



## ZENDA FOR THE 21ST CENTURY WOMAN OCTOBER - NOVEMBER 2022

### FOR WOMEN BY WOMEN



*inside...*

BILL OF RIGHTS FOR WOMEN	2
FROM THE MANAGER	3
WHAT'S NEW	4
INDIGENOUS NEWS	8-9
CALENDAR - OCT/NOV	10-11
LIBRARY NEWS	12
RECIPE PAGE	14
NOTICE BOARD & CONTACT NUMBERS	19-20

#### Workshop and Counsellor Appointment Bookings

We realise that at times not being able to attend your appointment or workshop booking is unavoidable.

If you are unable to attend a counselling appointment please ring to cancel as soon as possible, as we have a very long waiting list and it may be possible to put someone into that place. With

regard to workshops, if cancellations are made as soon as possible that place can be offered to someone who is waiting to attend that particular workshop.

WE THANK YOU FOR YOUR CONSIDERATION

#### acknowledgement

TO OUR VOLUNTEERS WHO HELP US HERE AT THE CENTRE WE WOULD LIKE TO SAY A VERY BIG THANK YOU, FROM ALL THE TEAM AT THE WOMEN'S HEALTH CENTRE.

VOLUNTEERS PLAY A BIG PART IN ANY ESTABLISHMENT AND WITHOUT THEM THE CENTRE WOULD NOT BE THE SAME.

ALSO A BIG THANKS TO EVERYONE WHO HAS DONATED GOODS, FROM BED LINEN TO TOILETRIES. THESE ITEMS HAVE HELPED MANY WOMEN WHO COME TO THE CENTRE.

THANK YOU ALL

PLEASE NOTE: WE ARE RUNNING LOW ON OUR SUPPLIES AND WELCOME ANY CONTRIBUTIONS





# Bill of Rights for Women

## Physical

- I have a right to be free of physical violence
- I have a right to decide who can touch me
- I have a right to personal space
- I have a right to pay attention to messages given to me by my body
- I have a right to make my own decisions about my physical appearance
- I have a right to access health care of my choice

## Sexual

- I have a right to be free of sexual violence
- I have a right to say no to sex
- I have a right to say no to a sexual activity that makes me uncomfortable
- I have a right to insist on safe sex
- I have a right to get to know someone before having sex
- I have a right to change my mind about having sex with someone

## Emotional

- I have a right to say no to things asked of me
- I have a right to be treated with respect
- I have a right to be free of verbal abuse
- I have a right to express my own opinions
- I have a right to my own beliefs and spirituality
- I have a right to make my own decisions
- I have a right to privacy
- I have a right to pursue my dreams
- I have a right to end a relationship if it no longer feels right for me
- I have a right to change my mind
- I have a right not to have to report all of my movements and activities to another person
- I have a right to decide how I would like to spend my free time
- I have a right to prioritise my self-care
- I have a right to set my own personal standards
- I have a right to choose not to keep a secret that makes me feel bad
- I have a right to express my feelings

## Social

- I have a right to see my friends and family
- I have a right to spend time with my friends or family on my own
- I have a right to make new friends
- I have a right to speak to other men
- I have a right to work or study
- I have a right to ask for help and support
- I have a right to have fun

## Financial

- I have a right to be involved in deciding how joint finances are spent

## Spiritual

- I have a right to choose and practice my own religious or spiritual beliefs

# from the manager



image credit: Cara Viljoen

Welcome to Spring in the Bay.

I would like to say that I work with wonderful women here in the WBWHC and they continually amaze me with the work they do and the compliments they and our organisation receive. Our centre continues to provide confidential counselling, workshops in-house and the Yarning Circle weekly at the park.

We have our Planning Day set aside in November which allows our staff to present and plan our programmes for the first six months of 2023. If you have any suggestions for workshops or information sessions, please let us know.

This year has been a busy year with new staff coming on board, 2 social work students doing their placements here with us and the workshops and special events held once again at the centre. It is wonderful to see women being able to return to WBWHC since the easing of restrictions due to COVID. We welcome all women and young women and look forward to gathering together for various events next year.

All members please be aware that we are holding our Annual General Meeting (AGM) on the 15th November at the centre and if you have not renewed your membership, please contact Linda or Marilyn, as being a member gives you the right to vote at the AGM.

Lynette





# WHAT'S NEW

## Aussie backyard bird count



Taking part is easy!



1

### 20 minutes

Just spend 20 minutes in your favourite outdoor space and tell us about the birds you see during that period.



2

### Count the birds

You can submit your results using the app or the web form.



3

### Bird Finder

There's a built-in "bird finder" tool to help you identify birds you're unsure of.



4

### Submit your count

You can count as many times as you want. Every count helps.

I don't know anything about birds - can I still take part?

<https://aussiebirdcount.org.au/>

Yes of course! The Aussie Bird Count is open to everyone - from complete beginners to certified birds-nerds! If you aren't confident identifying local birds, we recommend you download *Aussie Bird Count* app which has a great field guide function for identifying birds based on their size, colour and key features.

How do I take part in the Aussie Bird Count?

To complete the Aussie Bird Count, spend 20 minutes standing or sitting in one spot and noting down the birds that you see. You will need to count the number of each species you spot within the 20 minute period. For example, you might see 4 Australian Magpies, 2 Rainbow Lorikeets and a Sulphur-Crested Cockatoo. If you can identify birds by their calls, please include these in your count, but if you aren't sure of a bird without seeing it, please exclude it rather than making a guess. The *Aussie Bird Count* app has a handy field-guide to help you identify birds.

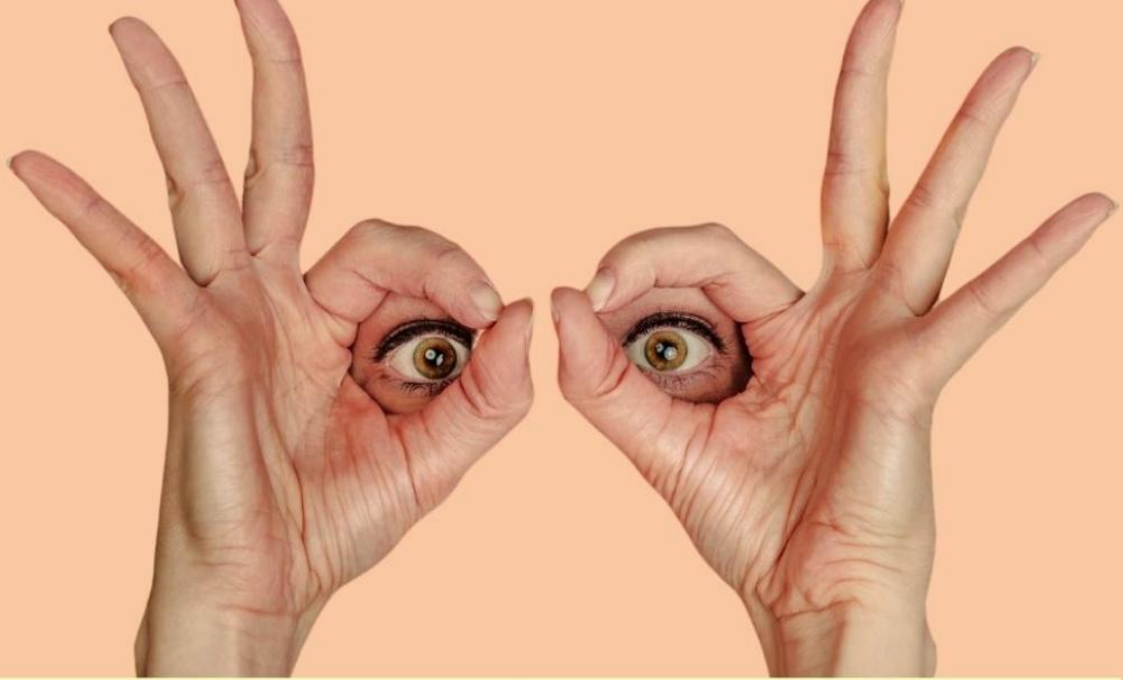
Once you have completed your count, you can submit it in two different ways:

You can submit your bird count through the online web form (this form won't be made live until the 14 October)

OR

You can submit your counts through the free *Aussie Bird Count* app. The app is available for iPhones and Android smartphones, go to the Google Play or iTunes to download the app for free. If you have the *Aussie Bird Count* app from previous years don't delete it, it should update automatically with the newest version. In between event dates, the app operates as a field-guide/bird finder.





# Safe & Savvy

A six week course for women on:

Relationship Styles  
How to spot a snake  
Embracing Change  
Boundaries  
Healthy intimacy

*Facilitated by Tanya Barich*

8 Truro Street, Torquay  
Wednesdays - 26 Oct, 2, 9, 16, 23, 30 Nov  
9.30am - 12.30pm

*Limited numbers - please call the Centre  
4125 5788*



WIDE BAY WOMENS HEALTH CENTRE INC





## Understanding Women's Mental Health

We already knew that women are 58% more likely to suffer a mental illness compared to men (2021, ABS).

But, we have now uncovered that 1 in 2 women in Australia are currently experiencing mental illness in 2022!

Some of the top findings...

2022 Research Study

- 1 in 2 women in Australia are currently experiencing mental illness in 2022
- 69% of women are currently stressed, 44% face anxiety, and 38% are battling body image issues
- Only 48% of women who are currently facing a mental health condition are seeking help.
- 1 in 5 girls in their teenage years experience eating disorders and suicide/self harm (more than double the normal population)
- Almost 6 in 10 teenage girls are facing anxiety and body image issues
- Of those who suffer from PCOS, 40% are more likely to have a severe mental health disorder
- 20% of women facing infertility/fertility challenges report to be at a risk of suicide/self harm
- 23% of pregnant women are currently suffering perinatal depression and anxiety
- Suicide and self harm rates were highest among people who identify as LGBTQIA+, at 21% (1 in 5)
- 18% of Indigenous females are experiencing substance use disorders, compared to 8% of all females in Australia

Interested to learn more? Download the entire report to gain access to a suite of statistics exploring the current state of women's mental health in Australia - the mental health issues, triggers and stigma faced by Australian women, non-binary and female-identifying people in 2022.

[www.liptemberfoundation.org.au/2022-womens-mental-health-research](http://www.liptemberfoundation.org.au/2022-womens-mental-health-research)

Extracted from



with thanks







# Indigenous News with Marj

*Galangoor D'Buthbee  
From Marj*

GOOD MORNING IN 'BUTCHULLA' LANGUAGE  
I ACKNOWLEDGE ALL OF OUR 'BUTCHULLA' ELDERS, PAST AND PRESENT, THE TRADITIONAL OWNERS  
OF THE LAND WE LIVE, WORK AND PLAY ON.

*Connecting Community*



## *Meeting our Way for Health*

The gap in health status between First Nations Australian, Māori and Pasifika peoples and non-Indigenous people continues to remain unacceptably wide. It has been identified as a human rights concern by United Nations committees and acknowledged as such by both Australian & New Zealand government bodies.

For change to happen we must shine a light on the key challenges in First Nations Australian, Māori and Pasifika communities and address the past and present issues contributing to inequities in mental health treatment and care.

We must stop and listen to our First Nations Australian, Māori and Pasifika peoples, and empower their solutions to ensure all individuals are living long health lives; strengthening the ability to engage in cultural practices and maintain connection or reconnect with their spirit.

It is our responsibility to genuinely and actively involve First Nations Australian, Māori and Pasifika peoples and their representative bodies in all aspects of addressing health and wellbeing needs.

For more information about this conference  
Website: 2022 Indigenous Wellbeing Conference ([anzmh.asn.au](http://anzmh.asn.au))







# Indigenous News with Marj

## WOMEN'S YARNING CIRCLE ON 'BUTCHULLA' COUNTRY

On 24th & 25th October 2022, we will be presenting a poster display at the Indigenous Wellbeing Conference in Adelaide, South Australia. This is an amazing opportunity to shine a light on the key challenges that Aboriginal, Torres Strait and South Sea Islander women have historically experienced to access services in mental health treatment and care.

A poster display will be presented which showcases the Women's Yarning Circle. - a program co-ordinated and supported through Wide Bay Women's Health Centre Inc.

This program emphasises the cultural connections for all women who join Women's Yarning Circle, held on the land, under the sky and by the sea of beautiful 'Butchulla' Country. The beginnings of this program was with four women, four years ago, painting rocks at the Centre. It became a healing connection for all the women involved, coming together to yarn, embracing different art mediums such as painting, shell creations, jewellery making and more, including traditional and grassroots approaches.

Due to COVID restrictions, the program was moved to the beach in a park that provided an open space experience of land, sea and sky on 'Butchulla' country, inspiring and empowering women to come together as one.

Our poster display showcases images portrayed in the present moment of a circle of women who support all women, inclusive of all beliefs and values with a respectful circle that embraces everyone.

The circle has created life-term friendships, social support and access to other services and programs within our community, providing opportunities to gain information and education that improves and strengthens the lives of all women, in mind, body and spirit which in turn has improved the social and emotional wellbeing of women and families and their communities.

Partnerships have been formed with service providers in our community and the Women's Yarning Circle has become a hub for all women to share their knowledge and skills, in addition to connecting and discovering hidden talents. There have been opportunities for women to exhibit their art creations through an exhibition that was held at Hervey Bay Regional Gallery, entitled "Land, Sea & Sky", curated by Les Raveneau. This exhibition was the first time an exhibition has been at the Gallery showcasing local Aboriginal, Torres Strait and South Sea Islander artists within our community. The confidence, self-esteem and pride of our community to have this amazing opportunity presented to them is a step forward on the journey of reconciliation for all people. Acknowledging history, moving forward together, building social connections and sense of belonging has empowered all women to aspire through learning both ways.

Each and every woman who joins the Women's Yarning Circle on 'Butchulla' Country is to be acknowledged and honoured.

Galangoor Nyin (thank you)

*From Marj*

## SERVICES/WORKERS AVAILABLE IN OUR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY

- ABORIGINAL & TORRES STRAIT ISLANDER LEGAL SERVICES - 1800 012 255
- BUTCHULLA ABORIGINAL CORPORATION - 4124 9144
- BUNDA'S DREAMTIME PLAYGROUP - 1800 171 882
- CQID – CENTRAL QUEENSLAND INDIGENOUS DEVELOPMENT – 4313 1195
- DATSIP - 4183 9107
- GALANGOOR DUWALAMI PRIMARY HEALTH CARE SERVICE- 4194 5554
- HERVEY BAY PCYC (INDIGENOUS WORKER) - 0436 420 599
- HERVEY BAY HOSPITAL INDIGENOUS HEALTH – 4325 6670
- IUIH HOME SUPPORT HERVEY BAY – 1300 852 598
- KORRAWINGA ABORIGINAL HOUSING – 4124 6908
- KAL'ANG RESPITE'CARE CENTRE – 4124 7780
- KAHWUN WOOGA ABORIGINAL & TORRES STRAIT ISLANDER CORPORATION
- FOR COMMUNITY DEVELOP. – 4123 5910
- POLICE LIAISON OFFICERS – 4128 5333
- MARYBOROUGH ABORIGINAL CORPORATION FOR HOUSING & CULTURAL DEVELOPMENT – 4122 4382/0498578110
- UNDERNOO KINDERGARTEN – 4121 5831



# WHAT'S ON

# October

1



**OCTOBER BREAST CANCER AWARENESS MONTH**

6



**headspace**  
Headspace Day

7



**8-16 October 2022**



[www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au) #QMHW

3

4

10

**MENTAL HEALTH DAY WORKSHOP**

- Corall Fisher, Indigenous Mental Health Worker, Wide Bay Mental Health & Specialised Services
- Light lunch provided
- Mini Pampers

WEDNESDAY 10 OCTOBER 10am - 12pm

LIMITED SPACES PLEASE CALL TO BOOK



Wide Bay Women's Health Centre Inc.

11


12

13

**THE SHARK CAGE WORKSHOP**

FACILITATED BY TANYA BARCH

WEDNESDAY 19 OCTOBER 9:30AM - 2:30PM



Ursula Benstead has developed the 'Shark Cage' framework metaphor as a practical tool for understanding and reducing re-victimisation.


This workshop offers concrete and helpful strategies for change in women's lives. Learning to recognise boundary violations through developing personal boundaries and identifying women's rights.

To reserve your place please call 4125 9788

18

**RIDE2 WORK DAY**

WED 19 OCT



ENJOY A happy & healthier commute

21

22

23

28

2022

**WORLD TEACHERS' DAY**

Hats off to Teachers

24

25

26

27

29

30

**Safe & Savvy**

A six week course for women on:

- Relationship Styles
- How to spot a snake
- Embracing Change
- Boundaries
- Healthy intimacy

Facilitated by Tanya Barch

4 Truro Street, Torquay  
Wednesday - 20 Oct, 27 Oct, 3 Oct, 10 Oct, 17 Oct, 24 Oct  
9:30am - 12:30pm

Enrolment numbers - please call the Centre 4125 9788

Wide Bay Women's Health Centre Inc.





# WHAT'S ON

November

31	1 Happy  World Vegan Day'	2	3  Wattle Day	4	5	6
7	8 	9	10	11  Lest We Forget 11th November 8	12	13  World Kindness Day
14	15  International Day for TOLERANCE 16 November	16	17	18	19	20
21  #whiteribbon <b>STAND UP SPEAK OUT</b> #endthecycle: stop family violence	22	23	24	25  BUY NOTHING DAY	26	27
28	29	30				





*new!*

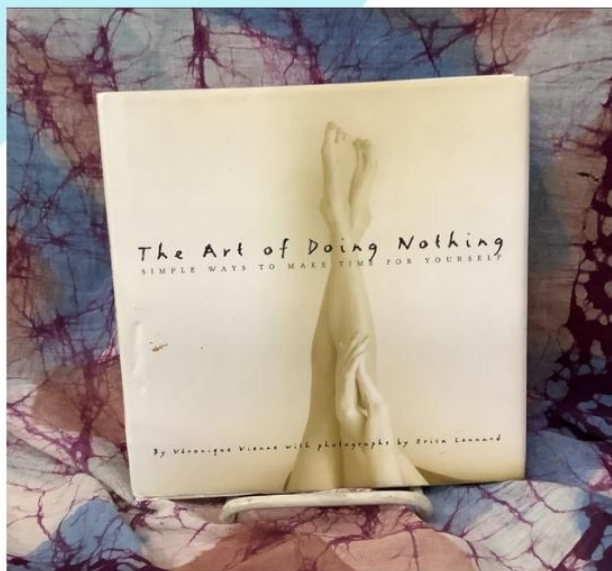
Each newsletter we feature a book from our wonderful library. We have an extensive selection of self-help books covering a broad range of issues from gut health to empowerment through vulnerability to aging well. All available to loan to our members for a two week period. Come in and have a browse.

## LIBRARY NEWS

Title: THE ART OF DOING NOTHING

AUTHOR: VERONIQUE VIENNE, ERICA LENNARD

- Published by: CLARKSON POTTER



### The Art of Doing Nothing Simple Ways to Make Time for Yourself

A culture of overachievers, we make things happen--and happen fast. While rushing along, though, the days seem to get shorter and shorter. If only time would hold still, just a little bit, to let us savor life's simplest moments. . . .

The Art of Doing Nothing will help to ease these beat-the-clock jitters. The stress-reducing techniques described here require no time, no skill, no commitment. A practical guide to rest and relaxation, it ushers us into a world where "being" is more compelling than "doing."

Beautifully illustrated with Erica Lennard's photographs, The Art of Doing Nothing gives us permission to celebrate idleness in all its mesmerizing forms. Veronique Vienne's delightfully informative essays on the art of breathing, meditating, bathing, listening, waiting, and more offer useful tips on such skills as how to whistle, stay in the moment, take a nap, cure a cold, or watch the sun set over the horizon. Without further ado--and without feeling guilty--we learn to unwind, exhale, and, yes, stop and smell the roses.

Like Ira Gershwin, you will be delighted to discover that you've got plenty of nothin', and that nothin's plenty for you.

*"Feeling Frazzled? Stop whatever you're doing and peruse, as needed, The Art of Doing Nothing, Véronique Vienne's charming recipe for harried hearts and overwrought minds.*

*Sweet, seductive, and sassy, her winsome imagination and irresistible wisdom are persuasive reminders that we do too much and live too little."*

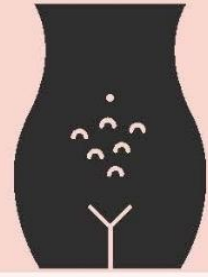
*-Sarah Ban Breathnach (Author of Simple Abundance)*



# Everything Down Under

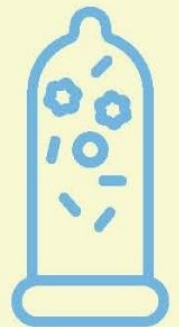


Vol 1, Issue 1



## Sexually Transmitted Infections

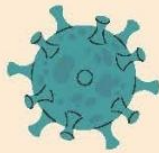
- An STI is a sexually transmitted infection, it can be caused by bacteria (chlamydia, gonorrhoea, syphilis) or a virus (warts, genital herpes (HPV), HIV or hepatitis).
- An STI can be transferred through sex (vaginal, oral, anal) or by close body contact.
- Some are curable, some are not.
- The BEST prevention is a condom!  
A Condom can prevent or lessen your chances of contracting an STI.



## Why Get screened?

You don't always know you've got an STI! Many don't show any symptoms! If left untreated it can cause;

- Infertility
- Cervical cancer
- Severe illness & Pain



## Testing

You can do most of the tests yourself!  
Urine samples, self collected swabs or blood tests.



Please Scan our QR code for more information on our confidential and free services!



(07) 4150 2754

BBH-Qclinic@health.qld.gov.au



# RECIPE PAGE

Feeling a little time poor?  
Need something quick and easy to feed the tribe (or yourself!)?  
Run out of ideas...?

Then this is the dish for you.

It's very easy to modify - using whatever leftovers you have in the fridge.  
You can make a batch of it and freeze some for later.  
It's nutritious, super tasty and has plenty of fibre.



## Quick & Easy Beans & Rice

### Ingredients:

- 1 tbsp olive oil
- 1 brown onions, diced
- 200g mushrooms, sliced
- 4 cups cooked rice
- 400g canned 4 bean mix, drained and rinsed
- 1 vegetable stock cube, mixed with 1/2 cup water  
soy sauce, tamari or coconut aminos to taste
- 50g baby spinach

### Method:

- Heat oil in a large frying pan or wok over medium-high heat.
- Sauté onion until softened, then add the mushrooms and cook until soft.
- Add cooked rice and beans, and stir until heated through.
- Stir in vegetables stock mixture and add sauce to taste.
- Stir through baby spinach just before serving.
- Add some extra water if needed.

\*note: you might like to add a tsp of curry powder or fresh chilli. And instead of spinach add some shredded cabbage. Sweet potato will also add a nice touch too.  
There are so many ways to pimp this simple recipe and turn it into a weekly staple.

~enjoy~

\*this is a recipe from 'Marion' who lives at Thyme Moreton Bay. Her story and this recipe is from their magazine, which my Mum discovered and cooked for me.





# POETS CORNER

## TAKE TIME FOR FRIENDS

A poem by @PookyH

Take time to talk  
Take time to care  
Take time to tell your friend you're there.

Take time to pause  
Take time to hear  
Take time to tell your friend you're near.

Take time to laugh  
Take time to cry  
Take time to hold your friend and cry.

Take time to be a real friend  
It's time the most precious time you'll spend.







## Mobile Women's Health Service

Providing a free and confidential range of screening, health promotion and preventive health services for women living in the Wide Bay.

### Services Include:

- ❖ Cervical Screening
- ❖ Sexual Health Screening and Advice

Health Education and advice about a range of Women's Health topics

### Hervey Bay

Clinic Dates July- Dec 2022

Tues/Wed 19th & 20th July

Tues/Wed 16th & 17th August

Tues/Wed 13th & 14th September

Tues/Wed 11th & 12th October

Tues/Wed 8th & 9th November

Tues/Wed 6th & 7th December

To make an appointment phone:  
1300 090 760



**Wide Bay Hospital  
and Health Service**



**Queensland  
Government**

HERVEY BAY CANCER CARE CENTRE -  
MEDICAL PLACE URRAWEEN



# TEN VIRTUES FOR THE MODERN AGE

## 1 RESILIENCE

Keeping going even when things are looking dark; accepting that reversals are normal; remembering that human nature is in the end tough. Not frightening others with your fears.

## 2 EMPATHY

The capacity to connect imaginatively with the sufferings and unique experiences of another person. The courage to become someone else and look back at yourself with honesty.

## 3 PATIENCE

We lose our temper because we believe that things should be perfect. We've grown so good in some areas (putting men on the moon etc.), we're ever less able to deal with things that still insist on going wrong; like traffic, government, other people... We should grow calmer and more forgiving by getting more realistic about how things actually tend to go.

## 4 SACRIFICE

We're hardwired to seek our own advantage but also have a miraculous ability, very occasionally, to forego our own satisfactions in the name of someone or something else. We won't ever manage to raise a family, love someone else or save the planet if we don't keep up with the art of sacrifice.

## 5 POLITENESS

Politeness has a bad name. We often assume it's about being 'fake' (which is meant to be bad) as opposed to 'really ourselves' (which is meant to be good). However, given what we're really like deep down, we should spare others too much exposure to our deeper selves. We need to learn 'manners', which aren't evil - they are the necessary internal rules of civilisation. Politeness is very linked to tolerance, the capacity to live alongside people whom one will never agree with, but at the same time, can't avoid.

## 6 HUMOUR

Seeing the funny sides of situations and of oneself doesn't sound very serious, but it is integral to wisdom, because it's a sign that one is able to put a benevolent finger on the gap between what we want to happen and what life can actually provide; what we dream of being and what we actually are, what we hope other people will be like and what they are actually like. Like anger, humour springs from disappointment, but it's disappointment optimally channelled. It's one of the best things we can do with our sadness.

## 7 SELF-AWARENESS

To know oneself is to try not to blame others for one's troubles and moods; to have a sense of what's going on inside oneself, and what actually belongs to the world.

## 8 FORGIVENESS

Forgiveness means a long memory of all the times when we wouldn't have got through life without someone cutting us some slack. It's recognising that living with others isn't possible without excusing errors.

## 9 HOPE

The way the world is now is only a pale shadow of what it could one day be. We're still only at the beginning of history. As you get older, despair becomes far easier, almost reflex (whereas in adolescence, it was still cool and adventurous). Pessimism isn't necessarily deep, nor optimism shallow.

## 10 CONFIDENCE

The greatest projects and schemes die for no grander reasons than that we don't dare. Confidence isn't arrogance, it's based on a constant awareness of how short life is and how little we ultimately lose from risking everything.





# THE SHARK CAGE WORKSHOP

FACILITATED BY TANYA BARICH

WEDNESDAY 19 OCTOBER 9.30AM -2.30PM



Ursula Benstead has developed the ‘Shark Cage’ framework metaphor as a practical tool for understanding and reducing re-victimisation.

This workshop offers concrete and helpful strategies for change in women’s lives. Learning to recognize boundary violations through developing personal boundaries and identifying women’s rights.

To reserve your place please call 4125 5788



WIDE BAY WOMENS HEALTH CENTRE INC



# SENIORS LEGAL & SUPPORT SERVICE

FRASER COAST

Managed by Hervey Bay Neighbourhood Centre Inc

Do you feel your rights are being respected?  
Are your family members supportive,  
or do they create stress in your life?

Are any of the following scenarios happening to you?

- Being told that you can't make any decisions for yourself because you have had a diagnosis of dementia.
- Being pressured into entering a nursing home when you're not ready.
- Being frightened to voice your needs/concerns.
- Carers or family members borrowing money and not paying you back.
- Adult children moving in with you and refusing to pay rent.

The Seniors Legal and Support Service offers a **FREE** service for people over 60 whose rights are being compromised.

For More Information please call  
**07 4124 6863**



TAYLOR STREET  
Community Legal Service

Managed by Hervey Bay Neighbourhood Centre Inc

## 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.

## DV Connect (Qld)

State-wide Domestic Violence Hotline

1800 811 811

24 Hours, 7 Days

State-wide Sexual Assault Helpline

1800 010 120

7.30am to 11.30pm 7 days

[www.dvconnect.org](http://www.dvconnect.org)

## HAVE YOU RENEWED YOUR MEMBERSHIP?

We now have a new membership period. It is from 1 July - 30 June 2023 - please check your current membership! These fees help to fund our Centre activities, so if you have not yet renewed your membership, please drop in to the Centre and do so as soon as possible. This will allow you continued access to our library and a copy of our wonderful bi-monthly newsletter. Annual membership only \$5.00

## 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 Screen Queensland

is at the

Hervey Bay Hospital

Make an appointment by  
calling  
**13 20 50 or 4150 2800**

Women over 40 yrs. are  
eligible

## CHILDREN BY CHOICE 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





FOR THE 21ST CENTURY WOMAN  
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: [info@wbwhc.org.au](mailto:info@wbwhc.org.au)  
Website: [www.wbwhc.org.au](http://www.wbwhc.org.au) (under construction)

Copies of flyers and brochures are available  
for groups advertised in this newsletter.

#### CONTACT NUMBERS

Alcohol & Other Drugs	1800 177 833
Community Health Hervey Bay/M'brough	4122 8733
Community Rental Group	4124 1183
Domestic Violence	1800 811 811
Gambling Helpline	1800 222 050
Wide Bay Sexual Assault	4194 5230
Hospital Hervey Bay	4325 6666
Kids Helpline	1800 551 800
Taylor Street Legal Service	4194 2663
Legal Aid	1300 651 188
Lifeline	13 11 14
Narcotics Anonymous	4123 6738
Neighbourhood Centre HB	4194 3000
Neighbourhood Centre M'Boro	4121 2141
Parentline	1300 301 300
Poisons Information	13 11 26
Police Hervey Bay	4128 5333
Salvation Army Hervey Bay	4125 1848
Senior Citizens Hervey Bay	4128 4837
Seniors Legal and Support Service	4124 6863
Women's Health Qld Wide	1800 017 676
Women's Infolink	1800 177 577
Women's Legal Service	1800 677 278

*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.*

#### Opening Hours:

*Monday, Wednesday and Thursday 9.00am - 5.00pm.*

*Tuesdays: 9.30am - 5.00pm,*

*Fridays: 9.00am - 2.00pm .*

*The Centre is closed on the last Friday of every month*

#### Counselling

A free and confidential counselling service by appointment  
is available to all women in the area.

Therapies include but are not limited to Mindfulness,  
Narrative and Acceptance and Commitment Therapy  
(ACT), Neuropsychotherapy and Sand Play Therapy.

The Wide Bay Women's Health Centre Inc. is funded  
through the Department of Justice and Attorney General.

This funding allows us to provide programs 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 Inc.*

**If undeliverable please return to:**  
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**TORQUAY QLD 4655**

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