



ZENDA FOR THE 21ST CENTURY WOMAN OCTOBER-NOVEMBER 2023

FOR WOMEN BY WOMEN



inside ...

BILL OF RIGHTS FOR WOMEN	2
FROM THE MANAGER	3
INDIGENOUS NEWS	4-5
CALENDAR - OCT - NOV	10-11
LIBRARY NEWS	14
RECIPE PAGE	15
POET'S CORNER	16
NOTICE BOARD & CONTACT NUMBERS	19-20

Workshop and Counsellor Appointment Bookings

We realise that at times not being able to attend an appointment is unavoidable, but if you have booked a spot for a workshop or counselling session, and no longer able to attend, please ring to cancel as soon as possible. Our waiting list is growing and it may be possible to put someone into that place.

WE THANK YOU FOR YOUR CONSIDERATION

acknowledgement

TO OUR VOLUNTEERS WHO HELP US HERE AT THE CENTRE WE WOULD LIKE TO GIVE A HEARTFELT THANK YOU ~ FROM ALL THE TEAM AT THE WOMEN'S HEALTH CENTRE.

VOLUNTEERS PLAY A BIG PART IN ANY ESTABLISHMENT AND WITHOUT YOU, THE CENTRE WOULD NOT BE THE SAME. A SPECIAL THANKS TO ALL THE WOMEN WHO HAVE DONATED BOOKS, CLOTHES AND TOILETRIES RECENTLY. THEY HAVE BEEN WELL RECEIVED AMONGST OUR COMMUNITY.

AS USUAL, OUR MOST REQUESTED ITEMS ARE TOILETRIES - STANDARD SIZES OF SHAMPOO, CONDITIONER, DEODORANT, TOOTH BRUSHES AND TOOTHPASTE, FACIAL CLEANSERS, SANITARY PRODUCTS ETC.

WE WELCOME ALL CONTRIBUTIONS FOR THE SUMMER AHEAD.
THANK YOU ALL



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

Welcome to your next edition of Zenda. We are nearing the end of a very busy year for our centre as we have continued to provide confidential counselling, ongoing workshops and groups to our ever growing community. Our Yarning Circle in particular is very popular and welcomes new members weekly. As does our chair yoga class on Mondays. For more information on either please do get in touch.

Our Annual General Meeting was held on the 20 September 2023 at the centre and we are happy to announce that six members have re-nominated to stay on the Management Committee, with the addition of a former MC member rejoining us once again.

We also said goodbye to the wonderful Giselle Pryer, who had been on our Management Committee for almost five years. We thank Giselle for her support over those years, and look forward to seeing her in our community and especially at the Yarning Circle.

If you haven't renewed your membership, please contact Linda or Marilyn at Reception as being a member gives you the right to vote at the AGM and borrow books from our extensive library, as well as receiving updated information about the centre.

Please remember to follow up on Facebook or visit our website www.wbwhc.org.au for information on workshops and events and further information about the centre.

Thank you for your ongoing support of the centre.

Lynette





Indigenous News with Marj

Galangoor D'Buttbee

GOOD MORNING IN 'BUTCHULLA' LANGUAGE

MANAGEMENT & STAFF OF WIDE BAY WOMEN'S HEALTH CENTRE INC ACKNOWLEDGE THE TRADITIONAL CUSTODIANS, ELDERS PAST, PRESENT AND EMERGING LEADERS OF THE 'BUTCHULLA' PEOPLE WHOSE COUNTRY WE LIVE, WORK AND PLAY ON

SHOWCASING SUCCESS

Women's Yarning Circle on 'Butchulla' Country Partnerships at their BEST

This program continues to grow & glow as over the past months we have been out and about in Community, gathering in lots of different beautiful spaces on 'Butchulla' Country with the Land, Sea and Sky. We have on average 25-30 women join the circle every week (except during school holidays), and this group is for ALL women aged 18 years and over. It's a safe space to come and share, connect with all cultures, and supporting each other in every way. We have several service providers such as Central Queensland Indigenous Development (CQID), Galangoor Duwalami Primary Health Care Service, Hervey Bay Neighbourhood Centre, Wide Bay Mental Health Service, Marigurim Yalaam Indigenous Community Justice Group, Bridges, University of Sunshine Coast, Churches of Christ, and many others who join the circle to share their information about what they offer to support women and families within our community. *A special mention to Kaláng Respite Care Centre Aboriginal Organsiation for their ongoing support in providing a venue for Yarning Circle, sometimes at short notice due to the weather, and we greatly appreciate your ongoing support.*

Aunty Jan Williams, our 'Butchulla' Elder/Leader within our community shares her childhood stories, growing up in Hervey Bay as well as her weaving skills. The circle has become a hub of women a sisterhood that has been a wealth of knowledge, cultures, and connection for all who join.

I would like to acknowledge Aunty Jan, Henny, Julie McGillivray and colleagues who have also joined the circle when they can, and Tash Matthews, Counsellor from Uniting Care Community, who is a regular to our circle. There have been opportunities to refer women to various support services in our community. We also have women who travel from Bauple, Maryborough, and other places each week or when they can join our circle. I honour and acknowledge all the women - it's because of you WE CAN! Wide Bay Women's Health Centre supports this program and continues to be a leading organisation that provides support and connections in a collaborative and unique way. During the year there have been many creations made, including the Climate Change Scarves that were knitted and crocheted by a group from the Yarning Circle: Jenni, Evelyn, Deb, Cat and Tracy. These were used during the Whale Festival parade and the Paddle Out, as a visual for people to see how the climate has changed over the past 100 years. My appreciation to all, as there has also been 30 climate scarves made from our group to be gifted to a gathering of Elders/Leaders later in the year. An awesome mission by our women.





Indigenous News with Marj

Lanterns for the Whale Parade, held in August - Erica Neate coordinated a group of women from the Yarning Circle to make Mili's, Dugongs, lanterns, jelly fish, and much more. These beautiful art pieces were carried by 'Butchulla' Leaders/Elders and community as they led the Whale Parade. Appreciation to many who volunteered their time to put these lanterns together, Michelle, Deb, Cat, Julie, Jen and the many hands who created these amazing art pieces that lit up the whale parade.

YOUTH CO-RESPONDER TEAM, FRASER COAST

A new Youth Co-Responder Team has hit the streets of the Fraser Coast to help break the cycle of youth crime.

Co-responder teams consist of police and youth justice staff who patrol the streets and other areas where young people congregate, engaging with young people, their families and the wider community.

They also provide practical support, including de-escalating conflicts, transporting young people to safety, interacting with support agencies, and exploring ways to divert young people from the youth justice system.

Vulnerable young people are also connected with the services they need to turn their lives around, including those that assist with housing, health, domestic and family violence, and education.

The Queensland Government began rolling out the joint police and youth justice co-responder program in May 2020 as part of a commitment to reduce youth crime.

Since then, co-responder teams have expanded across a network of locations including Cairns, Townsville, Mackay, Rockhampton, Brisbane North, Moreton, Logan, Gold Coast, Toowoomba, Ipswich, South Brisbane, Mount Isa, and the Fraser Coast.

The Fraser Coast Youth Co-Responder Team hopes to make a difference to increase community safety, offering intervention, diversionary and rehabilitation programs to combat youth crime in the area.

Please contact the team at Hervey Bay Police Station, 142 Torquay Road, Scarness.

Tel: (07) 4128 5334 for further information.

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



GRATITUDE



Teresa Wagstaff

5 d · 🌐



🌸 Celebrating the Special Ladies in my Life at the Women's Yarning Circle in [Hervey Bay](#), 🌸

I just had to take a moment to express my [#gratitude](#) for the incredible women I have the privilege of knowing through the Women's Yarning Circle in Hervey Bay. This group has become such an important part of my life, and I am constantly amazed by the [#wisdom](#), [#strength](#), and [#love](#) that radiates from each and every one of them.

One of the most beautiful aspects of this circle is the opportunity to learn about the rich culture and history of the [#Butchulla](#) people. Aunty Jan, with her captivating storytelling, has opened my eyes to a world I never knew existed (but she started this in me back in 2018 when we became friends 🦋 on the beach). Her stories have not only educated me about the Butchulla people but have also deepened my appreciation for their [#traditions](#) and connection to the [#land](#).

I also want to give a special shoutout to Aunty [Marj](#), who has played a pivotal role in building this group from just four women who gathered to paint rocks together. Her dedication and passion have transformed this circle into a thriving community of like-minded women who support and uplift one another. Aunty Marj, your [#vision](#) and [#leadership](#) have created a safe space where friendships are formed and cherished.

Speaking of friendships, I have been fortunate enough to forge bonds with some incredible women through this circle. These friendships are not just ordinary connections; they are the kind that transcend time and distance. We can [#laugh](#) together, [#cry](#) together, and [#support](#) each other through thick and thin. I am truly blessed to have found forever friends in this amazing group.

To all the special ladies in my life at the Women's Yarning Circle and in the [Social butterfly sisters walking group](#) thank you for being a constant source of [#inspiration](#), [#love](#), and [#empowerment](#). I am forever grateful for the lessons I've learned, the memories we've created, and the unbreakable bonds we share. Here's to many more beautiful moments together! 💖

Teresa Wagstaff

[Yesucan](#)



TRUSTING YOUR GUT



Part of being an intuitive person is becoming in tune with, and trusting, your power centre.

Gut feelings earn their name from the place in the body where they make themselves known. A pang in your gut when you may be doing the wrong thing, or a vibrant zing when your body approves, can guide you reliably at times when logic fails. Sometimes, when logic prevails, we ignore our gut and live to regret it, understanding later that a rational approach is only one way of determining what is going on in a situation and how we should react.

Our gut resides in the neighborhood of our solar plexus and the third chakra just above your belly button. When it is functioning well, we can trust its guidance and adjust our actions accordingly. Many of us have a tendency to hold in this area of our bodies. We may take shallow breaths that never reach this vital nexus that is the source of our empowerment. It is in this place that we find the courage to act, to reach out into the world and create change. When our power center is out of balance, we are timid and out of sync, wishing we had said something we were only able to phrase later when we were alone; wishing we had acted on an opportunity we didn't see until it was past.

In order to utilize your power center, you may want to focus your attention on it more regularly and make time to care for it. You can begin right now by taking a deep breath into your belly. On the exhale, pull your navel in toward your spine so as to empty out completely before taking another deep breath into your belly. When you empty completely, you release stagnant energy and create more space to be filled with fresh, nourishing breath. The more you practice this simple, cleansing exercise, the more clear and communicative your gut feelings will be and the more comfortable you will feel acting on them.

16 DAYS OF ACTIVISM



**#Orangetheworld
End violence against
women now!**

The United Nations is marking the 16 Days of Activism against Gender-based Violence from 25 November to 10 December 2023, under the global theme:

“Orange the World: End Violence against Women Now!”

Nearly 1 in 3 women have been abused in their lifetime. In times of crises, the numbers rise, as seen during the COVID-19 pandemic and recent humanitarian crises, conflicts and climate disasters. A new report from UN Women, based on data from 13 countries since the pandemic, shows that 2 in 3 women reported that they or a woman they know experienced some form of violence and are more likely to face food insecurity. Only 1 in 10 women said that victims would go to the police for help.

While pervasive, gender-based violence is not inevitable, it can and must be prevented. Stopping this violence starts with believing survivors, adopting comprehensive and inclusive approaches that tackle the root causes, transform harmful social norms, and empower women and girls. With survivor-centred essential services across policing, justice, health, and social sectors, and sufficient financing for the women’s rights agenda, we can end gender-based violence.

The Generation Equality Forum that concluded in Paris in July set the momentum for decisive actions and investment to advance gender equality. The UN Trust Fund to End Violence against Women, the only global grant-making mechanism dedicated to ending and preventing all forms of violence against women, has announced a special fundraising challenge, #Give25forUNTF25, marking 25 years of grant-making to support women’s organizations around the world.

The campaign was started by activists at the inauguration of the Women’s Global Leadership Institute in 1991. It continues to be coordinated each year by the Center for Women’s Global Leadership. It is used as an organizing strategy by individuals and organizations around the world to call for the prevention and elimination of violence against women and girls.

On a local level, each year ZONTA Hervey Bay supports the 16 Days of Activism with their Orange Ladies - a symbol of awareness and information - placed within business around the Bay.



ACT IN A NUTSHELL

“ACT in a Nutshell” is an introductory 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 by providing strategies to help acknowledge anxious thoughts and feelings without having to avoid anxiety provoking situations.

WEDNESDAY 15 NOVEMBER

9.30AM - 12.30PM

Facilitated by Tanya Barich - Counsellor

BOOKINGS ESSENTIAL

WIDE BAY WOMEN'S HEALTH CENTRE

8 TRURO STREET, TORQUAY

T: 4125 5788

October

WHAT'S ON

						1
2	 King's Birthday Public Holiday	 WORLD ANIMAL DAY OCTOBER 4		6	7	8
9	10	 WORLD MENTAL HEALTH DAY October 10	 Queensland Mental Health Week 7-15 October 2023 Awareness Belonging Connection	 14 15 www.qldmentalhealthweek.org.au #QMHW		
16	17	18	 RIDE2 WORK DAY 18 OCTOBER 2023 Join the commuter evolution RIDE2 WORK	20	21	22
 WORLD KANGAROO DAY OCT 24TH 2023 CO-EXISTING WITH KANGAROOS				27	 WORLD TEACHERS' DAY	



November

WHAT'S ON

1



WORLD VEGAN DAY
1. NOVEMBER
vegan-day.org

3 4

Remembrance Day



Diwali

melbourne cup



WORKSHOP



ACT IN A NUTSHELL

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Wide Bay Women's Health Centre Inc.

13 14 15

17 18 19





#OrangetheWorld
End violence against women now!
25 Nov - 10 Dec

16 days of activism against gender based violence
25 Nov - 10 Dec

7 QUICK AND EASY MEDITATION TECHNIQUES TO CALM YOUR ANXIOUS MIND

1. Alternate Nostril Breathing

Using your left thumb, hold your left nostril closed while taking a breath through your right nostril. Next, seal both of your right and left nostrils with your index fingers, and hold your breath. Breathe out using your left nostril only.

This is one set. Complete a minimum of five sets to harmonize the left and right hemispheres of your brain, calm your nervous system, and create a sense of relaxation and ease.

2. The 100-Breaths Technique

Close your eyes. Gently pull yourself into the present moment while keeping your feet firmly planted on the floor and your back against your chair. Now start breathing through your nostrils and counting as you go, thinking “and” for every inhale, and the number for each exhale—inhale “and,” exhale “one”; inhale “and,” exhale “two.”

With every breath, feel your belly expand, and as you count yourself into a deeper state of relaxation, let your breathing begin to slow. Open your eyes, wiggle your fingers and toes, and bow your head in appreciation for the mental space you just made once you reach 100.

3. Full Body Breath Scan

First, open your tummy, take a few deep breaths through your nose, and count to five. envision a calming warm light entering your feet as you inhale, and as you exhale, envision yourself releasing any stress you may have been carrying there. Repeat this breathing exercise five times through your lips.

Continue doing this until you reach your head, then move on to your knees, shins, ankles, and so on. After you've finished scanning every part of your body, you probably feel lighter, more at ease, and calmer.

4. Lip-Touching Breathing

When aroused, your sympathetic nervous system puts you in a state of high alert—that sense of “fight-or-flight” panic that tells you there’s some sort of threat. When your parasympathetic nervous system is activated, you experience the opposite emotion: ease and relaxation.

One of the easiest ways to activate the parasympathetic nervous system is to touch your lip with two fingers, as suggested by Rick Hanson in his book *Buddha's Brain*. Because parasympathetic nerve fibers are found in the lips, this is an easy way to induce calm that you can employ at any time or place. All you have to do to get the benefits is to brush your lips, take calm, deep breaths, and tell yourself, “I am safe.”

7 QUICK AND EASY MEDITATION TECHNIQUES TO CALM YOUR ANXIOUS MIND

5. Walking Meditation

Though you can practice this any time you're walking, you may want to find a peaceful place to stroll, in nature. You'll feel closer to the ground if you can stroll barefoot if it's safe to do so.

Take a few deep breaths to bring in calming energy and release tension while maintaining a straight spine, relaxed shoulders, and relaxed arms.

Start walking forward gently now, and breathe in rhythm with your steps (right foot inhale, left foot exhale). Use all of your senses to fully experience where you are—the warm feeling of sun on your face, the soft sound of wind rustling leaves on trees. Being present in the walking experience is the aim, not reaching a specific location.

6. Meditative Shower

It's easy to let go of all other thoughts when you're standing under a stream of water, set to the perfect temperature for you.

Now is the time to become aware of your senses. Pick a soap that you adore so that the aroma is captivating. Savor the feeling of the water sliding down your back, calves, and heels as it hits your skin.

When you start thinking about the day ahead (or behind you), pay attention to it. No one is judging you or the ideas you are having. Rather, picture them disappearing, and then return your attention to the feeling of mind and body purification.

7. Chore Meditation

Whether you're vacuuming, dusting, or washing dishes, it can be your meditation if you immerse yourself completely in the activity.

For example, doing the dishes can be gratifying and calming. As you feel the warm water on your hands, relish the feeling of cleaning something that was before unclean. Don't focus on finishing or what you're going to do after. Focus solely on the doing and see if you can find a sense of acceptance and presence in doing it slowly and well.



LIBRARY NEWS

Each newsletter we feature a book from our wonderful library, with an extensive selection of books covering a broad range of issues ~ from ageing well, to good gut health, to the art of Zen. All on loan for our members, so pop in, sign up, and have a browse.

Title: THE POWER OF NOW

Author: ECKHART TOLLE

Publisher: HACHETTE



Tolle describes how our ego-based state of consciousness (which is usually the case when we are thinking) often leads us to suffer unnecessarily from either anxiety, stress, or a general sense of lack. In contrast, when our consciousness is free from the ego, we are free from suffering and step into the present moment fully alive and aware.

In *The Power of Now* he shows readers how to recognise themselves as the creators of their own pain, and how to have a pain-free existence by living fully in the present. Accessing the deepest self, the true self, can be learned, he says, by freeing ourselves from the conflicting, unreasonable demands of the mind and living present, fully, and intensely, in the Now.

*"Realize deeply that the present moment is all you have.
Make the NOW the primary focus of your life."*



RECIPE PAGE

Easy Chocolate Pudding

This chocolate pudding is decadent, creamy and delicious, and perfect for chocolate cravings. It's texture is between a chocolate mousse and a pudding. You can adjust it by freezing it for a bit, so the texture is more like a mousse, or you can refrigerate it for a more pudding-like texture.

It uses just 6 ingredients, and comes together quickly in a blender. Serve it with some cocoa powder on top or shaved chocolate for a gorgeous look.

INGREDIENTS

Ingredients

For the base mousse:

- 1 cup (129 g) raw cashews
- 15- ounce (425.24 ml) can full fat coconut milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 2 tablespoons cocoa powder
- 1/4 teaspoon salt
- 3 tablespoons sugar

For the darker layer:

- 1/4 cup (45 g) semi-sweet chocolate chips

For topping:

- cocoa powder or chocolate ribbons made from a grated chocolate bar. You can also top it with some whipped coconut cream or vanilla ice cream.

METHOD

- Make the mousse layer:

Soak the cashews in hot water for at least 15 minutes or preferably for an hour, if you can do this beforehand, then drain and add to a blender with the coconut milk and the rest of the mousse layer ingredients. Blend for a minute, then let the mixture sit for 5 minutes and blend again for a minute. Repeat until the mixture is super smooth and also slightly fluffy.

- Make the darker layer:

In a double boiler, add the chocolate chips and melt until smooth. Then remove from the heat. In that same bowl, add half the blended chocolate mousse mixture and mix in. If your coconut milk mixture was too cold, you may have trouble mixing the mousse mixture with the warmer chocolate. If so, put that bowl back on the double boiler and mix it for a few seconds until well mixed.

Divide the darker mixture between your serving cups, glasses or bowls, and freeze for 15 minutes to half an hour so that it sets a little bit, so that you can pour the other layer on top easily.

- Assemble the pudding:

-Remove the serving bowls from the freezer and pour the remaining mousse mixture on top.

-Chill the chocolate pudding in the refrigerator for at least an hour (see notes).

- Notes:

For a more mousse-like texture, put it the layered chocolate pudding in the freezer for half an hour or so and then serve.

*Nutfree;, use 1 cup of coconut cream instead of the cashews.

*Coconut-free, use an extra 1 cup of raw cashews and blend the 2 total cups of soaked and drained cashews with 3/4 cup of water or non-dairy milk.



POETS CORNER

THE NOT POEM BY ERIN HANSON

You are not your age, nor the size of clothes you wear,

You are not a weight, or the colour of your hair.

You are not your name, or the dimples in your cheeks.

You are all the books you read, and all the words you speak.

You are your croaky morning voice, and the smiles you try to hide.

You're the sweetness in your laughter, and every tear you've cried.

You're the songs you sing so loudly when you know you're all alone.

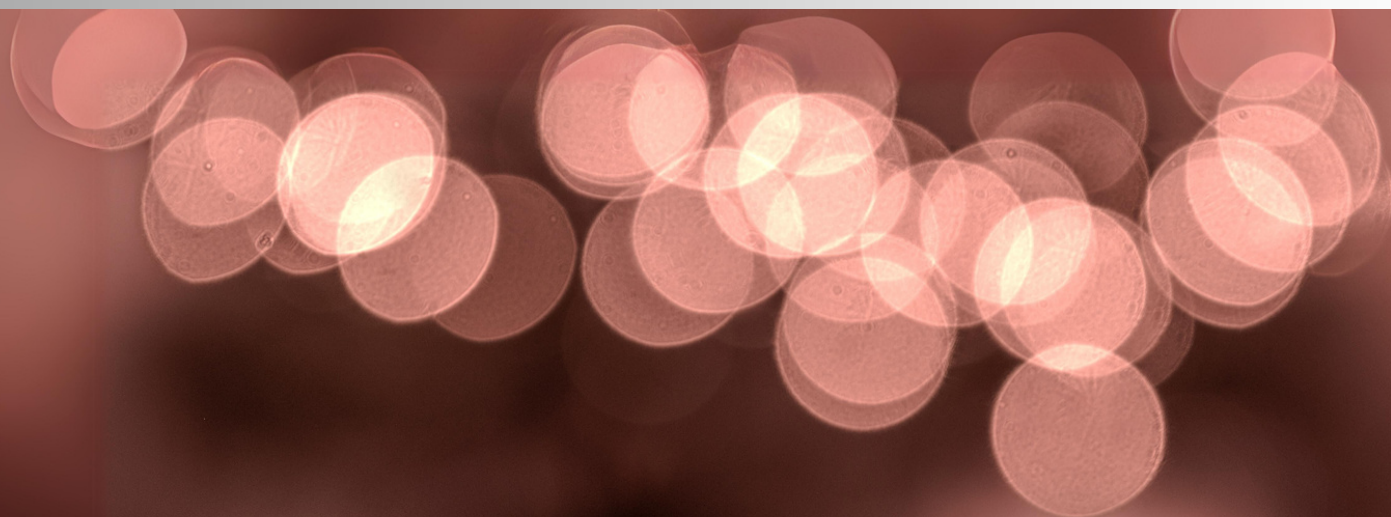
You're the places that you've been to, and the one that you call home.

You're the things that you believe in, and the people whom you love.

You're the photos in your bedroom, and the future you dream of.

You're made of so much beauty, but it seems that you forgot

When you decided that you were defined by all the things you're not.





Wide Bay Fall Prevention Service

Information for consumers, family and carers

The Wide Bay Fall Prevention Service is a pilot project involving Wide Bay Hospital and Health Service (WBHHS), the Queensland Ambulance Service (QAS), the local Primary Health Network (PHN) and the local Neighbourhood Centres.

What's the purpose of the service?

To reduce your risk of repeat falls and improve your health and social wellbeing through comprehensive assessment, access to services, strength and mobility programs and social group support. Our overarching aims are to:

- promote a healthy, active lifestyle
- promote and enhance your independence
- promote social connection
- avoid serious injury and poor health associated with falls

How can you get access to the service?

You can be referred to the Wide Bay Fall Prevention Service through your GP, the QAS or the Emergency Department. If you consent to be referred to the service, your contact information and details about your fall will be provided to WBHHS. A nurse will contact you within 2 working days of receiving the referral to further explain the service benefits and answer any questions you may have.

What can this service do for you?

Options to reduce your risk of another fall may include:

- Strength & mobility training - a 12 week programme
- Short-term restorative care - an 8 week programme
- Social group support - a weekly group exercise programme
- Private non-government providers
- Commonwealth Home Support Programme or Home Care Packages
- Coordination - you may be eligible for extra assistant

Wide Bay Fall Prevention Service

Fraser Coast Email: wbhhs-ics-falls-fc@health.qld.gov.au

Phone: 07) 4325 6191





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

To make an appointment phone:
1300 090 760



**Wide Bay Hospital
and Health Service**



**Queensland
Government**

HERVEY BAY CANCER CARE CENTRE –
MEDICAL PLACE URRAWEEN



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

HAVE YOU RENEWED YOUR MEMBERSHIP?

We have a new membership period. It is from 1 July - 30 June 2024 - please check your current membership! Membership 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

Madsen Medical
Centre, Urraween

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
Website: 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
DV Connect	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:
Wide Bay Women's Health Centre
P O Box 5003,
TORQUAY QLD 4655

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