

Accomplishments and key achievements

New Information Communication and Technology systems which are integrated and paperless, more responsive to reporting, evaluation, planning and modelling needs.

Regular placement opportunities for interns and students to contribute to their own course of study and bring new perspectives into the service.

Involvement with WA and National Family and Domestic Violence initiatives with the aim of reducing family trauma.

Undertook comprehensive "FWHC Service Model and Evaluation Framework" review, which highlighted opportunities for increased service delivery in Fremantle, Cockburn and Melville Local Government Authorities.

Renewed environmental sustainability focus evident through our organic community garden and minimizing environmental impact.

Quarterly partnership engagement events which combine public health and place-based activation.

Future Plans

Establishing a social enterprise model for medical services

Accreditation against the *National Standards for Mental Health Services (2010)*

Providing Circle of Security Parenting Programs

Strengthening intake and assessment processes to ensure women receive wrap-around specialist women's health services

Innovate a new Community Connector model to position FWHC services within the social determinants of health framework

New *FWHC Strategic Plan 2021-2026*



Annual Report 2019 - 2020

Fremantle Women's Health Centre (FWHC) is a not for profit community-based health organisation and provides a range of health promotion, prevention and treatment services for women's mental health and wellbeing as well as sexual and reproductive health.

We prioritise the needs of women with the highest risk of poor health outcomes, through provision of services based on a social model of health.

We acknowledge the Traditional Owners of the country of which we live and work, the Whadjuk people of the Noongar Nation and pay our respects to Elders, past present and emerging.



Acknowledgements and thank you

Thank you to all our supporters, volunteers and students who have given their time and expertise to FWHC during the past financial year. We could not do this without you. If you are interested volunteering or doing a student placement with us, please contact enquiries@fwhc.org.au

Thank you to the City of Fremantle for funding the FWHC Community Garden Project and Perth City Farm and Freo Men's Shed for their help with planting, and Tony for keeping the garden growing. To get involved in the community garden please contact enquiries@fwhc.org.au.

FWHC is a registered charity and donations make a big difference to our ability to provide new services. If you would like to make a donation, which would be appreciated and acknowledged, please email us.

We would also like to thank our donors big and small who have contributed to FWHC over the past financial year.

FWHC acknowledges and thanks our funders:



Government of Western Australia
Mental Health Commission



Government of Western Australia
North Metropolitan Health Service
Women and Newborn Health Service



114 South Street, Fremantle
PO Box 8014, Hilton WA 6163

Phone 9431 0500
Fax 9430 7862

enquiries@fwhc.org.au
www.fwhc.org.au

Vision: Women in our community are empowered to prioritise their health and wellbeing.

Purpose: Our purpose is to provide high quality medical, nursing, counselling and health promotion services to women. We are a highly qualified interdisciplinary team who specialise in women's sexual, reproductive, and mental health issues. Visit www.fwhc.org.au for more information.

Values: Inclusive, Empowering, Accessible, Professional, Affordable

Goal: Provide a welcoming environment with high quality, professional, affordable and accessible health and wellbeing services for women 16 years or older, who live or work in the Fremantle, East Fremantle, Cockburn, and Melville regions. Our goal is to be a service where women can feel welcome and safe with staff who will always take the time to listen and understand.

Service focus 2020-21:

- Family and Domestic Violence
- Sexually Transmitted Infections
- Nurse-led well women's screening and early intervention clinics
- Mental wellbeing and social inclusion

Chairperson's Report

Dr Jennie Gray, Chair



Who would have thought, after the disruptions and challenges we experienced last year – various changes in leadership, uncertainty in funding, and exploring new ways of working, to name a few – that we find ourselves here in 2020. The spread of the COVID virus prompted rapid changes in the way we delivered services and produced hardship and difficulties in the lives of people that we were previously unaware of.

Although it can happen to any of us, it is of no surprise to us that this adversity disproportionately impacted women. Gender inequality, the most pervasive form of discrimination, was fast tracked. The escalation of rates of domestic and family violence has been well documented. Women's over-representation in precarious employment arrangements, combined with our under-representation in executive roles, meant that we were also much more susceptible in the economic downturn.

Throughout this crisis we saw the team at Fremantle Women's Health, very ably led by Peta Wootton, pivot

and adapt, tirelessly continuing to provide support to clients whilst also managing the upheaval all of us were concurrently encountering in our own lives. An incredible feat that the Board would like to acknowledge.

COVID chaos has changed the way we think about vulnerability and risk. Renewed and sustained efforts to redress gender inequality is needed now more than ever. The pandemic has shown us that a place-based response is essential to the agenda of building resilience in recovery. To use a pun, we are very well placed to contribute to this.

In addition to the team I would like to extend a big thanks to the Board members, current and especially departing, that I have had the great privilege of working with. This year sees newcomers in the office bearer positions and it is exciting to have the Centre in these capable hands, enthusiastic to continue progressing respectful, safe and equal communities through access to integrated and inclusive women's health care services.

CEO's Introduction

Sowing seeds of change

Peta Wootton



I am very proud to present *FWHC Annual Report 2019 – 2020* which summarizes a unique twelve-month period for our service and the West Australian community.

The resilience of FWHC clients and workforce was evident throughout COVID-19 as we provided uninterrupted medical, nursing and counselling services and joined regional pandemic responses. Disruption can present an opportunity for growth and this was evident in the way our communities mobilized neighbor-to-neighbor networks, how support groups embraced technology and moved on line and in the focused resolve of service providers to continue to advocacy and practice.

I thank all FWHC staff who have contributed to our work over the twelve-months and express gratitude to the Board of Management for their support.

Client Introduction

Hope and Heart

Freo Women's Health Centre is unique because it offers the relatives of victims of Domestic Violence support and I can't thank the doctors and staff enough for their compassion and care.

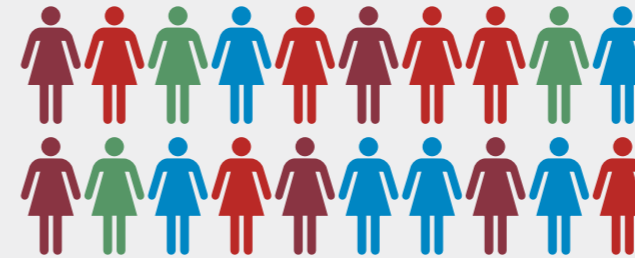
I learnt coping strategies in a safe environment where cost was not a barrier and when you put that together with the friendly and welcoming kitchen and familiar staff who even share their surplus vegetables with you: you know you've come to the right place.

I am truly grateful to the warm and real women of FWHC hope and heart: Thank you.

Client and Community profile over the twelve-months

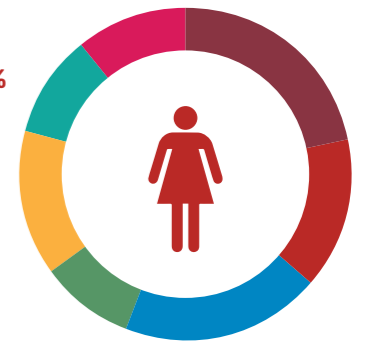
Top three reasons for counsellor presentation were **depression, anxiety** and **trauma**.

Counsellors saw **202** clients and provided nearly **580** counselling sessions.

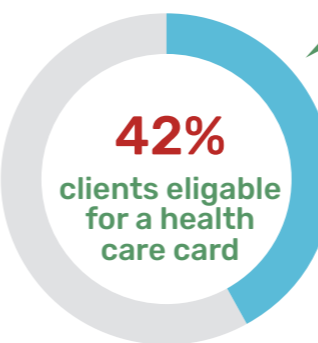


Reasons for doctor presentation

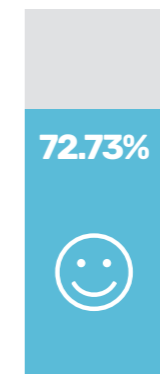
Cervical screening **15.8%**
 Menstrual problems **10.5%**
 Contraception **14.2%**
 STI screening **6.6%**
 Medical **10.1%**
 Mental Health **7.3%**
 Vaginal issues **7.7%**



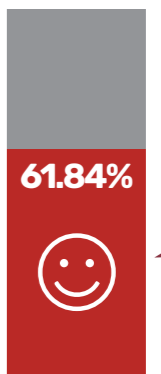
1057 Nurse consultation appointments



HCC are an indication of financial and social vulnerability and an inability to fully participate in the economy and community life more broadly.



percentage of clients who reported improved health and wellbeing after interacting with FWHC during COVID restrictions.



percentage of clients who reported having more strategies, awareness and self-efficacy regarding their mental or physical health during COVID restrictions.

What we heard from stakeholder consultations

City of Fremantle states the FWHC is a vital organisation in our community. Their willingness to work collaboratively across the community services sector in order to achieve key outcomes for the women of Fremantle is to be commended. This is evident in the strong stakeholder relationships they have built and maintained over their tenure. Our direct experience with FWHC has always been one of positivity with constructive conversations and meetings that lead to action.

Meerilinga Parenting Service and FWHC have built a solid, mutually respectful relationship

focused on service outcomes. The partnership has included a networking meeting for staff from several agencies immediately following COVID lockdown where professionals connected and discussed challenges and opportunities. This was valuable for attendees and feedback was very positive. We have also partnered to provide a parenting program (Parenting by Connection six week Starter Class) for mothers from a Culturally and Linguistically Diverse background. The program received exceptional feedback, and parents appreciated the creche facility as well as learning more about the services offered at FWHC. A number

of participants have pursued these services since attending the parenting program.

Carers WA has been collaborating with the FWHC for a number of years, by way of providing a space to deliver our counselling services to carers. The centre is well respected in the community and is a safe and comfortable space for carers to come to.

We look forward to continuing with our relationship, and working together to maximise the health and well-being of our respective communities.