



# FREMANTLE WOMEN'S HEALTH CENTRE

## Services & Resources for Women's Health & Wellbeing

### Services & Developments

Spring 2017 Newsletter

Welcome to the Spring newsletter! We have been spring cleaning, although technically the work was done in winter. We have replaced the floor coverings in the doctors' and nurses' rooms and completely re-organised our library and information resources.



The walls are much less cluttered, pamphlets are in new display stands, we have a bigger display board, and the library has been reduced to only include the most relevant and up-to-date books. It is now much easier to find what you are looking for, so check out our health and services information when you are next at the centre.

### Strategic Planning

Our Board and staff team have been busily involved in a strategic planning process resulting in a Strategic Plan 2017-20, which will guide our work over the next three years, and an Operational Plan for the first year. A grant from Lotterywest enabled us to engage consultants Jane Forward and Dee Roche to facilitate this process. It involved staff surveys and workshop, Board interviews and workshops, stakeholder agency surveys, our annual client survey and client consultation workshop. Thanks to all of

you who participated and gave feedback about our current services and contributed your ideas about future services and directions for our organisation. The client consultation was so helpful that we plan to do more consultations in the future, focusing on particular groups of women and particular health issues.

### An Overview of 2016-17

2016-17 was a productive year. FWHC maintained a broad range of health promotion, preventive and treatment services with an expansion of group and health promotion work. 1499 women were assisted by doctors, 987 by nurses and 219 by counsellors. Nurses provided telephone health information to 1302 women.

The most common medical and nursing issues were pap smears, contraception, breast examinations and STIs. The most common counselling issues were anxiety and depression, with a high proportion of women having experienced domestic violence (36.1%).

77.4% of our clients were self-referrals, 46.1% were born overseas, and 3.4% were indigenous. Women came from all parts of our region with the highest proportion from the City of Cockburn.



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Opening Hours  
Monday—Friday  
8.30 am—4.30 pm

## Health Promotion

This year Mental Health Week runs from the 7th – 14th of October. It's an opportunity to promote awareness about mental health and wellbeing. The 2017 theme is Connect with Nature, Community and Self for Mental Wellbeing.

Fremantle Women's Health Centre (FWHC), together with BreastScreen WA and the City of Fremantle, have organised the 7<sup>th</sup> annual Fremantle Women's Health and Wellbeing Expo for Tuesday October 10th to celebrate World Mental Health Day. This free event will give women an opportunity to come and try a range of physical and mental wellbeing activities in a safe and friendly environment. Women can also get reliable health and community service information from over 30 stalls.

Health Promotion Officer at FWHC, Carine Rowlands, says that by engaging women in various have-a-go activities, such as yoga, fit ball and circus skills, we hope to build

confidence in women to seek out opportunities to be active in their local communities. Other featured activities for the day will be Zumba Gold, Mindfulness, Rebound Movement, Pilates, a Tai-Chi Demonstration, Wu Tao Dancing, e-bikes and musical entertainment.

There's something for everyone to come and try or watch! Each of the activities is free to try, will be about 15-30 minutes duration and be suitable for all abilities and ages.

For any women who are interested in doing yoga on a regular basis, FWHC does have various FREE yoga sessions being run by The Yoga Space teacher trainees. It is Hatha Vinyasa style yoga, all levels and ages are welcome, and no previous yoga experience is required. Please see the FWHC Facebook page for the latest information regarding days and times. To find out more about The Yoga Space go to [www.yogaspace.com.au](http://www.yogaspace.com.au) or email [info@yogaspace.com.au](mailto:info@yogaspace.com.au).

## Upcoming Events



**CELEBRATING 50 YEARS**

# MENTAL HEALTH WEEK

**7-14 OCTOBER 2017**

Connect with **nature**  
Connect with **community**  
Connect with **self**  
for mental wellbeing

#MHWTurns50 #MHW2017

[@MentalHealthWeekWA](https://www.facebook.com/MentalHealthWeekWA) [mhw.waamh.org.au](http://mhw.waamh.org.au)  
[@mentalhealthweekwa](https://www.instagram.com/mentalhealthweekwa) [@TheWAAMH](https://twitter.com/TheWAAMH)

 WAAMH  
Western Australian Association  
for Mental Health  
 50  
MENTAL HEALTH WEEK  
2017-2017  
 Mental Health  
Commission

## Fremantle Women's Health & Wellbeing Day 2017



**FREE EXPO**  
Stalls  
Activities  
Creche &  
Entertainment

**Zumba Gold**  
Yoga  
Pilates  
Circus Skills

**Celebrate Women's Health on World Mental Health Day!**

**Light refreshments provided**

**Limited places available for activities & creche**

**Prizes & Giveaways**  
Including an Upcycled bike!

**When** Tuesday 10 October 2017 | 10:00am - 1:00pm

**Where** Fremantle Town Hall  
8 William Street  
Fremantle WA  
600m walk from Fremantle Train Station

Contact Fremantle Women's Health Centre on 9431 0500 or [healthpromotion@fwhc.org.au](mailto:healthpromotion@fwhc.org.au) for more information





## Health Information

### What is Mindfulness?

Mindfulness suggests that the mind is fully attending to what's happening, to what you're doing, to the space you're moving through. That might seem trivial, except for the annoying fact that we so often veer from the matter at hand. Our mind takes flight, we lose touch with our body, and pretty soon we're engrossed in obsessive thoughts about something that just happened or fretting about the future. And that makes us anxious. Yet no matter how far we drift away, mindfulness is right there to snap us back to where we are and what we're doing and feeling. If you want to know what mindfulness is, it's best to try it for a while. Here's an all-purpose definition that treats mindfulness as a quality that every human being already possesses, rather than something we have to conjure up: Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. While mindfulness is innate, it can be cultivated through proven techniques, particularly seated, walking, standing, and moving meditation (it's also possible lying down but often leads to sleep); short pauses we insert into everyday life. When we meditate it doesn't help to fixate on the benefits, but rather to just do the practice, and yet there are benefits or no one would do it. When we're mindful, we reduce stress, enhance performance, gain insight and awareness through observing our own mind, and increase our attention to others' well-being. Mindfulness meditation gives us a time in our lives when we can suspend judgment and unleash our natural curiosity about the workings of the mind, approach our experience with warmth and kindness—to ourselves and others. Think you cannot do mindfulness or that you have no time? Try these 2 simple practices that you

can integrate into your everyday life.

### Cuppa meditation

When you have a quiet moment, take a moment to really focus on yourself.

- Prepare yourself a warm drink. An aromatic one works best for this; coffee, tea or herbal tea, Milo, chocolate.
- While the kettle is boiling, prepare a comfortable space. Dim the lighting and you could put some relaxing music on.
- Make your drink and settle yourself into your prepared space.
- Start off by just focusing on the drink. What colour is it? Is it clear or milky?
- Hold your drink up to your face and feel the steam on your mouth, nose and cheeks.
- Gently blow on it. Feel the steam, then the cooling on your face.
- Breathe in and notice the fragrance. Enjoy the aroma for a while. Breathe it in deeply right down into your lungs.
- Now take a sip and notice the warmth.
- Notice the taste. Is it sweet, tangy, slightly bitter, very bitter? Is there more than one taste?
- Take another sip and swallow, then breathe in through your mouth and feel the chill of the air going in your mouth.
- If your mind wanders, simply notice where it went and bring it back to the present moment.
- Continue to enjoy your cuppa and all of the sensations that come with it while you sit back and relax.

Mindfulness definition from [mindfulness.org](http://mindfulness.org).

### Chocolate meditation

Choose some chocolate, either a type that you've never tried before or one that you have not eaten recently. It might be dark and flavoursome, organic or fair-trade or, perhaps, cheap and trashy. The important thing is to choose a type you wouldn't normally eat or that you consume only rarely. Here goes:

- Open the packet. Hear the sound of the wrapping. Inhale the aroma. Let it sweep over you.
- Break off a piece and look at it. Really let your eyes drink in what it looks like, examining every nook and cranny.
- Pop it in your mouth. See if it's possible to hold it on your tongue and let it melt, noticing any tendency to suck at it. Chocolate has over 300 different flavours. See if you can sense some of them.
- If you notice your mind wandering while you do this, simply notice where it went, then gently escort it back to the present moment.
- After the chocolate has completely melted, swallow it very slowly and deliberately. Let it trickle down your throat.
- Repeat this with one other piece.

How do you feel? Is it different from normal? Did the chocolate taste better than if you'd just eaten it at a normal breakneck pace? Do you feel fuller than normal, more satisfied?

For more info regarding mindfulness, check out the Smiling Mind website, [mindfulness.org](http://mindfulness.org) or Black Dog Institute. Counselling is available at FWHC if you are struggling with stress, anxiety and/or very low mood.

Chocolate meditation from *Mindfulness: An Eight Week Plan for Finding Peace in a Frantic World*.

## FWHC Services

### General Counselling

Individual counselling is available for women experiencing difficulties across a wide range of issues, including: stress and anxiety; depression; bereavement and loss; trauma; relationships; domestic violence; parenting concerns; low self-esteem and much more ...

### Perinatal Counselling

The centre provides individual counselling for women experiencing antenatal and postnatal depression, anxiety and / or stress.

Counsellors are available Monday - Friday by appointment.

### Medical Services

Female doctors are available by appointment Monday—Thursday for a range of women's health issues.

### Nursing Services

Nurses are available Monday-Thursday for well-women checks before doctors' appointments, by appointment for Pap smears, and for walk-in STI (sexually transmitted infection) screening. For the screening service no appointment is needed and it is available Monday-Thursday 9am - 3pm.

Health information is available at appointments, by dropping into the Centre to collect brochures, or from the nurses by phone.

### Crèche

Child minding is available Wednesday morning for the postnatal support group and Thursday mornings for appointments. Bookings are required.

## Other Services at FWHC

### Continence Advice

A continence nurse is available on Mondays to advise on how to manage and improve symptoms of incontinence. This is a free service provided by Silver Chain to women on pension and health care cards who have had symptoms for six months or more. Phone 1300 787 055 for an appointment.

### Counselling for Carers

Counselling for carers is available on Tuesdays on a fortnightly basis. This is provided by Carers WA. To make an appointment phone 1800 007 332.

## Ongoing FWHC Groups

Time Out for Mums Group

Wednesday 10 am - 12 noon

Over Eaters/Anonymous

Wednesday 7.30 pm

Free Yoga

Varied days & times

Portuguese Women's Group

Thursday 2 pm - 4 pm

Wise Women Exercise

Thursdays 2 pm - 3 pm

Massage Courses & Workshops

Beginners therapeutic and hot stone massage classes are taught by Kay Griffiths, who has 33 years teaching experience. She has been holding classes at FWHC for many years. If you would like to learn more about her classes, please call her on 0414 408 541.

To access services an annual  
**FWHC Support Fee**  
is required:  
\$30 full fee /\$15 concession

# DUKKAH

1/2 cup raw, unsalted macadamias

1/2 cup raw, unsalted hazelnuts

1/2 cup raw, unsalted pistachios

1/4 cup white sesame seeds

1/4 cup black sesame seeds

2 Tablespoons whole corianders seeds

2 Tablespoons whole cumin seeds

1 Tablespoon turmeric powder

1 heaped teaspoon of sea salt or 1 teaspoon fine Himalayan salt

1/2 teaspoon fresh cracked pepper

Heat a pan on low heat and toast nuts, stirring for 3-4 minutes. Place nuts in a food processor or large mortar and pestle and grind until coarse crumbs, then add to a mixing bowl. Add sesame seeds to the pan and toast on low heat, stirring for 2-3 minutes, then add to the nut mix. Add coriander and cumin seeds to the pan and toast over medium heat while stirring for 2 minutes. Add toasted seeds to mortar and pestle along with the salt and grind until finely ground, then add to the nuts and seeds mix. Add turmeric powder and fresh cracked pepper, combine well and transfer to an airtight jar and store in the fridge.

We dip our paleo bread into virgin olive oil then into the dukkah. Or we sprinkle it onto salads, soups, roast veggies, any types of grass raised meats or sustainable fish. Sometimes we just gobble a teaspoon or two straight. You can use different nuts, or if you have nut allergies you can use just seeds like sunflower and pumpkin, and you can play around with different spice blends too. Sometimes we add saffron to the mix.

Recipe paraphrased from  
Pete Evans