

# HOBART WOMEN'S HEALTH CENTRE NEWSLETTER



## SPRING 2011

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## Future Shock - Are you financially fit?

by Shirley O'Toole

October is a busy month with Seniors' Week, Mental Health Week and Anti-Poverty Week. It is interesting, reflecting on these weeks and teasing out and deepening the connections between them and the social determinants of health explored in the *National Women's Health Policy 2010 (p8)*. These are sex and gender, life stages, access to resources and diversity.

In her paper titled *It could be you: female, single, older and homeless (2010)*, Ludo McFerran highlights a concerning trend that, as women age they become at greater risk of homelessness. Why are the risks greater for older women? **Women experience entrenched financial disadvantage.** This disadvantage stems from:

**women earning an average of 18% less than men.** In her article for Hobart Women's Health Centre (HWHC) Newsletter last November, Robin Banks, Tasmania's Anti-Discrimination Commissioner, highlighted the growing gap between salaries for women and men in full time employment. While recognising progress had been made, this stalled in the 1990s and is now widening again. In the twelve months prior to May 2010, full-time wages increased by 5.8% for males and 4.9% for females. The pay equity gap means "women spend their working lives living closer to the poverty line than men."

**the high levels of part-time and casual employment among women.** The ABS in their 2007 publication "One Parent Families", states 32% of lone mothers work part-time. 39% of partnered mothers work part-time. The ACTU puts the number of women in casual employment at over 1million, which accounts for over 50% of all casual employees.

**their lower and often disrupted contribution to superannuation.** The discrepancy in salaries highlighted previously has flow-on effects for superannuation and means women are much more likely to be living on inadequate levels of income after retirement. Because employers only have to make a contribution to superannuation once an employee's gross salary reaches \$450 per month, women who have been in casual employment throughout their working life are at a greater risk of poverty in their retirement.



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**separation and divorce** –“the financial impact of divorce on women is now well known. Women’s disposable income commonly decreases following separation, limiting their capacity to accumulate superannuation or voluntary savings” (McFerrin 2010 p13). Women who have experienced domestic violence in their marriage are three times more likely to receive less than 40% of the family assets (ibid).

Other factors contributing to increased risk of poverty and/or homelessness for older women are:

**the lack of affordable housing.** According to @Home property management, rents have decreased recently. However, the average cost of renting a 2 bedroom unit in Hobart is \$270 per week, Launceston is \$210, while the north-west is \$200. Housing Tasmania (HT) has a waiting list of over 3,000 applicants, 53.8% of whom are lone households. While HT does not do a gendered analysis of applicants, it is fair to assume the percentage of women waiting for public housing would be on parity with men.

**poor physical and/or mental health.** Analysis of data from the *Australian Longitudinal Study on Women’s Health* reveals “women are disproportionately affected by mental illness and mental disorders have been estimated to represent the highest burden of illness for Australian women” (National Women’s Health Policy, 2010 p52). Social factors such as poverty, discrimination and harassment, intimate partner and sexual violence and the burden of caring responsibilities all contribute significantly to women’s mental health and wellbeing especially anxiety and depression.

**domestic violence.** Domestic violence takes a huge toll on the physical, emotional and financial wellbeing of women. Women are still leaving their homes, their communities of support and - in some instances - their jobs to ensure their safety. Domestic violence can cause a spiralling into poverty which results in lifelong hardship.

**age and race discrimination.** The Victorian government has recognised racism contributes to poor mental health and in 2009 introduced a three year project, LEAD (Localities Embracing and Accepting Diversity). The project is based on VicHealth’s Building on our Strengths: A framework

to reduce race-based discrimination and support diversity in Victoria. Age and race can inhibit workforce and social participation, lead to social isolation and expose women to the subsequent health risks associated with poverty, homelessness and loneliness.

## CONCLUSION

In drawing together the issues of poverty, ageing and mental health and examining them within the context of the National Women’s Policy, it is apparent there is much to be done to ensure women’s health and wellbeing throughout the course of their lives. In our current submission on the Senior’s Policy for Tasmania, we have suggested the Tasmanian Women’s Health Program staff be consulted to ensure a gendered approach to ageing informs the policy. Housing Tasmania could also be encouraged to provide a gendered analysis of the waiting list and tenancies, to ensure an accurate picture of the housing needs of women. It is well recognised secure, affordable, appropriate housing is a contributing factor to health and wellbeing. It is a foundation for recovery from mental illness and maintaining health and wellbeing, finding employment and/or undertaking training and building local supportive networks.

## We are marking these weeks!

During Mental Health Week, we welcome you to **Indulge** at Hobart Women’s Health Centre Open Day on Monday October 10<sup>th</sup>. Activities throughout the day include TaKe TiNa, Tai Chi, Hand Massage. Bring your own lunch and enjoy some entertainment as you relax in our welcoming environment. See page 11.

On Wednesday October 12, we are participating in the Mental Health Week Expo at City Hall. The Expo brings together different services to present a range of interactive activities. Look out for our table!

During Anti-poverty, week we are holding a workshop “*Are You Financially Fit?*”. See page 3

## References

McFerran, Ludo ( 2010), *It could be you: female, single, older and homeless*, Homelessness NSW, Older Women’s Network , St Vincent De Paul Society and Australian Domestic and Family Violence Clearinghouse

Department of Health and Ageing, (2010), *National Women’s Health Policy 2010*, Commonwealth of Australia

VicHealth website: [www.vichealth.vic.gov.au](http://www.vichealth.vic.gov.au)

## LEADING FEMINISTS

The 100<sup>th</sup> anniversary of International Women's Day has inspired us here at HWHC to introduce this new column to the newsletter. Each edition we will feature a feminist who has inspired us with her commitment and passion.

In determining who the first feminist to feature should be, we decided unanimously we could not go past Eva Cox. We put the following questions to Eva for her comment.

### ***When and how did you become involved in the feminist movement?***

Formally in 1972, when I was one of the early members of Women's Electoral Lobby (WEL) and we formed to interview the politicians in the coming election about their views on women's issues. They didn't have a clue what to say!

### ***What inspired you to become involved?***

I was always a feminist, from a very young child who was denied the drum in preschool because boys got them. I read de Beauvoir's *The Second Sex* in the 1950's and Betty Friedan in the sixties, so was ready for the second wave in the seventies.

### ***What do you consider your greatest achievement to be?***

Putting feminist views on the policy agenda. Making those in power listen, at least for some time, and changing views on many subjects. I enjoyed my 1995 chance to give the ABC Boyer lectures on *A Truly Civil Society* and am still trying to make us one.

### ***What do you consider to be the greatest achievement of the movement?***

We have made many gains in legal equality, but have failed to change cultural and institutional inequalities. There are still the difficult bits to do.

### ***How do you respond to young women who question the value of feminism?***

Remind them they do not have the choices they think they have. Combining parenting and jobs is not an easy option for women and it should be for all, not just for men.

### ***How do you stay inspired in the face of lack of progress on issues for women such as the ongoing disparity in pay rates for women and the levels of violence against women?***

I am a slow learner or maybe an optimist. Inequities really annoy me, so can't resist trying to change the world.

### ***What is the one thing you would like to say to young women about feminism?***

You need to reinvent feminisms to tackle continuing and new gender inequities in the current world. Don't just follow us, and don't assume the changes we have made are here to stay.



Eva Cox

## Positive Thinking and Meditation

Explore the power of thoughts and how they affect what happens in our lives

Change negative patterns of thinking

Develop personal powers for a positive approach to life

Four week course run by Alice Hawrylock

10:30 - 11:30 am Thursdays

October 27, November 3, 10 & 17, 2011

To book please call the Centre on 6231 3212

## Birth and Beyond

Birth and Beyond North Hobart is a mothers group for women interested in birth and parenting. Babies and children are welcome.

Please bring a piece of fruit.

Every second Friday of the month  
10 to 11:30 am

The dates for this season are as follows:  
September 9, October 14 and November 11



Phone Kelly for more information on 0411 127 870.

# Nurse Practitioner

## Another innovation for Hobart Women's Health Centre

As many women know, the Hobart Women's Health Centre has offered "well women checks" including pap smears as part of the GP service for many years until August 2010. Despite our best efforts we have not been able to secure a Doctor since then.

However, a happy solution has been achieved with our new and exciting arrangement with Lyn Fish. Many women will know Lyn who has been visiting the Centre for over a year as the Community Health Nurse. Her listening style and extensive knowledge has made her a favourite with both staff and those who use the Centre.

Lyn has been working hard and is now a Primary Health Nurse Practitioner with additional qualifications and

experience in well women checks and she is available for pap smears from September 6, three mornings a week - Tuesdays, Wednesdays and Thursdays.

Lyn will not be employed by the Centre but she will be operating within the Medicare system with bulk billing available.

The Hobart Women's Health Centre, has a long history of innovation in women's health and we are proud to be supporting a trailblazing service once again. We are exceptionally fortunate Lyn has chosen our Centre as a preferred work place and we know she will be an enormous asset to our team.

Appointments may be made by ringing 6231 3212.

## Are you Financially Fit?

An information session on taking control of your money matters.



Come along and find out how to secure your future!

### Speakers:

**Jacinta Hill** will talk about money managing techniques.

**Meg Mitchell** from Hobart Community Legal Service will talk about how to get the best separation settlement.

**Date:** Wednesday October 19 at 7.00pm

**Where:** Hobart Women's Health Centre  
25 Lefroy St, North Hobart

**RSVP:** 6231 3212 by October 12

For further inquiries please contact Petula.

## Get the Most Out of Life

6 week program (2.5 hours per week)

### Practical skills for women with ongoing health conditions

This women only program will give you the tools to improve your health wellbeing and get the most out of life!

You can learn how to:

- \* manage your symptoms – pain, fatigue etc
- \* communicate effectively with your health team
- \* improve your general health
- \* set reachable goals

**Venue:** Hobart Women's Health Centre  
25 Lefroy Street North Hobart

**Time:** 6pm – 8:30pm

**Dates:** Thursday's September 15, 22 & 29 & October 6, 13 & 27, 2011

To register please call **Anne Costin**  
on 62226725  
or email [anne.costin@dhhs.tas.gov.au](mailto:anne.costin@dhhs.tas.gov.au)

COST: Gold coin donation for tea and coffee

Suitable for anyone with a long term health condition. Supporters and carers are welcome to attend with you. "A Stanford Self-Management Workshop developed by Dr. Kate Lorig, Virginia González and Diana Laurent."

# Peaceful Parenting Tips

by Shirley O'Toole

In a previous article (Autumn 2011 – Help Create a Safer and Saner World) we discussed the importance of non-violent parenting. With special thanks from End Corporal Punishment of Children we present these effective discipline tips:

## Ten Guidelines for Raising a Well-Behaved Child

1. Whenever possible, teach rather than punish. The goal of discipline is to teach children acceptable behaviour. Hitting children does not teach acceptable behaviour, it teaches children that "might makes right" and hitting is a way to solve problems.
2. View children's misbehaviour as a mistake in judgment. It will be easier to think of ways to teach more acceptable behaviour.
3. Whenever possible, make consequences relate to misbehaviour. If a child hurts someone's feelings, the child should apologise. If the child makes a mess, he/she should clean it up.
4. Have behaviour rules - but make sure they are few in number, reasonable and appropriate to the child's age and development.
5. Make sure consequences for misbehaviour are reasonable and clear.
6. Don't argue or nag children about rules. If a rule is broken, remind the child of the rule and the consequence for not following the rule. When you give a command, speak in a firm voice and repeat the command only twice.
7. If your child has many behaviours which concern you, don't try to change all of them at once. Choose one behaviour of concern. Explain why the behaviour is a problem. Provide consequences for misbehaviour and praise the opposite behaviour when your child demonstrates it.
8. Distract infants and toddlers when they are doing something you don't like or remove them from the situation. Infants and toddlers do not understand right and wrong and should not be hit or shaken.
9. Use good manners when talking to children about their behaviour. Be sure to use "I'm sorry," "May I?" and "Excuse me" when they are appropriate. Be a good model for your children in your speech and actions.
10. Catch your child being good! Your praise or hug will increase appropriate behaviour.

**NB:** With acknowledgement to EPOCH (End all Corporal Punishment of Children) USA (Website: <http://www.stophitting.org>) and grateful thanks to Dr Cheryl Landy, the author of the above. Dr Landy can be contacted on: [DrCLandy@aol.com](mailto:DrCLandy@aol.com)

## Membership a vote of confidence

The Hobart Women's Health Centre's Board has been working on updating and standardising our constitution and hopefully simplifying the document in the process.

One of things we have looked at is the role of membership in the organisation. It appears a large membership has never been a major goal of the organisation, as it has been important that being a member has never been a prerequisite for accessing our services.

This remains the case. All women should be able to use the Centre and participate in activities and services, without the need to pay a membership fee and join.

However, having a base number of women who are willing to join is one of the ways we can demonstrate the value placed on our services to funding bodies, politicians and sponsors.

So we have decided to promote HWHC membership this year. There will be other benefits – for instance, the opportunity to vote at Annual General Meetings and Special meetings and stand for positions on the Board of governance.

Membership fees will also assist us with a small additional income source. Most important of all is the vote of confidence you can show us by putting your hand up to be part of us in this special way. You can join the Hobart Women's Health Centre by filling out a form available from the front desk, or at our AGM on 13<sup>th</sup> September at 5:30 pm

Whatever you decide – you are always welcome and important to us at the Hobart Women's Health Centre.

And don't forget we are always pleased to receive tax deductible donations at any time.



# WHAT'S ON



# HWHC

The following **group sessions and activities** are held at the Centre on a regular basis and are free unless otherwise stated. We welcome referrals to any of these programs.

<b>Ageing Well with Weights</b>	8 week strength training program on Fridays 2:15 - 3:30 pm. \$5 per class with physiotherapist Pat Sandercock. To be sent forms for the next course, please call the Centre on 6231 3212.
<b>AWWW Practice</b>	Practice times available, after course completion on Mondays 11:40 am to 1:00 pm and Wednesdays 3:00 to 4:00 pm.
<b>Birth and Beyond</b>	2 <sup>nd</sup> Friday of the month 10 - 11:30 am. A mothers' group for women interested in birth and parenting. Babies and children welcome. Phone Kelly for more information on 0411 127 870.
<b>Breast Cancer</b>	<b>Support Group</b> 3 <sup>rd</sup> Tuesday of the month 11:45 am - 1:15 pm. For any woman diagnosed with breast cancer who would like information and support. <b>Secondary Support Group</b> 1 <sup>st</sup> Monday of the month 10 am - 12 noon. For any woman diagnosed with secondary breast cancer who would like information and support. New members welcome. Please phone Karen on 0400 494 646 before attending.
<b>Community Health Nurse</b>	Tuesdays 11 am to 1 pm Blood pressure, sugar and cholesterol level checks and lots more.
<b>Fitball Beginners' Class</b>	Tuesday and Thursday 10 - 11:30 am. \$5 per class with physiotherapist Pat Sandercock. Numbers are limited, so phone Pat for information and to book on 6229 7488.
<b>Herbalist</b>	Mondays 2 - 4 pm, by appointment only. Cost is \$30 for the 1 <sup>st</sup> one hour consultation and \$20 follow up appointment. To make an appointment, phone Sally on 0407 872 792.
<b>Life Validation Conversations</b>	Friday afternoons with Shirley Catchpole. The fee is negotiated according to income. Phone Shirley on 0450 887 875 to make an appointment.
<b>Massage</b>	<b>Shiatsu</b> by appointment, \$60 for 1½ hours or \$45 for one hour. Phone 0488 660 940 for a booking with Lynne Bradshaw. <b>Supportive</b> massage for women living with chronic illness. Wednesdays from 12 - 4 pm by appointment only. Specialised gentle touch therapy to ease pain and/or anxiety and provide appropriate comfort and support at every stage of cancer, lymphoedema, MS, Parkinsons, depression, fibromyalgia and other chronic conditions. Flexible fees. Phone Christine Lambrechts for appointments from October 5, 2011 onwards on 0409 060 475.
<b>Meditation</b>	Guided and safe relaxation meditation with Jean Gilbert Tuesday 10:30 - 11:30 am (beginners welcome).
<b>Nurse Practitioner</b>	From September 6, three mornings a week - Tuesdays, Wednesdays and Thursdays 9:15 am to 12:30 pm. 30 minute bulk billed consultations with Lyn Fish by appointment. To book ring the Centre on 6231 3212. See the article on page 4 for more details.
<b>Pedicure</b>	2 <sup>nd</sup> Monday of the month. Foot spa and massage. Phone Glenda McIntyre on 6253 5116 or 0458 535 116 to book an appointment. \$25 for pensioners and \$30 non pensioners.
<b>Stitches and Stories</b>	Last Thursday of the month from 1:30 - 3:30 pm. The group is open to women of all ages to come together to stitch, embroider, sew, mend, share knowledge and stories.
<b>Tai Chi</b>	Mondays 10:30 - 11:30 am and 1 - 2 pm. This is a low impact form of Tai Chi, which focuses on increasing mobility and flexibility, while developing inner strength and tranquility.
<b>Women's Friendship Group</b>	2 <sup>nd</sup> Tuesday of the month from 1:30 - 3:00 pm. Interested in meeting new people, having a laugh with likeminded women and becoming better informed about issues affecting you? The group is small, friendly and welcomes new faces. For more information see the article on page 9.
<b>Women's Walks</b>	Thursday mornings, 10:30 am - 12:30 pm. Calendars are available from reception.
<b>Writers' Support Group</b>	1 <sup>st</sup> Wednesday of the month, 2 - 4 pm.
<b>Yoga</b>	Wednesday mornings, 9:45 - 11 am, for experienced participants and 11:15 am - 12:30 pm for beginners. \$5.50 per session with Kathy.

**Come in for a cuppa, browse in our library or use the photocopier.**

# Exploring Gender & Sexual Diversity

with Mani Mitchell & Sharon Jones

A state-wide talking tour exploring difference and gender on a continuum, with Mani Mitchell and Sharon Jones from Working It Out

Many of you will have heard of the fascinating and inspirational New Zealander, Mani Bruce Mitchell. An 'out', proud Intersex person, sexual abuse survivor, educator, counsellor and spokesperson, Mani has addressed Tasmanian audiences on a number of occasions in past years and is once again returning in November.

10 – 12pm November 21, 2011  
Glenorchy LINC Meeting Room

Please call 6231 3212

or

6 – 8pm November 22, 2011  
Working It Out 39 Burnett Street North Hobart

Please call 6231 1200

Project by:



Supported by:



## Interventions from the Heart



### 4 Forums exploring strategies for Building Child Friendly Communities

**When: Tuesday September 20, 2011**

West Moonah Community House  
130 Springfield Rd, West Moonah

**Wednesday September 21, 2011**

South Hobart Primary School  
Anglesea St, South Hobart

**Tuesday September 27, 2011**

Lenah Valley Primary School  
Creek Rd, Lenah Valley

**Wednesday September 28, 2011**

Montrose Bay High School  
Brooker Highway, Glenorchy

**Start time: 7 pm ALL FORUMS**

**More information and registration**

phone Shirley O'Toole on 6231 3212  
or email via [shirley@hwbc.com.au](mailto:shirley@hwbc.com.au)

Funded by the Department of Premier & Cabinet – Community Capacity Building Program

Auspiced by Hobart Women's Shelter

Supported by Hobart Women's Health Centre

## Ageing Well with Weights

The next Ageing Well with Weights eight-week strength training program will commence on **October 7, 2011**.

The course, run by physiotherapist Pat Sandercock, consists of some theory and specific exercises utilising weights tailored to each individual's needs.

Sessions are held on Fridays from 2:15 – 3:30 pm and cost is \$5 per class or \$35 for the full course, if paid by/on the first day. The use of weights in class and exercise handouts is provided. Comfortable clothing is recommended.

Please phone reception on 6231 3212 to receive an enrolment form, or collect one from the Centre during opening hours. The course is very popular, so it's good to book early. If you need or want more information about the course, contact the Centre.

Please note, practice times are available for women to maintain their strength after completing the program.



Ageing Well with Weights Practice Participants

# Talking Herbs

## The Modern Herbalist

by Sally Riley

Of course you know breast cancer is a disease all too prevalent in our community and many women are, happily, called survivors. But they are, in reality, survivors of both the disease and its treatment. The treatment is very specific and I am sure many of you are unaware of the rigours involved.

First of all, breast cancer cells have different types of receptors (proteins) and treatment regimes are based on an individual's receptor status. Her2 positive and ER positive are two such receptors. Cells with ER depend on oestrogen for their growth, so they can be treated with drugs to block oestrogen. Her2 respond to drugs, such as the monoclonal antibody Herceptin, which stop the cells dividing.

The treatment process for women with both types of receptor status begins with the surgical removal of the growth, usually followed by radiotherapy, while women with Her2 receptors often require chemotherapy as well.

How do these two treatments differ? Well, radiotherapy currently consists of 25 days of bombardment by radiation expertly targeted by trained technicians to the affected areas and lymph nodes that may harbour infected cells. This is followed by 8 days of the booster radiation right over the original affected area. The 33 days are consecutive except for public holidays. Each directed bombardment takes only a few seconds, up to say 15 seconds, but the positions held can be quite interesting.

If chemotherapy is required, it is given by intravenous infusion often once every 3 or 4 weeks according to the regime worked out by the oncologist. It may last some months. It precedes radiotherapy if both are prescribed. This treatment may cause hair loss because it stops any multiplying cell in the body in its tracks. Side effects may be nausea and generally feeling unwell.

Side effects of radiation therapy may only show visibly towards the end of the 33 days, manifesting as severe redness akin to sunburn. Both forms of treatment produce a weird form of fatigue, a sort of vaguing out. This may last some weeks after or in some cases months.



Check out and join the Hobart Women's Health Centre Facebook page. Receive regular updates on Centre events and participate in lively discussions on issues impacting on the health and wellbeing of women.

Where do herbs fit into all this? Herbal medicine is uniquely placed to offer support by restoring immune function and supporting vitality. However, care must be taken - especially during chemotherapy for fear of interactions. Radiotherapy support is easier.

- *Astragalus membranaceus* may help restore immune function after radiotherapy.
- Reishi mushroom (*Ganoderma lucidum*) may also support the immune system.
- Naiouli oil (*Melaleuca viridiflora*) minimises the severity of burning on the skin.
- Siberian ginseng (*Eleutherococcus senticosus*) is an adaptogen that helps restore stamina and vitality after treatment.
- Ginger (*Zingier officinale*) is a well known herb for reducing nausea and vomiting.

Doses for herbs should always be checked with a professional health practitioner, as therapeutic doses vary for each herb and some have cautions for certain health conditions.

Sally is available on 0407 872 792 for a consultation in herbal or mineral therapies and for nutritional advice, by appointment at the Centre on Monday afternoons.

## References

- Kendon, Ruth, *Herbs and Radiotherapy*, Australian Journal of Herbal Medicine, Volume 18, Issue 1, 2006
- Kendon, Ruth, *Chemotherapy*, Australian Journal of Herbal Medicine, Volume 18, Issue 4, 2006
- Guide for women with early breast cancer*, National Breast and Ovarian Cancer Centre.

## Breast Cancer Support Groups



For any woman diagnosed with breast cancer who would like information and support.

The next meeting dates are:

September 20, October 18 & November 15 at  
11:45 am - 1:15 pm

**Please phone the Centre on 6231 3212 for more information.**

## A New Look at the Friendship Group

We will now be having regular speakers to address the Friendship Group. The topics have been suggested by women who regularly attend. However, everyone is welcome to any of the events and you need not be a regular attendee.

This will take place on the second Tuesday of each month at 1:30 pm

The following women have kindly offered to address our group and we are grateful for the donation of their time and expertise.

### September 13

During National Stroke Week, Connie Digolis from the National Stroke Foundation will be speaking about this year's awareness campaign 1 in 6.

1 in 6 people will have a stroke in their lifetime and every 6 seconds 1 person dies from a stroke. Strokes are preventable and the National Stroke Foundation is encouraging people to take 6 steps to avoid a stroke.

### October 11

Where are my marbles?

To mark Mental Health week, Dr Sheila Given AM will speak to us about strategies to keep your brain fit and healthy.

### November 8

Is life all getting a bit too serious? Come and have a laugh with Lois Higgens, trained Laughter Yoga facilitator.

Learn about the benefits of laughter for your health and well being.

### December 13

Do you have a friend or family member with addictive behaviours?

Sarah Charlton, from Holyoake Tasmania Inc, will be letting us know what supports are available for those of us who are struggling with relationships impacted by someone's drinking, gambling or drug use.

**All welcome. See the Notice Board at the Centre for details.**

## ENCORE NEWS

Encore is an eight-week program of two hours duration, specially designed for women who have had breast cancer. It helps restore mobility, flexibility and confidence through gentle exercise.

October's Encore program is jointly supported by the Hobart Women's Health Centre, Avon and ADRA Southern Tasmanian Council.

The program provides trained facilitators, ground and warm water exercises and the opportunity for women to support one another.

Encore programs are free to participants and designed for women who have had breast cancer at any time in their lives.

### DATES FOR NEXT ENCORE PROGRAMS

#### Hobart

October 5 to November 23, 2011

Phone Rosemary at the Hobart Women's Health Centre to enrol or for further details on 6231 3212 or 0408 127 330.

Photographer Sharon Hickey  
YWCA Encore website



### WHAT GIVES OUR LIVES MEANING?



### A CONVERSATION ABOUT WOMEN'S SPIRITUALITY

Facilitated by Shirley O'Toole, Health Worker



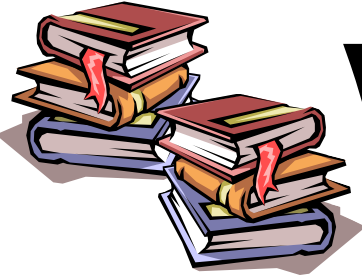
When: Thursday September 8, 2011  
Time: 7 - 9 pm  
Where: Hobart Women's Health Centre  
25 Lefroy St North Hobart  
RSVP: September 5 on 6231 3212 or email  
info@hwhc.com.au  
Cost: Donation

**REFRESHMENTS PROVIDED**

# WOMEN'S

# WISDOM

# LIBRARY



## ***What your Doctor may NOT tell you about Menopause***

The breakthrough book on natural hormone balance

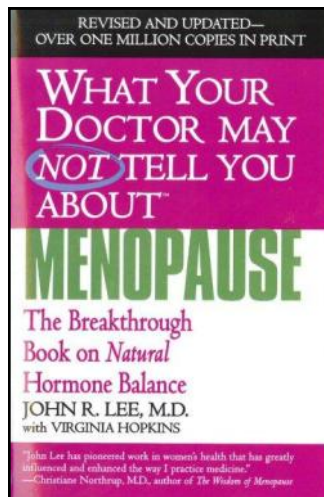
by **John R. Lee, MD with Virginia Hopkins**

Dr John Lee was one of the first medics to openly question the safety of HRT, using synthetic hormones, as early as 1979. His work was mostly dismissed by his colleagues and drug companies. The prevailing belief at the time was oestrogen therapy was the panacea for all post menopausal women.

Years later, research has proved his fears were founded in reality. The Women's Health Initiative, a study of around 160,000 women, found replacement therapy produced disturbing results. The study was abandoned in 2002 because of the health risks it posed for the women involved. It was found a particular combination of progestin and oestrogen could increase the risk of breast cancer and heart disease among menopausal women.

John Lee goes further and believes any HRT using synthetic hormones poses a risk. He explores the impact of xenoestrogens, pesticides, plastics and solvents on our hormones, and explains the relationship between hormones and our brain and how this regulates body functions.

In John Lee's view many doctors still don't understand the difference between progesterone and progestin. He also highlights some of the



excellent studies undertaken and why they have been largely ignored by many in the medical profession.

The book explains the role the adrenal and thyroid glands play in maintaining equilibrium and why it is necessary to look at the impact of diet and lifestyle on this delicate balance. Symptoms such as fatigue, weight gain, low mood, loss of libido, sleep difficulties and so on are not necessarily a "natural aging process".

There are chapters on osteoporosis, cardiovascular disease, cancer and other health problems associated with menopause and what can be done to avoid disease. The book finishes with a section on creating and maintaining hormone balance.

In the course of my work here, I have read many books and papers on menopause and have spoken to women who are confused by conflicting views of symptom management.

What I like about John Lee's book is it gives detailed explanations about all the body's hormones, not just the so called sex hormones. It also takes an holistic view of menopause including environmental factors, and looks at the politics of menopause and why drug companies have turned this phase of a woman's life into a disease. With 20 million female baby boomers in the US alone, the potential market is huge.

For those of you who are reading this and thinking, "I'm too young for menopause, what has this got to do with me?" John Lee has also written *What Your Doctor May Not Tell You about Premenopause*, for women aged thirty to fifty. Both books are currently in our library.

**Petula Broad**

The eCentreClinic is an Internet-based research clinic who develop and test

## **Web Spinning**

free online treatment programs for people with anxiety disorders (GAD, Social Phobia, Panic Disorder, PTSD, OCD), depression, and other conditions (Chronic Pain). eCentreClinic is a not-for-profit initiative of the Centre for Emotional Health at Macquarie University, Sydney, Australia.

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

# INDULGE

At the Hobart Women's  
Health Centre  
Open Day  
October 10, 2011



**Take TiNa**  
with Christina Guidici  
8:00 - 8:45 am  
9:15 - 10:15 am



**Hand Massage**  
with Petula  
10 am - 12 noon



**Tai Chi**  
with Sylvia Parr  
10:30 - 11:30 am  
&  
1:00 - 2:00 pm



**Shiatsu Massage**  
With Lynn Bradshaw  
10 am - 3 pm Cost \$45  
Appointments a must!  
6231 3212



**Fresh Fruit available**  
throughout the day.

**Bring your lunch and relax**  
in our courtyard.



Promoting mental  
health and social  
connectedness.

**Donations  
welcome**

## Lesbian and Bi Women

### Rainbow Support & Discussion Group

Anyone over 18 years in the "rainbow family."

For more information, call  
Working It Out on 6231 1200.

### Tom, Dick and Harriet – Queer Radio

Tasmania's sexuality & gender issues radio show

Every Monday 10 am – 12 pm

Edge Radio 99.3 FM

Check out Tom, Dick and Harriet  
on Facebook and Twitter.

### Artfully Queer Art Exhibition

The theme for the 7th annual exhibition is

#### futureQUEER

Opens at the Moonah Arts Centre at  
6pm on Friday September 23  
and runs until Thursday October 6, 2011

Check out the TasPride website at  
[www.taspride.com](http://www.taspride.com) for further information.

### TasPride Festival

October 26 to November 5, 2011

Check out the TasPride website at  
[www.taspride.com](http://www.taspride.com) for further information.

## Single Mums' Group

Starting in September. Meet weekly to share  
stories, advice, a cuppa and some adult  
company. Babies and small children welcome.

Contact Cat if interested on 0423 136 124.

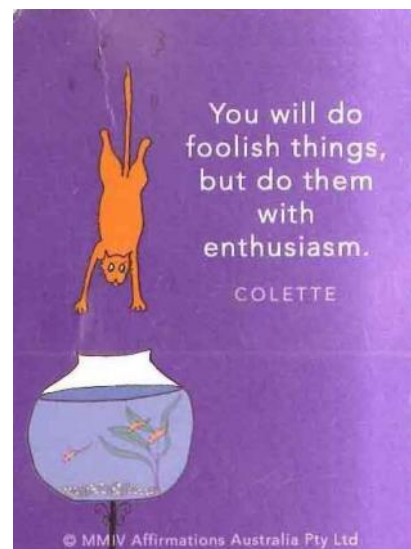
## Laughter Group

When we laugh endorphins are released by  
the brain and we feel good. Laughter  
improves our immune system - so we keep  
healthier.

In a laughter group we stand in a circle - and  
move around the room - as we are led  
through a number of different types of laughs  
combined with yoga style breathing. Come  
along it is easy and fun.

Mondays 2 - 2:45 pm Starting on September  
12 for 4 weeks.

For more information phone the Centre on  
6231 3212





## FAREWELL. . .

After 5 ½ years of service Ankarah Grace has been farewelled by her work colleagues and many of the women who participated in health promotion activities at Hobart Women's Health Centre. She has moved on to a challenging position at the Phoenix Centre where she will be working with asylum seekers.



Although counselling was only a small part of her work at the Centre, she will be remembered by many women who were assisted by her as she was especially skilled in identifying needs and finding points of referral and support. Her knowledge and networks in the sector are extensive.

Ankarah fulfilled the Centre's holistic approach to health admirably and the arts component of her work was one she particularly loved. She was especially proud of her part in the development of the mural at the front of the building.

She left her own message for everyone:

*My gratitude, love, and blessings to all the Brave Bold Beautiful women I feel honoured to have worked with and for.*

We wish her all the best in her new and important work.

## . . .AND

Hi, my name is Annalisa Rigby. I am very excited to be on the Board of Hobart Women's Health Centre. I have now done a full year - and I feel the support other women have given me over that time means this year I hope to rock as a general member, if I am re-elected.

I went to University in Wollongong NSW as a mature aged student (a title that is a bit insulting as I was only 25) and studied Geography, after working for five years as a landscape designer.

As a student, I became involved in Amnesty International and became really passionate about women's rights. I ran a network of about 200 members and 50 or so organisations covering NSW. We campaigned for increased and sustained funding for programs addressing violence and a National Plan of Action to stop violence against women.

After my degree I turned into a classic drifter. Luckily I had been able to work a bit as a landscaper and scraped together cash, taking myself overseas on a mega trip around North Africa, Eastern Europe and Europe. I loved my travel adventure time, but decided there is no place in the world as beautiful as Tasmania.

I have worked for Amnesty International in Tasmania ever since. I have been lucky enough to buy a house in Lauderdale and my dog and I love to wake up every day, to see what's newly washed up on the beach. Some things she eats, some shells I cannot help but pick up and hold for a second or two.

## CONTRIBUTIONS. . .

Contributions from readers are very welcome. If you have an article, review, comment or notice that would be of interest to our readers, please send it to the Newsletter Editor by post, email or drop it into reception when you visit the Centre.

To be considered for inclusion, all contributions must be received by the following deadline:

**Summer Edition: October 28, 2011** (newsletter distributed at the end of November)



Visit: **25 Lefroy Street North Hobart**

Tel: **03 6231 3212**

Outside the 62 area, freecall **1800 353 212**

Open: **Mon, Tues, Wed & Thurs 9:15 am to 4 pm**

Post: **PO Box 248 North Hobart Tas 7002**

Fax: **03 6236 9449**

Email: **info@hwhc.com.au** Website: **www.hwhc.com.au**

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## . . .GETTING IN TOUCH