Planning day was held recently. Workshops for the next few months are listed on page 3.

Over the course of the past few months a number of workshops have been updated and revised and a number of new workshops added. Some of these workshops and activities will be offered in the next six months and will be advertised in later newsletters. All women are welcome to attend and dates and times will be advised in Zenda, on the Centre notice board and during our weekly radio program.

Feedback and ideas for future workshops and activities are always welcomed from women attending the centre and other community members. The next planning day will be held in late November so if you have any requests or ideas please let us know by the second week in November.

In the media there are many articles about parents and older persons being encouraged to help other family members purchase homes. While this is often very successful for those involved sometimes the good intentions do not always work out as first thought.

A woman may ‘contract’ a debt because of a close relationship. The debt can arise through signing a loan contract as a co-borrower or guarantor. Sometimes a woman may sign a mortgage over her property to obtain a loan. If the other party is unable to keep up the loan repayments, the woman is liable for paying off the entire amount owing under the loan and could lose her property.

There is no such thing as only owing ‘half’ because someone else is on the contract. Each person who signs is liable for the full amount. We encourage women who are asked to assist in this manner to ensure that they obtain independent legal advice before proceeding and do not be afraid to say no if you are not comfortable with the arrangements. Your future may depend on it.

Greta

RELAXATION AND MEDITATION CLASSES

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

Inside this issue:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous News</td>
<td>2</td>
</tr>
<tr>
<td>Program of Workshops</td>
<td>3</td>
</tr>
<tr>
<td>Calendar - June</td>
<td>4</td>
</tr>
<tr>
<td>Calendar - July</td>
<td>5</td>
</tr>
<tr>
<td>From the Media</td>
<td>6</td>
</tr>
<tr>
<td>Community Services</td>
<td>7</td>
</tr>
<tr>
<td>Cold and Flu Prevention</td>
<td>8</td>
</tr>
<tr>
<td>Cold and Flu Prevention</td>
<td>9</td>
</tr>
<tr>
<td>Available Services</td>
<td>10</td>
</tr>
<tr>
<td>What’s on at the Centre</td>
<td>11</td>
</tr>
<tr>
<td>About the Centre, Contact Numbers and Notice Board</td>
<td>12</td>
</tr>
</tbody>
</table>
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 Reconciliation Week (NRW) 2017
The theme for #NRW2017 is ‘Let’s Take the Next Steps’.

National Reconciliation Week (NRW) runs annually from
27 May – 3 June. These dates mark two milestones in
Australia’s reconciliation journey: The 1967 referendum
and the historic Mabo decision, respectively.

In 2017, we reflect on two significant anniversaries in
Australia’s reconciliation journey – 50 years since the 1967
referendum, and 25 years since the historic Mabo decision.

As we commemorate these significant milestones, we ask all
Australians to be a part of the next big steps in our nation’s
reconciliation journey.

Bringing and Keeping Our Ghundus Home
Strengthening Our Place

A project funded by Queensland Family Child
Commission (QFCC) in partnership with Queensland
Council of Social Service (QCOSS) and auspiced by
Wide Bay Women’s Health Centre Inc will host three
activities in Hervey Bay and Maryborough.
This project is for Elders, community members, Kinship
Carers, services/organisations, young people living in
out-of-home-care, with the aim being to provide
recommendations/suggestions to bring and keep
our Ghundus (Kids) home.
This will be cultural learning both ways.

A proposed seven week pilot program for young
people in out-of-home-care living in residencials on the
Fraser Coast will participate in a Connecting Culture
program that will be Facilitated by Lesa Stagg,
PaCE Uniting care Community and various other local
facilitators to provide cultural information, education
and knowledge that includes Identity, Story Beads,
Song and Dance, BushTukka,
Traditional Dance connecting culture.

Bringing and Keeping Our Ghundus Home
HEALING CIRCLE
HERVEY BAY

Following the Connecting to Culture program there will be a
community Healing Circle held in Hervey Bay during
Reconciliation Week, and a cultural hands on activity held in
Maryborough at the NAIDOC family fun day in July.

The Hervey Bay Healing Circle will be held on
Friday, 2nd June, 2017 at Urangan Community Centre,
Elizabeth Street, Urangan.

Commencing at 9.30 am for a 10 am start until 2.00 pm.

Guest speakers - who have lived through the removal
from family placed in foster care/and or residential care.

Cultural activities will include -
weaving/beading/dance/song

Jon Vea Vea will share some of his songs from his
experiences that reflect historical and significant events
in the lives of Aboriginal, Torres Strait Islander and
South Sea Islander families

Further information will be sent out via emails/flyers.

2017 National NAIDOC WEEK
Our Languages Matter
2nd July - 9th July

The importance, resilience and richness of Aboriginal and
Torres Strait Islander languages will be the focus of national
celebrations marking NAIDOC Week 2017.

The theme ‘Our Languages Matter’ aims to emphasise and
celebrate the unique and essential role that Indigenous
languages play in cultural identity, linking people to their
land and water and in the transmission of Aboriginal and
Torres Strait Islander history, spirituality and rites,
through story and song.

The Fraser Coast will be celebrating a week of events,
including Church services, Flag Raising, Awards, Ghundus
disco, cultural events, family and community gathering,
Family Fun Day, Golf, and the NAIDOC Ball.

For the full calendar please refer to
‘The Fraser Coast NAIDOC Week Endorsed Events’
Facebook page
or
contact Leon Nehow DATSIP on (07) 4125 9373.
### 2017 Workshops

**Relaxation and Meditation**

- Positive Discipline in Everyday Parenting - 4 week course
- The Science of Anger - 3 week course
- C is for Confidence - 4 Week Course
- Stop Struggling with Anxiety and Depression - 6 Week Course
- Who Moved my Cheese - Single Session
  - Shark Cage - 2 week course
  - Stress Management - Single Session
  - Simply for Me - 4 week course
- Celebration of Healthy Aging & Pamper Day - Single Session
- Grief and Loss - 3 Week Course
- Empowering the Brain for Change - 6 Week Course
- Tree of Life - 3 Week Course
- Stress at Christmas - Single Session

Please call to put your name on an “Expression of Interest” list if you would like to attend any of the above workshops. This will not obligate you to attend.
## June 2017

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Bowel Cancer Awareness Month" /></td>
<td>Single, Safe &amp; Satisfied</td>
<td>10.00am-12.30pm</td>
<td>Relationship</td>
<td>9.30am-12.30pm</td>
<td>Belly Fitness</td>
<td>10.00am - 11.00am</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>Relaxation and Meditation</td>
<td>9.30am-10.30am</td>
<td>Relaxation and Meditation</td>
<td>9.30am-12.30pm</td>
<td>Relationship</td>
<td>9.30am-12.30pm</td>
<td>Belly Fitness</td>
</tr>
<tr>
<td><img src="image" alt="World Blood Donor Day" /></td>
<td>Relaation</td>
<td><img src="image" alt="World Elder Abuse Awareness Day" /></td>
<td><img src="image" alt="Bowel Cancer Awareness Month" /> Red Apple Day</td>
<td><img src="image" alt="Bowel Cancer Awareness Month" /> Red Apple Day</td>
<td><img src="image" alt="Bowel Cancer Awareness Month" /> Red Apple Day</td>
<td>12</td>
</tr>
<tr>
<td>Single, Safe &amp; Satisfied</td>
<td>10.00am-12.30pm (Final)</td>
<td>Relaxation and Meditation</td>
<td>9.30am-12.30pm</td>
<td>Relationship</td>
<td>9.30am-12.30pm</td>
<td>Belly Fitness</td>
</tr>
<tr>
<td>Relaxation and Meditation</td>
<td>9.30am-10.30am</td>
<td><img src="image" alt="Bowel Cancer Awareness Month" /> Red Apple Day</td>
<td><img src="image" alt="Bowel Cancer Awareness Month" /> Red Apple Day</td>
<td><img src="image" alt="Bowel Cancer Awareness Month" /> Red Apple Day</td>
<td><img src="image" alt="Bowel Cancer Awareness Month" /> Red Apple Day</td>
<td>19</td>
</tr>
<tr>
<td><img src="image" alt="Bowel Cancer Awareness Month" /> Red Apple Day</td>
<td>Relaxation and Meditation</td>
<td>Relaxation and Meditation</td>
<td>9.30am-12.30pm</td>
<td>Relationship</td>
<td>9.30am-12.30pm</td>
<td>Belly Fitness</td>
</tr>
<tr>
<td><img src="image" alt="Bowel Cancer Awareness Month" /></td>
<td>Relaxation and Meditation</td>
<td>Relaxation and Meditation</td>
<td>9.30am-10.30am</td>
<td>Belly Fitness</td>
<td>10.00am - 11.00am</td>
<td>Centre Closed</td>
</tr>
</tbody>
</table>
## JULY 2017

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>NAIDOC Week Begins</td>
<td>Relaxation and Meditation 9.30am-10.30am</td>
<td></td>
<td></td>
<td>Belly Fitness 10.00am - 11.00am</td>
<td>School Holidays End</td>
<td>NAIDOC Week Ends</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Diabetes Awareness Week</td>
<td>Relaxation and Meditation 9.30am-10.30am</td>
<td></td>
<td>Positive Discipline in Everyday Parenting 9.30am-12.30pm</td>
<td>Belly Fitness 10.00am - 11.00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>The Science of Anger 10.00am-12.30pm</td>
<td>Relaxation and Meditation 9.30am-10.30am</td>
<td></td>
<td>Positive Discipline in Everyday Parenting 9.30am-12.30pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>The Science of Anger 10.00am-12.30pm</td>
<td>Relaxation and Meditation 9.30am-10.30am</td>
<td></td>
<td>Positive Discipline in Everyday Parenting 9.30am-12.30pm</td>
<td>Centre Closed</td>
<td></td>
<td>International Day of Friendship</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Introduction to cough and sneeze etiquette
Cough and sneeze etiquette refers to simple hygiene practices everybody can take to prevent passing on respiratory infections like cold and flu to other people. It is especially important that people who are sick with cold or flu practise good cough and sneeze etiquette. However, infections like cold and flu can be transmitted even before symptoms like sore throat and cough let you know you’re sick. So even when you’re perfectly healthy, it’s important to practise proper cough and sneeze etiquette.

Why is cough and sneeze etiquette important?
When someone with a cold or flu infection coughs or sneezes, they release respiratory droplets. These droplets contain cold and flu virus particles that can cause infection if they enter another person’s respiratory tract (e.g. when they come into contact with their nose). The droplets released during coughing and sneezing may be inhaled, or they may land on a person’s hands or hard surfaces where the virus particles can survive for hours. If a person touches contaminated surfaces, the virus particles may be transferred to their hands. If a person touches their face with contaminated hands, it may cause infection.

How to practise good cough and sneeze etiquette
Good cough and sneeze etiquette involves taking steps to minimise the likelihood that someone else will catch your cold or flu when you cough or sneeze. There are many simple measures you can take.

Cover coughs and sneezes
- Cover your mouth and nose every time you cough or sneeze. Use a disposable tissue to cover your mouth or nose if possible.
- If a cough or sneeze sneaks up on you and no tissue is available, cough or sneeze into your upper sleeve. This prevents your hands becoming contaminated with cold or flu viruses.

Dispose of or clean contaminated products immediately
- Dispose of single-use tissues immediately after you cough or sneeze. Try to ensure a waste bin is available so that tissues can be disposed of (e.g. if you’re in bed with the flu, put a bin beside your bed so you don’t have to get up to throw your contaminated tissues away). If there is no bin, use a plastic bag to store contaminated tissues until a bin is available.
- If you cough or sneeze onto a hard surface like a desk or telephone, clean it immediately with a disposable disinfectant wipe to remove the cold and flu germs.

Ensure your hands are hygienically cleaned
- Wash your hands with soap and water for at least 15–20 seconds every time you cough or sneeze.
- Wash your hands every time you touch a contaminated object like a tissue
- If soap and water are not available, use alcohol-based hand sanitising products containing ≥ 60% alcohol. These products are also effective in removing cold and flu germs from contaminated hands.

Avoid touching the face
- Avoid touching your face with your hands (especially if you know they’re contaminated, for example if you’ve just wiped your sick child’s nose). Touching the face allows cold and flu viruses to enter the mucous membranes of the nose and eyes and cause infection.

Avoid close contact with others
- Stay away from work, school and other busy places as much as possible when you have an illness like cold or flu which causes coughing and sneezing.
- If you need to go to work or other busy places, avoid close contact with others, for example by not shaking hands and standing at least one metre away.

5 Health Hacks of Garlic
It is the foundation of many a delicious recipe but there’s much more to this staple.

1 Get Rid of Acne
If you can stand the smell, dabbing garlic juice on an angry spot will help nix the zit. Garlic contains a high dosage of allicin and thiacremonone. The first is an antibacterial while the second minimises the excess oil which can cause acne. Rinse after a few minutes.

2 Deter Mosquitoes
Eat a raw clove or two. The allicin is released throughout your pores which will help deter pesky mozzies.

3 Remove Splinters
Place a thin slice of garlic over the splinter, cover it with a bandage and leave it on for a few hours. The garlic will naturally draw the splinter out while its antibacterial properties will prevent any infection from occurring. You’ll thank us later.

4 Feel Frisky
Garlic breath might not sound like the best way to fire up the romance but, yes, the allicin in the cloves stimulate circulation (especially to certain parts of the body). You may want to brush those teeth after chomping down the clove through.

5 Reduce Fatigue
Garlic was the original sports supplement. After proving useful for soldiers in battle. Olympic athletes in ancient Greece routinely ate it before competition for extra oomph. Try a supplement of aged garlic extract to add some pep to your step.

Home Hack: Repair Glass Cracks
Have a glass with a hairline crack? Try cutting a garlic clove in half and gently rubbing it against the cracks. The high concentration of sucrose compounds will act as an adhesive.

By Juna Xu - Sunday Mail Body + Soul 12.02.2017 - pg 9
Seniors in Focus Coffee and Chat mornings

Come along and have a coffee and a chat at the Halcro Community Centre.
You are invited to join us for coffee/tea and biscuits to be shared over a chat.
The group will be a chance for people to meet with old friends or make new friends.
It will be very informal and future activities for the group will vary depending on the group members.
Coffee and Chat on Thursday at 10am. Cost: $2.00
For more information please call 4194 2441

The FIVE W’s of life
WHO you are makes you special. Do not change for anyone
WHAT lies ahead will always be a mystery. Don’t be afraid to explore
WHEN life pushes you over, you push back harder
WHERE there are choices to be make, make the one you won’t regret
WHY things happen will never be certain. Take it in stride and move forward
Cold and flu prevention tips

Colds and flus cause considerable illness, negatively affect our social life and cost us a lot of money in medical bills and time off work. Every year the average adult catches a common cold 2-4 times and children experience 6-8 colds. A cold typically lasts for 7-10 days, which adds up to a lot of time off work, in bed and feeling unwell. Influenza is less common, but more serious than a cold. Yet, up to one in five Australians catch the flu each winter and children are more than twice as likely to get the flu. As there are no cures for common colds or the flu, prevention is the best strategy for minimising the disruptions to work and social life. There are many things you can do to reduce your chance of being exposed to these viruses. If you are exposed, you can still reduce the likelihood you’ll become infected and ill.

More people catch a common cold or the flu in winter months because of weather changes and they spend more time indoors where the viruses that cause these illnesses can spread easily. You need to be especially careful about hygiene in cold and flu season, because when someone catches a cold or flu, they are contagious and can start spreading the virus causing their illness for about 24 hours before they start having symptoms which make them feel unwell.

Limit exposure to cold and flu viruses

1. **Wash your hands**
   
   Maintaining good hand hygiene is vital during the cold and flu season. Colds and flus can be spread via aerosol droplets from coughing and sneezing, and by touching surfaces that infected individuals may have been in contact with. The virus commonly enters your body when you touch your nose, mouth or eyes with infected hands. It is best to make a habit of washing hands for at least 10-15 seconds in warm soapy water, especially after coughing or sneezing and before eating. Teach children to wash their hands as well. If you do not have access to water, you can use an alcohol-based disinfectant hand gel with at least 60% alcohol content.

2. **Avoid crowds and sick people**
   
   Sometimes it is difficult to identify sick people, as people who are infectious may not have any symptoms in the early stages of their illness. Try to avoid people who you know have a cold or flu, and stay away from crowded areas during flu season to reduce your chance of infection. This is particularly important for babies in the first few months of life.

3. **Disinfect surfaces**
   
   Keep household surfaces clean (e.g. door knobs, switches and telephones) as they can harbour viruses for several hours. Wipe and disinfect these surfaces regularly. Individuals should use separate towels or paper towels in kitchens and bathrooms, especially for those who have a cold or flu. Throw tissues out immediately after use as they can spread the virus to surfaces.

4. **Stay warm and dry**

   Staying warm and dry won’t prevent colds and flus which are caused by viruses. But when you are infected with a cold or flu virus, staying warm and dry might reduce the likelihood you’ll be affected by symptoms like coughing and sneezing. This occurs because getting cold causes the blood vessels in the nose to narrow, and when less blood is flowing in and out of the nose, cold and flu virus find it easier to multiply.

Practise healthy habits to prevent cold and flu

If you are healthy, your immune system is stronger and better able to fight infection. You can enhance your body’s natural resistance mechanisms by eating well, remaining physically active despite the cold weather, and getting enough sleep.

1. **Boost the immune system to beat colds and flu**
   
   **Healthy eating** - Eating a balanced diet provides your body with the nutrients and vitamins it needs to help the immune system fight infection. Eat foods containing phytochemicals such as dark green, red and yellow fruit and vegetables. Eating a colourful diet (yellow, orange, purple, red and green vegetables) is a good way to ensure your diet includes all the micronutrients your immune system needs.

   **Rest** - Getting plenty of sleep also helps boost the functioning of your immune system. You should aim to get at least 7-8 hours of sleep a night. People who sleep less than 7 hours a night are nearly 3 times more likely to catch a cold than those getting more than 8 hours a night. Just resting and relaxing is also important.

   **Herbal remedies** - Contrary to popular belief, herbal remedies like Vitamin C, echinacea and zinc do not prevent colds.
2. Reduce stress
People who are under stress tend to have weakened immune systems, so are more likely to get sick and experience more severe symptoms. People who are more sociable are less likely to get sick. Researchers believe this is because people who have more social contacts and support are less likely to feel stressed than people who keep to themselves. So if you are run down or stressed, try to incorporate some relaxation techniques into your life. If you remain relaxed, your immune system produces more of the chemicals needed to fight infection (interleukins).

3. Stop smoking
Smokers are more prone to respiratory illness than non-smokers, and experience more severe and frequent colds. This is because cigarette smoke dries out nasal passages and paralyses the hairs that line the mucous membranes, which normally act to sweep viruses out of the nasal passages. Non-smokers should take care to avoid second-hand smoke.

4. Exercise regularly
Regular exercise, particularly cardiovascular exercise, helps keeps you fit and gives your immune system a boost, enabling it to function more effectively. Exercise can increase the number of virus-killing cells in your body. It may not prevent all infections, but it can speed up recovery and reduce the intensity of symptoms. Exercise also helps you distress which is an important part of staying healthy.

5. Regulate humidity
Other ways to avoid catching a cold are to ensure your house is not overheated, and to increase the humidity by using cool mist humidifiers or vaporisers. The low humidity created by heating dries out the mucous membranes of the nasal passages, making you more vulnerable to infection. Low humidity also provides an environment that encourages viruses to survive and thrive. Make sure you go out and get fresh air to counteract the drying effects of indoor heating.

Influenza vaccination
The flu vaccine provides one of the best ways to protect against the flu and is particularly important for people who are at high risk of developing flu-related complications (e.g. infants, pregnant women, people over 65, or people with chronic health conditions such as asthma, diabetes or heart disease). The large number of viruses capable of causing colds means that there are no vaccines for the common cold. The flu vaccine is between 70-90% effective, depending on the intensity and length of the flu season. In Australia, the flu season begins around May and continues until September (Autumn and winter). The flu vaccine is best administered in March/April (or even as early as February) to provide full protection.

Who should get a flu shot?
Most people are able to obtain a flu shot. There are certain groups of people who are highly susceptible to complications and are therefore strongly advised to get vaccinated. In Australia, the flu vaccine is free of charge for people aged over 65, and for Aboriginal and Torres Strait Islanders (ATSIs) aged over 50 years or aged 15-49 years with a chronic illness.

New vaccines are produced every year and supplies are sometimes limited. If you need a flu shot it is a good idea to talk to your doctor early to make sure you can get vaccinated before the flu season starts. In Australia, immunisation is recommended for:
- All adults aged over 65 years;
- Infants and children aged from 6 months to 4 years;
- Children on long term aspirin therapy;
- Pregnant women (especially those who are in their second or third trimester between June - October);
- Anyone with a chronic medical condition (e.g. asthma, diabetes or heart, kidney or lung disease);
- Anyone with a weakened immune system or who is undergoing immunosuppressive treatments;
- Residents of nursing homes or long term care facilities;
- Child care workers, health care workers, or anyone living with or looking after someone at high risk of developing flu-related complications; and Anyone visiting parts of the world where influenza is circulating.

Who should not be vaccinated
- People who have had an allergic reaction to a flu vaccine in the past;
- People with allergies to chicken eggs (the vaccine is cultivated in chicken eggs);
- Anyone who has developed Guillain-Barre syndrome within six weeks of receiving the vaccine in the past;
- Children under 6 months of age; and
- People suffering from an illness with a fever.

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

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

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.

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

DV Connect Womensline
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

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
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

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

BE YOUR BEST
a course in Personal Empowerment
9.30 am to 12.30 pm

This ten week course enhances your effectiveness in:

- Keeping others from bullying you
- Influencing people to accept your ideas and listen to you more readily
- Handling conflict with confidence and composure
- Working better with people who can be “difficult” to get on with
- Achieving the respect you deserve and attain new levels of responsibility

Through learning these new skills, you will experience major benefits in all areas of your life.

Cost: $35 for the workbook

For details please ring the Centre on 4125 5788

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

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
FOR THE 21ST CENTURY WOMAN

Brought to you by:
WIDE BAY WOMEN’S HEALTH CENTRE Inc.

8 Truro Street
PO Box 5003
TORQUAY QLD 4655

Phone: 07 4125 5788
Fax: 07 4125 5911
Email: wbwhc@bigpond.net.au
Website: www.wbwhc.org.au

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’