADVICE LINE - 1800 457 117

At the beginning of the year Women’s Legal Service (WLS) launched our new HELPLINE – 1800 WLS WLS (1800 957 957) which replaced our State Wide Advice Line with the aim of increasing access to our services across the State.

In addition to the HELPLINE WLS continue to operate our Regional, Rural and Remote (RRR) Legal Advice Line - 1800 457 117 every Tuesday between 9:30am – 1:30pm.

This line is exclusively available to regional, rural and remote Queensland women, ensuring that RRR women have priority access to quality family law and domestic violence advice and are not competing with metropolitan callers.

The RRR line is unique in that callers speak directly to our Regional, Rural and Remote Lawyer and receive high quality free legal advice when they call, without the need to wait for an appointment. Where clients calling meet our requirements for further support, lengthier Skype and/or telephone appointments and some minimal case work can also be offered.

FREE LEGAL ADVICE

Is the cost of legal advice stopping you from seeking help? Free, confidential, 15-minute legal advice sessions are available to residents of the Fraser Coast region through the Taylor Street Community Legal Service.

Sessions are by appointment only.

Hervey Bay, Maryborough, Tiaro and Burrum Heads residents please call 4194 2663.

DIY DIVORCE WORKSHOPS

Free information sessions on divorce, run by a solicitor, are held monthly in Hervey Bay. Topics include:

- Divorce – what does it mean?
- When can I apply for a divorce?
- How do I apply for a divorce?
- Step by step guide to completing the Application for Divorce kit
- Divorce hearing date and documents
- Serving papers
- Attending the hearing
- Outcome of hearing
- Getting further help

BOOKINGS ARE ESSENTIAL

To book please call 4125 5499

______________________________

TAYLOR STREET
Community Legal Service

Managed by Hervey Bay Neighbourhood Centre Inc

CRAFTY LADIES

If you’re new to Hervey Bay or craft on your own at home, come along for some companionship and friendship with this small informal group with a wide range of diverse interests.

Meetings are very casual where all can share and celebrate their creative skills and talents and maybe even learn something new.

Time: 9 am to 11.30am every 1st and 3rd Wednesday of each month

Where: Urangan Community Centre, Botanic Gardens, Elizabeth Street, Urangan

Cost: $3 members, $4 visitors

For more information: Call Rosemary on 0420 765 180

New members, guests and visitors welcome

The Urangan Community Centre is a program managed by the Hervey Bay Neighbourhood Centre
Whether you are a home gardener, a community gardener or a visitor, a garden can be a source of exercise, stimulation and relaxation.

Most people enjoy being outdoors and digging in the soil, creating and watching plants grow. People with disabilities, people who are unwell, older people and children can find it especially rewarding to spend time in the garden tending plants and growing their own food.

Working in the garden provides benefits that include:
- **Enjoyment** – from the physical activity
- **Exercise** – improves your endurance, strength, mobility and flexibility, and mental health
- **Relaxation** – helps you relax and reduce stress levels
- **Fresh food** – provides you and your family with a healthy variety of inexpensive fresh food.

With a little planning, garden beds, equipment and tools can be modified to make gardening accessible for children, older people and people with disabilities.

Getting involved in gardening can be as simple as:
- Going for a walk in a garden with a friend
- Creating your own small pot garden or larger vegetable garden
- Getting involved in a community gardening group
- Supporting a friend or neighbour by helping to tend their garden
- Volunteering – for example, in a school or public garden.

**Gardening improves fitness and health**

Most people can benefit from creating a garden – it is an enjoyable form of activity, maintains mobility and flexibility, and encourages use of all motor skills through walking, reaching, bending, digging, planting seeds and taking cuttings.

Gardening improves endurance and strength, reduces stress levels and promotes relaxation. It can also provide stimulation and interest in the outdoors. Just being in the garden can create a sense of well-being.

**Learning in the garden**

Whatever your age or level of ability, you can enjoy gardening, have fun and develop new skills, including:
- **Responsibility** – from caring for and tending plants
- **Understanding** – learning about cause and effect (for example, plants die without water)
- **Self-confidence** – from achieving goals and enjoying the food you have grown
- **Love of nature** – from learning about the outdoor environment in a safe and pleasant place
- **Reasoning and discovery** – learning about the science of plants, animals, weather, the environment, nutrition and simple construction
- **Physical activity** – which is fun and good for your fitness
- **Cooperation** – including shared activity and teamwork
- **Creativity** – from finding new and exciting ways to grow food
- **Nutrition** – learning about sources of fresh food and how to cook the food you grow in the garden.
Family gardening

By gardening as a family, adults can share their skills and knowledge with children, and family members can learn together. This creates a fun and nurturing environment for everyone, as well as being a source of healthy physical activity.

Children love to grow interesting plants such as sunflowers, tomatoes, strawberries and corn. For younger children, their first activities in the garden may be digging in the dirt and playing with mud. As well as the gardening you do as a family, create a space in the garden that belongs to your children.

Community gardening

Working in a community garden can give you a sense of belonging. The benefits of community gardens include:
- Knowledge sharing
- Social activity – meet local people and develop friendships
- Physical activity
- Participation and communication
- Activities that foster self-help
- Nutritional health
- Supportive environments that promote social inclusion (for example, for frail, older people, people with disabilities, and people from culturally and linguistically diverse backgrounds)

Gardening and mental health

Gardening is good for your mental health. Simply being in a garden can lift your spirits, particularly if you spend a lot of time indoors.

Gardening with others in a community garden can give you a sense of purpose and drive to achieve an end goal. It also provides a sense of belonging and acceptance for those who may otherwise feel isolated.

Gardening can help with depression in several ways, including:
- Being outdoors in a pleasant environment
- Working with other people and reducing isolation
- Caring for plants and investing in their future
- Experiencing the joy and satisfaction of harvesting produce from the garden

Visiting gardens

Visiting a garden can give you a great sense of well-being. It can relax your mind and help reduce stress levels.

Walking around a garden or park will help keep you fit, which can improve your enjoyment of life. Take a friend or visit with your family to make it a social activity.

Things to remember

- Working in the garden is good for reducing stress levels and improving physical fitness.
- Working in a community garden can give you a sense of belonging.
- Getting involved can be as simple as going for a walk in a garden with a friend.

**The Dispute Resolution Centre**

**Wide Bay - 4125 9225**

- Established by the Queensland Government to provide a free, confidential and impartial mediation service to the community.
- Provides an alternative way of settling disputes before they get to court. Saving time, legal fees and court costs.
- Trained mediators help the parties in a dispute to reach an agreement.
- Available to everyone in the community, whatever their education, income, ethnic origins or language ability.
- Involved in disputes between neighbours, workplace colleagues, family, and commercial or business issues.
- Agreements are not legally binding, but can be enforced by a solicitor if chosen.
- Around 90% of mediations result in an agreement between the parties.

The mediation process, while perhaps not suitable for all people or all disputes, is undoubtedly successful in resolving a wide range of disputes speedily and inexpensively.

**DV Connect Women'sline**

Qld Domestic Violence Telephone Service

**24 Hours, 7 Days**

Statewide Domestic Violence and crisis support offering SAFETY, refuge, crisis counselling, information and support.

For more information please phone:

1800 811 811

**“YOORANA” Women’s Domestic Violence and Resource Service Inc.**

This service provides:

- Safe, secure, supported accommodation for women and their children escaping domestic violence.

For more information please phone:

4122 2218

**ADAAustralia**

ADAAustralia is funded by the State and Commonwealth Governments to provide information, education and support to enable people to understand and exercise their rights and responsibilities when receiving an aged care or community care service, ensuring their voice is heard.

ADAAustralia’s services are free, confidential and client directed.

ADAAustralia provides an advocacy service to support people to resolve issues related to their aged care or community care service provision or care.

ADAAustralia’s services are free, confidential and client directed advocacy support is available for people who are:
- living in residential aged care facilities
- receiving community care services
- receiving Australian Government aged care services carers or representatives of clients of the above services

ADAAustralia also provides a guardianship advocacy service, supporting adults with guardianship and administration matters including support at tribunal hearings.

ADAAustralia operates state-wide in Queensland with a head office in Brisbane and regional offices in Cairns, Townsville, Mackay, Rockhampton, Hervey Bay, Toowoomba, and the Gold Coast.

ADAAustralia also provides outreach services to rural and remote communities, and has a free-call information line 1800 818 338. Please call to speak with an Advocate.

**BreastScreen Queensland**

is at the *Hervey Bay Hospital*

Make an appointment by calling 13 20 50 or 4150 2800

**Women under 40 yrs are ineligible**

**Mobile Women’s Health Service**

**Pap Smear Clinic**

The Mobile Women’s Health Nurse provides a range of free and confidential preventive health services for women in the Fraser Coast – Wide Bay Area.

- Cervical Screening / Pap smear
- Health information
- Breast awareness and education
- Any other health matters you wish to discuss

Make an appointment by calling 1300 090 760

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**Children By Choice Association Incorporated**

**COUNSELLING, EDUCATION & INFORMATION**

All options with an unplanned pregnancy

**ABORTION—ADOPTION—PARENTING**

An unplanned pregnancy may represent a crisis in a woman’s life. Children by Choice provide counselling and support to women who are experiencing an unplanned pregnancy and unsure about their options. Our services are non-judgmental and we offer referrals for abortion, adoption and parenting.

Free and confidential.
Call 1800 177 725

“Awards for White Australia”

Women’s Domestic Violence and Resource Service Inc.

This service provides:

- Safe, secure, supported accommodation for women and their children escaping domestic violence.

For more information please phone:

4122 2218

**“YOORANA” Women’s Domestic Violence and Resource Service Inc.**

This service provides:

- Safe, secure, supported accommodation for women and their children escaping domestic violence.

For more information please phone:

1800 811 811

**Children By Choice Association Incorporated**

**COUNSELLING, EDUCATION & INFORMATION**

All options with an unplanned pregnancy

**ABORTION—ADOPTION—PARENTING**

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Free and confidential.
Call 1800 177 725

**BREASTSCREEN QUEENSLAND**

BreastScreen Queensland is at the *Hervey Bay Hospital*

Make an appointment by calling 13 20 50 or 4150 2800

**Women under 40 yrs are ineligible**

**Mobile Women’s Health Service**

**Pap Smear Clinic**

The Mobile Women’s Health Nurse provides a range of free and confidential preventive health services for women in the Fraser Coast – Wide Bay Area.

- Cervical Screening / Pap smear
- Health information
- Breast awareness and education
- Any other health matters you wish to discuss

Make an appointment by calling 1300 090 760
Breast Cancer Support Group

Are you a survivor of breast cancer? Would you like to meet other women for support and friendship?

You are welcome to join us at:
Hervey Bay Bowls Club
Corner Denmans Camp Rd and Freshwater Street

Meets the 1st Tuesday of every month

For more information,
Contact Ellen 4125 2086

Stop Struggling with Anxiety and Depression is a six week course that aims to help participants let go of the exhausting and painful struggle to manage or control anxiety and depression.

Participants will be introduced to a unique approach based on the use of acceptance and mindfulness.

The aim of the course is to help participants change their relationship with anxiety and depression and will provide strategies to help them acknowledge anxious thoughts and feelings without having to avoid anxiety provoking situations.

Presented by Tanya Barich

There are a number of courses each year, Please check with reception for the next starting date

Breath Work
Visualisation for relaxation
Meditation for Life Enhancement

There is no fee for this workshop, however a gold coin donation would be greatly appreciated

Presented by Deborah Gray

Weekly classes on: Wednesdays
Time: 9.30am - 10.30am

Wide Bay Sexual Assault

Provides: Free, confidential sexual abuse counselling to women 15 years of age and over in the Wide Bay region who have experienced sexual assault/abuse. Kids Intervention Prevention Program (KIPP) provides a sexual abuse counselling service for children and young people under 18 years of age in the Maryborough/Hervey Bay area who have experienced sexual abuse or are engaging in sexualised or early sexual offending behaviour and their non-offending family members and/or carers.

For more information please phone us on 4194 5230
Or email: admin@wbsass.com.au

RELAXATION AND MEDITATION CLASSES

Have you forgotten?
Did you borrow a Library book and forget to bring it back?
Can you please check your shelves at home, and return any books that belong to the Centre, so that other members may take advantage of our library. Thankyou
The Wide Bay Women’s Health Centre is a free confidential service for Women By Women.

“It’s a Dynamic and vibrant organisation which facilitates the individual and collective growth and well-being of women”

The Centre is a point of contact for women in need of support, information, Counselling and/or referral. Please call for any further information.

We are open 9.00am to 5.00pm Monday to Thursday, and 9.00am to 2.00pm every Friday except for the last Friday of the month, when we are closed all day for Staff Training & Development, in order to assess and improve our services to the community.

Counselling

A free and confidential counselling service by appointment is available to all women in the area. We also offer sandplay therapy for emotional release.

The Wide Bay Women’s Health Centre Inc. is funded through the Department of Communities, Child Safety and Disability Services. This funding allows us to provide programmes and services free of charge or for minimal cost.

Your donations are still greatly appreciated and put to good use. Thank you.

Disclaimer

The Wide Bay Women’s Health Centre Inc. has made every effort to ensure information contained within this newsletter is accurate. However, we accept no responsibility for any errors, omissions or inaccuracies. Any articles contained within this newsletter are for information purposes only and we accept no responsibility to persons who may rely upon this information for whatever purpose.

Wide Bay Women’s Health Centre
‘For Women By Women’