



# FREMANTLE WOMEN'S HEALTH CENTRE

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

### Services & Developments

### Summer 2017 Newsletter

Welcome to the Summer Newsletter! Another year is nearly over and there is a lot to let you know about.

#### Staff Changes

Our Clinical Nurse Fran is on maternity leave for 12 months. Sandie is relieving until we close over Christmas /New Year and we have recruited Anna Hayne to work Tuesdays and Wednesdays during 2018.

Our Executive Director Diane Snooks will be resigning at the end of February after ten years at Fremantle Women's Health Centre.



Diane says that she is proud of the services that FWHC provides women in the community and it will be difficult for her to leave all the wonderful women she has worked with. However, she is looking forward to the more relaxed pace of semi-retirement.

#### New Website

We are in the process of upgrading our website, which hopefully will be operational early in 2018. So check out the new design and information.

Please give us some feedback so we can keep improving it.

#### Annual Report

Our latest annual report is available in hardcopy at FWHC or we can email you a copy if you are interested. To request a copy, email [enquiries@fwhc.org.au](mailto:enquiries@fwhc.org.au). It is not available on the website until our new website is operational.

#### Strategic Plan 2017-20

Our new Strategic Plan on a page is in the annual report and will be available on the new website.

#### Quality Review

FWHC receives funding from the Mental Health Commission (MHC) for our perinatal counselling service to pregnant and postnatal women who may be experiencing or at risk of stress, anxiety and/or depression.

Every three years MHC engages an independent review team to evaluate the quality of the services provided. The aim of the review is to ensure high quality services and continuous improvement.

We are currently being reviewed and as part of that the team is interviewing staff and clients to get feedback on our counselling service. Thank you to those of you who have already been interviewed or have agreed to be interviewed. It is much appreciated.

#### Counselling at Coolbellup

From the beginning of 2018, we will be providing counselling at the Coolbellup Hub on Mondays for women who reside in the City of Cockburn area. The counselling will be available for women with perinatal and/ or family and domestic violence issues. The City of Cockburn provides counselling for other counselling issues.

## Health Promotion

### Emergency Contacts

If you have any urgent health issues while we are closed for two weeks over Christmas/ New Year (18 December to 1 January), then these are the services and contact numbers that you need to know. They all operate 24 hours/day:

- \*Police 000—threats to personal safety
- \*Ambulance 000—emergency health/accidents
- \*Fiona Stanley Hospital Emergency Department
- \*Health Direct 1800 022 222—health advice
- \*Crisis Care 1800 199 008—personal & family crises
- \*Lifeline 13 11 14—personal crisis
- \*Mental Health Emergency Hotline 1300 555 788
- \*Women's Domestic Violence Help Line 1800 007 339
- \*Sexual Assault Resource Centre 1800 199 888



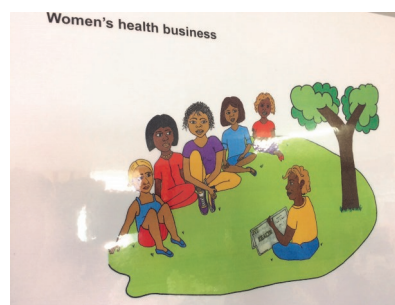
## Events

### Fremantle Women's Health & Wellbeing Day 2017



This expo, held on October 10 2017 at the Fremantle Town Hall, was a great success. There were over 200 women in attendance, 42 stalls and 9 activities for women to try.

### International Women's Day at FWHC



**Thursday  
8th of  
March  
2018**

**The theme next year is  
#PressforProgress.**

**Save the date and  
check out our Facebook page  
for details in 2018.**



## Focusing on social and emotional wellbeing

“The new national strategic framework for Aboriginal and Torres Strait Islander people’s mental health and social and emotional wellbeing (SEWB) has been launched. SEWB is a multifaceted concept that has particular meaning for Aboriginal and Torres Strait Islander people. SEWB may be defined as ‘a multidimensional concept of health that includes mental health, but which also encompasses connection to land or ‘country’, culture, spirituality, ancestry, family and community. Colonisation has had a systematically profound impact on Aboriginal and Torres Strait Islander peoples’ traditional cultural practices and by implication on their SEWB.

The World Health Organization (WHO) defines mental health as a state of social and emotional wellbeing in which individuals can cope with the normal stresses of life and realise their potential. Mental health problems can be characterised by reduced cognitive, emotional, or social functioning, but not to the extent that the criteria for a mental illness are met. For Aboriginal people broadly speaking, the structure and cultural practices of traditional society have buffered the impacts experienced since colonisation. Similarly, for Torres Strait Islander people, traditional cultural practices enhanced the likelihood of better health outcomes, including SEWB. Among Aboriginal and Torres Strait Islander people, commonly reported personal stressors were fairly consistent for males and females, however a greater proportion of females than males reported experiencing one or more specific stressors (70% and 66% respectively).

Also providing an indication of a person’s state of SEWB is the degree to which they experience positive feelings. In the 2012-2013 AATSIHS, 91% of Aboriginal and Torres Strait Islander respondents reported feeling happy either some, most, or all of the time. However, concerning proportions responded ‘a little/none of the time’ to questions relating to having ‘lots of energy’ (21%), a sense of calmness and peacefulness (18%) and fullness of life (19%). The absence of comparable data precludes definitive statements about the relative positive wellbeing of Aboriginal and Torres Strait Islander and non-Indigenous people, but the greater frequency of psychological distress in the Aboriginal and Torres Strait Islander population, together with the types and numbers of stressors reported, suggests Aboriginal and Torres Strait Islander people experience lower levels of SEWB than non-Indigenous people.” (paraphrased from Australian Indigenous HealthInfoNet online. All references are

available in the original document.)

The fact that “the 2008 Household income and labour dynamics in Australia survey (HILDA) found that holding a wide range of other factors constant, overall life satisfaction was significantly higher for Aboriginal and Torres Strait Islander people compared with non-Indigenous Australians,” (Australian Indigenous HealthInfoNet) suggests that the concept of SEWB could have relevance for many non-Indigenous Australians as well. Compared to mental and physical health, emotional and social wellbeing are not concepts we usually hear very much about. This article looks at what emotional well-being could mean and in the next newsletter we will take a look at what meanings social well-being could have.

What is emotional well-being? “Being emotionally healthy does not mean you are happy all the time. It means you are aware of your emotions. You can deal with them, whether they are positive or negative.” ([www.aafp.org](http://www.aafp.org)) This may be easier said than done. Mindfulness practice is a rather counterintuitive form of self-care, but it may help us to work through painful emotions, versus activities which merely distract us in the short-term. However effective it may be, paying attention to one’s emotions is a hard thing to do, even when it comes to our positive emotions. Terri Cheney, who for over a decade facilitated a mental health support group at the UCLA Neuropsychiatric Institute, speaks about the “superstitious fear” of acknowledging happiness among those who have struggled with mental illness. In her article “Feeling Guilty for Feeling Good,” she describes the deep resistance people can have to accepting positive emotions when they come up. She calls it “honouring the depression.” ([www.psychologytoday.com/blog/the-bipolar-lens](http://www.psychologytoday.com/blog/the-bipolar-lens))

However, this avoidance of happiness could be an inherent aspect of being human. Our brains are neurologically geared to react more strongly to negative stimuli than to positive. ([psychologytoday.com](http://psychologytoday.com)) This “negativity bias” obviously poses problems for our emotional health. However, “focusing on positive emotion seems to increase the amount of pleasure that one gets. A commonly used intervention is ‘savouring,’ thinking about a good feeling while following a procedure to ensure one really relishes it.” (*Emotional Well-Being and Mental Health: A Guide for Counsellors & Psychotherapists*, D. Tantam, 2014). This means that “honouring the happiness” may be as worthwhile a form of self-care as attending to negative emotions. The Indigenous teacher, Miriam Baumann, speaks about the Aboriginal meditative practice ‘Dadirri.’ Baumann says Dadirri is “being still, deep listening and being aware.” According to Baumann, “You have to look into yourself to find that spirit. There’s a spring within you. Nurture the spirit.” ([www.abc.net.au](http://www.abc.net.au))



## 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—Friday 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**



## Nougat ice-cream with pistachios and glacé fruits

**This is a perfect dessert for a hot Australian Christmas. You don't need an oven or even an ice-cream machine to make it!**

### Ingredients

**60 g** almonds, cut into pieces  
**30 g** pistachios  
**2 tbsp** caster sugar  
**2** egg whites  
**50 g** honey  
**2** egg yolks  
**100 ml** cream, whipped to a soft peak  
**3 tbsp** diced mixed glacé fruits  
**Raspberry coulis**  
**300g fresh/ frozen raspberries**  
**1/2 lemon juiced**  
**1 orange, juiced**  
**2 tbsp** caster sugar

### Instructions

You will need to start this recipe one day ahead. Lightly grease 6 x 250ml moulds or 1.5L rectangular mould, line with plastic wrap, leaving the sides overhanging. Place the nuts in a pan over medium heat, shake until lightly toasted but not browned. Add 1 tbsp sugar, stir until it caramelises and coats the nuts. Transfer the nuts to a baking paper lined tray, set aside to cool, then break up the nuts until separated. Using electric beaters, whisk the whites until just before stiff peaks form. Place the honey in a small saucepan and bring to the boil for 10 seconds. Gradually beat the honey into the beaten whites until the whites have cooled down. Beat the egg yolks with the remaining sugar until light and creamy, then fold this into the cold beaten egg whites. Fold in the whipped cream, glacé fruits and three-quarters of the caramelised nuts. Spoon the mixture into the moulds., cover the top with wrap, then freeze overnight or until frozen. To make the raspberry coulis, place all the ingredients in a blender and puree until smooth. Strain through a fine sieve, discard the seeds, then refrigerate until needed. To serve, invert the ice-creams onto cold serving plates, remove the wrap. Scatter with remaining nuts and pour coulis around the outside.  
**Recipe adapted from Gabriel Gate on SBS Food online**