The Annual General Meeting of the Association was held on 19th September 2017 and was well attended by members and guests. The lunch time meeting is proving to be successful as participants can network over lunch.

The new Management Committee was installed: some existing members stood and were retained in their positions.

The Management Committee and Executive Officers for the coming year comprises:

Executive Officers: President - Paula Harberger, Vice President - Tess Patterson, Secretary - Fiona Payne, Treasurer - Averil Lecher

Committee Members: Cathy Bohanna-Martin, Donna Brider, Diana Clift, Dale Kendrick, Sandra Reid

We thank all those women who give their time on a voluntary basis to ensure that the Centre remains a stable and economically viable service to provide assistance and services to women in the community.

All financial members of the Centre are eligible to nominate for election to the Management Committee and I encourage members to consider doing so.

The Centre will hold a Planning Day on 17th November 2017 to plan our calendar of workshops for the commencement of 2018.

We welcome input from members and the community in general. If any member wishes to have a workshop on any topic considered, please contact the Centre before 17th November and every endeavour will be made to incorporate your request. On planning day, often an existing workshop will be expanded or altered to include input from the participants of previous workshops and the community. By including the wishes of the community, the Centre maintains the relevance of our workshops for participants.

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.
Showcasing Services in Our Community

IUIH Home Support, Hervey Bay/Maryborough.

The Institute for Urban Indigenous Health, Home Support is an Aboriginal and Torres Strait Islander controlled, designed and led service providing support for those of us aged over 50 to stay independent, have a better quality of life and stay at home for as long as possible.

Some of the services offered could be mowing the lawn or cleaning the house, transport, from group outings to personal care like bathing and dressing. Day respite group programs are offered.

IUIH Home Support
Hervey Bay/Maryborough region is based at 133 Denman Camp Road, Kawungan.

For more information about what services are available:
Contact 1300 852 598

Bunda’s Dreamtime Playgroup
Is held every FRIDAY during school terms.

Urangan Point Primary School, Miller Street, Urangan.
9:30am to 11:30am
Indigenous families playgroup.
For further information
Contact - Jodie Burns
on (07) 4194 8333.

Acknowledgement & Appreciation

Averil Lecher - Finance/Administration Officer

On behalf of our Aboriginal, Torres Strait & South Sea Islander Elders, community members, workers, and service providers I would like to acknowledge Averil Lecher who has recently retired from the Centre after eleven (11) years as our Finance/Administration Officer.

I would like to wish Averil all of the best for her retiring years, your presence will be missed. Thank you so much for your support and guidance during the time we worked together. I am looking forward to hearing all about your new adventures of travel, as you explore the wonders of our beautiful country. Have lots of fun and

Kal’ang Respite Care Centre Aboriginal Corporation

Is a Not-for Profit Organisation dedicated to caring for our Indigenous and Non-Indigenous Community Elders.

We provide Home Care Services to the elderly community who are approved for a Level 1-2 Home Care Package.

Services Kal’ang provide include Home Cleaning, Lawn mowing and Maintenance, day Respite, assistance with Shopping and transport to and from appointments. Local outings and Bus trips every second Thursday.

Craft Club and Lunch every Tuesday from 10 am
All community members are welcome.

Is based at 133 Denman Camp Road, Kawungan
QLD 4655

Contact Number please call: 07 4124 7780

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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.

SHOWCASING SERVICES IN OUR COMMUNITY

University of Sunshine Coast - USC, Fraser Coast Campus

Indigenous Services

Les Raveneau - Community Engagement Officer

Lesa Stagg - Indigenous Student Engagement Officer

Indigenous Services enhances the health, education and employment aspirations of Aboriginal, Torres Strait and South Sea Islander students and community through offering a culturally safe space to explore identity and knowledge.

Indigenous Services implement various student empowerment and community engagement initiatives to build self-belief and promote a strong sense of belonging.

Contact Number for Les or Lesa please call:
(07) 54 56 58 89

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### OCTOBER

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<tr>
<th>Day</th>
<th>Workshop</th>
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<td>WEDNESDAY</td>
<td>RELAXATION &amp; MEDITATION</td>
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<td>4th, 11th, 18th, 25th October</td>
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<tr>
<td>MONDAY</td>
<td>SIMPLY FOR ME</td>
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<td>TUESDAY</td>
<td>CELEBRATION OF HEALTHY AGING PAMPER DAY</td>
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<td>THURSDAY</td>
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<td>12th, 19th, 26th October</td>
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<tr>
<td>TUESDAY</td>
<td>STRESS MANAGEMENT</td>
<td>9.30 AM - 12.30 PM</td>
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### NOVEMBER

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<td>WEDNESDAY</td>
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<td>THURSDAY</td>
<td>EMPOWERING THE BRAIN FOR CHANGE</td>
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<tr>
<td>MONDAY</td>
<td>TREE OF LIFE</td>
<td>10.00 AM - 12.00 PM</td>
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<td>6th, 13th, 20th November</td>
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<td>TUESDAY</td>
<td>WHO MOVED MY CHEESE</td>
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**STRESS AT CHRISTMAS**

Christmas is a time where added stress shoots off the scale for some of us.

This short workshop is designed to raise awareness around stress and create ways to manage stress while still having fun preparing.

Date: Tuesday 5th December 2017
Time: 10.00am - 12.00pm

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**CHRISTMAS LUNCH**

Invites all women to join the Centre staff for Christmas Lunch.

Date: Tuesday 5th December 2017
Time: 12.00noon - 2.00pm

To book your place, please call the Centre on 4125 5788 by Thursday 30th November.
# OCTOBER 2017

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<td>Queen's Birthday Public Holiday Centre Closed</td>
<td>Anxiety and Depression Awareness Month</td>
<td>Relaxation and Meditation 9.30am-10.30am</td>
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<td>Sexual Violence Awareness Month</td>
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<td>Simply for Me 10.00am-12.00pm (Commence)</td>
<td>Celebration of Healthy Aging Pamper Day 10.00am-2.30pm World Mental Health Day</td>
<td>Relaxation and Meditation 9.30am-10.30am</td>
<td>Grief and Loss 9.30am-12.30pm (Commence)</td>
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<td>International Day of Rural Women</td>
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<tr>
<td>Simply for Me 10.00am-12.00pm</td>
<td>Stress Management 9.30am-12.30pm (Single Session)</td>
<td>Relaxation and Meditation 9.30am-10.30am</td>
<td>Grief and Loss 9.30am-12.30pm</td>
<td>Carers Week 15th - 21st October</td>
<td>Breast Cancer Pink Ribbon Day</td>
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<td>Relaxation and Meditation 9.30am-10.30am</td>
<td>Grief and Loss 9.30am-12.30pm</td>
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<td>Simply for Me 10.00am-12.00pm (Final)</td>
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<td>Tree of Life 10.00am-12.00pm (Commence)</td>
<td>Melbourne Cup Day</td>
<td>Relaxation and Meditation 9.30am-10.30am</td>
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<td>Planning Day Centre Closed</td>
<td>World Diabetes Day</td>
<td>Cervical Cancer Awareness Week</td>
<td>White Ribbon Day</td>
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From the Media

Articles which have been submitted which may be of interest to readers. As always, in regard to medical information please consult your medical practitioner

Breast Cancer Awareness Month

October, Australia’s Breast Cancer Awareness Month, provides an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community.

Breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer). Survival rates continue to improve in Australia with 89 out of every 100 women diagnosed with invasive breast cancer now surviving five or more years beyond diagnosis.

Take the time this month to find out what you need to know about breast awareness and share this important information with your family, friends and colleagues.

Finding breast cancer early provides the best chance of surviving the disease. Remember you don’t need to be an expert or use a special technique to check your breasts.

Be Breast Aware

Changes to look for include:

- a new lump or lumpiness, especially if it's only in one breast
- a change in the size or shape of your breast
- a change to the nipple, such as crusting, ulcer, redness or inversion
- a nipple discharge that occurs without squeezing
- a change in the skin of your breast such as redness or dimpling
- an unusual pain that doesn't go away.

Most changes aren’t due to breast cancer but it’s important to see your doctor without delay if you notice any of these changes.


World Mental Health Day 2017

World Mental Health Day on 10th October 2017, is a day for global mental health education, awareness and advocacy. An initiative of the World Federation for Mental Health to raise public awareness of mental health issues worldwide.

Mental Health Australia is delighted to be leading the World Mental Health Day campaign in Australia. As the peak not-for-profit organisation representing the mental health sector in Australia, Mental Health Australia has a focus on ensuring the whole community recognises the part we all play in creating a mentally healthy society.

Do You See What I See? challenges perceptions about mental illness in Australia and encourages everyone to look at mental health in a more positive light, in an effort to reduce stigma and make way for more people to seek the help and support they deserve.

Stigma around mental illness due to misunderstanding or prejudice remains an issue in Australia, delaying or preventing people from wanting or feeling able to seek help, and impacting adversely on their lives.

Misconceptions and misrepresentations about those experiencing mental illness are damaging to people’s lives. They may include references to people affected as being ‘scary’, ‘comical’, ‘incompetent’, ‘weak’ or ‘hopeless’ and can appear anywhere, from in the media and the arts to conversations we have at work, school or home.

The reality is the vast majority of people affected by mental illness are able to lead independent and contributing lives in the community, with the right treatment and support. With one in five Australians affected, they form part of our close circles of family, friends and colleagues, and interact with us in our communities every day.

It’s time to look at mental illness in a different light – a positive light. Colour and Life, Resilience, Determination, Strength, Perseverance, Bravery, Recovery, Hopefulness, Courage, Contribution and more.

https://1010.org.au/about/
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

FREE SUPPORT SERVICES FOR SENIORS

The Seniors Legal and Support Service is a community service providing free legal advice and support for seniors 60 years and over, who are experiencing or at risk of elder abuse, mistreatment or financial exploitation.

The service can provide information, advice and support including

- Short term counselling / advocacy
- Information regarding legal rights
- Advice on Enduring Power of Attorney documents
- Referrals to other support, legal and consumer services
- Community Education

For further information telephone the service on 4124 6863 or call into their office situated at Shop 6, 16 Torquay Road, HERVEY BAY (opp RSL) - Monday to Friday 9.00am - 3.00pm
Changes to Pap tests in Australia

Firstly, here are a few handy facts:

- The Pap test (also called the Pap smear test) is a simple test that checks for changes to the cells of the cervix that may lead to cervical cancer.

- The cervix is a part of the female reproductive system that connects the top of the vagina with the base of the uterus (womb).

- Almost all cases of cervical cancer are caused by a virus called HPV, which is short for human papillomavirus and also known as the ‘wart virus’.

What is changing?

The Australian Government’s Department of Health has advised that on 1 December 2017, the Pap test is going to be replaced with a more accurate test called the Cervical Screening Test.

In the new test, the sample is collected in the same way as the Pap test – by taking a small sample of cells from the woman’s cervix. However, the new test will be processed in a different way in the laboratory.

In the lab, the current test looks for abnormal cell changes, some of which may go on to develop into cancer. The new Cervical Screening Test will be looking for the cause of the abnormal cells: the human papillomavirus (HPV). In this way, the new test is a step ahead of the current Pap test and is a fantastic development for Australian women.

The new Cervical Screening Test is based on new evidence and improved technology. It will improve early detection of cervical cancer and save more lives.

What else is different about the new test?

Currently, the recommended time between Pap tests is two years, but under the new guidelines, most women will be recommended to have the Cervical Screening Test every five years.

Also, instead of starting the tests at 18 years of age, women will be recommended to be tested from 25 to 69 years of age. Women aged 70-74 years will be invited to have an exit test (a final test).

I have had the HPV vaccine, do I still need to be tested?

Yes. The HPV vaccine does not protect against all types of HPV infection that are known to cause cervical cancer, so it is important that you still get tested regularly.
What do I need to do now?

Until the renewed National Cervical Screening Program is implemented, women aged between 18 and 69 years who have ever been sexually active should continue to have a Pap test when due. It is very important that you keep to the current schedule of two-yearly tests. You will then be due for your first Cervical Screening Test two years after your last Pap test.

You will be prompted to make an appointment for the new test through the National Cancer Screening Register.

If you have any new symptoms (including pain, painful sex or abnormal bleeding or discharge) in the time between your tests, make an appointment with your GP as soon as possible to discuss these changes.

What else can I do to prevent cervical cancer?

- Take actions to decrease your risk of contracting a sexually transmitted infection (STI); for example, always using condoms.
- Consider the HPV vaccine. If you were not vaccinated as part of the school-based program, speak to your GP about whether this option is right for you.
- Quitting smoking (or never starting) is a key step in protecting yourself against, and reducing your risk of, cervical cancer.


The Mobile Women’s Health Service

The Mobile Women’s Health service provides a free and confidential service for Women of the Fraser Coast - Wide Bay area. The Service aims to improve the health and well-being of women in rural and remote areas of Queensland. The Mobile Women’s Health Service works with both individuals and groups to provide a number of services.

These include but are not limited to: Cervical Screening (Pap smears), Breast Awareness and Education, Information about Menopause, Hormone Therapy and Osteoporosis, Bladder Problems, Family Planning and Contraception, Menstrual Issues, Sexuality, Sexual Health, Puberty, Information and Referrals relating to Domestic Violence and Sexual Assault, Information about Healthy Lifestyles.

This service is for all women. If you would like to find out more information about the service’s available in your area or to make an appointment please contact the Cancer Care Support Team on Ph: 1300 090 760

Please call early for an appointment, as the clinics fill very quickly.

The Cancer Care Support Clinic is located at the Corner of Medical Place and Village Court, Urraween
ZENDA   

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

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

DV Connect Womansline 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

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.

ADA Australia 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. ADA Australia’s services are free, confidential and client directed.

ADA Australia provides an advocacy service to support people to resolve issues related to their aged care or community care service provision or care.
ADA Australia’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
ADA Australia also provides a guardianship advocacy service, supporting adults with guardianship and administration matters including support at tribunal hearings.

ADA Australia 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.
ADA provides outreach services to rural and remote communities, and has a free-call information line 1800 818 338. Please call to speak with in an Advocate.
What's On At The Centre

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.

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

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

CLINICAL SUPERVISION

The Wide Bay Women’s Health Centre has two ACA registered and certified Clinical Supervisors available to provide professional supervision.

Receiving clinical supervision facilitates more effective service delivery by the practitioner for the benefit of their clients and organisation, while also fulfilling the obligations of the employer. Clinical Supervision also ensures professional self-care, minimising the risk of vicarious trauma and burnout, which often results in increased absenteeism and high staff turn over.

For more information please call the Centre on 4125 5788.

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. Therapies include but not limited to Mindfulness, Narrative and Acceptance and Commitment Therapy (ACT), Neuropsychotherapy and Sandplay therapy

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’