

# Hobart Women's Health Centre Newsletter



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2005

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Here for ALL women

## Life of Tasmanian Feminist to be Commemorated **Betty Pybus Memorial Lecture Fund**

Those of you who are regular readers of this newsletter will remember the sad news reported late last year of the death of Betty Pybus.

Betty had spent much of her life working to improve the lives of women. From her early involvement with the Women's Liberation Movement in New South Wales, she went on to be part of the collective that established the first abortion referral service in Australia. That collective later went on to set up the Liverpool and Leichhardt Women's Health Centres, also the first of their kind in Australia.

On returning to live in Hobart, Betty became active in older women's health issues, working to establish the Older Women's Network, and joining the Board of Management of the Hobart Women's Health Centre (HWHC) until poor health forced her resignation. It was directly as a result of Betty's efforts to raise awareness of the unmet needs of older women, that the Health Centre created the position of Older Women's Health Worker.

The sadness felt as a result of Betty's death has been matched by a determination to ensure that her important legacy is not lost to future generations of Tasmanian women. Betty passionately believed that too often women's contribution to their communities goes unrecognised. It was with this in mind that a group of ex-workers from HWHC decided they wanted to commemorate Betty's life in a lasting way.

With the support of Betty's daughter, Cassandra, and of the current Board and workers of HWHC, a fund has been created to enable an annual lecture to be held in Betty's honour. This lecture will be held around August each year, and will be given by a prominent woman. Money raised for this purpose will be managed by HWHC and invested to enable the lectures to become self-perpetuating.

With so much happening at the moment that threatens to undermine the work of Betty and those other women who fought so hard to make the gains that we have enjoyed, it is vital this legacy is not underestimated or forgotten. Betty remained active right up until her death, regularly writing to the Mercury newspaper in defence of women's right to access information and to have choices available to allow us to control our own lives – an underlying philosophy shared by the Hobart Women's Health Centre.

To help us make the **Betty Pybus Memorial Lecture** become a reality, we are asking for donations. Please send contributions to the Hobart Women's Health Centre – Betty Pybus Memorial Lecture Fund, PO Box 248, North Hobart, 7002, or drop in and see us at the Centre. Donations are tax deductible, receipts will be provided and the Fund will be audited as part of the Centre's annual audit process.

# Australian Women's Rights Damned

*This article was written by Kylie Walker (with some minor alterations),  
and taken from Australian Associated Press (AAP) February 24, 2005.*

**LOWER pay, under-representation and poor access to health, education and housing services are sending Australian women's human rights backwards, a nationwide study has found.**

The Women's Report Card, launched in Adelaide on 25 February this year by the Women's Rights Action Network Australia (WRANA), gave a damning D-minus to Australian governments on the way they handle human rights for women.

After speaking with more than 1000 women across the nation, report co-convener Caroline Lambert said WRANA had found women's rights were sliding backwards.

"Certainly for a number of women, issues of domestic violence are really key," Ms Lambert said.

"While governments at both a commonwealth and a state level have sought to address domestic violence, there are still quite major gaps."

"However, there are other issues which are really important within Australia."

"Health, housing and access to legal services are still major issues. Women were finding it more difficult to access quality education, health services and housing."

Ms Lambert said accessing bulk-billing was difficult – particularly for low-income women, and that women from a non-English-speaking background were finding it hard to access translators which limited their ability to access healthcare and other services even further.

Indigenous women and those with disabilities also faced extra challenges, the report found.

"There's a general issue in the health system, education system and housing of failing to recognise the needs that women with a disability have," Ms Lambert said.

"For example, very few of the houses provided for emergency accommodation are disability accessible."

"Indigenous women suffer from the intersection of race discrimination and sex discrimination."

WRANA sent the report to the Federal Government in the hope it would be used in the formulation of policy to help remedy the situation. They will also include it in a report to the UN in January next year that will review Australia's implementation of the Convention for the Elimination of All Forms of Discrimination Against Women.

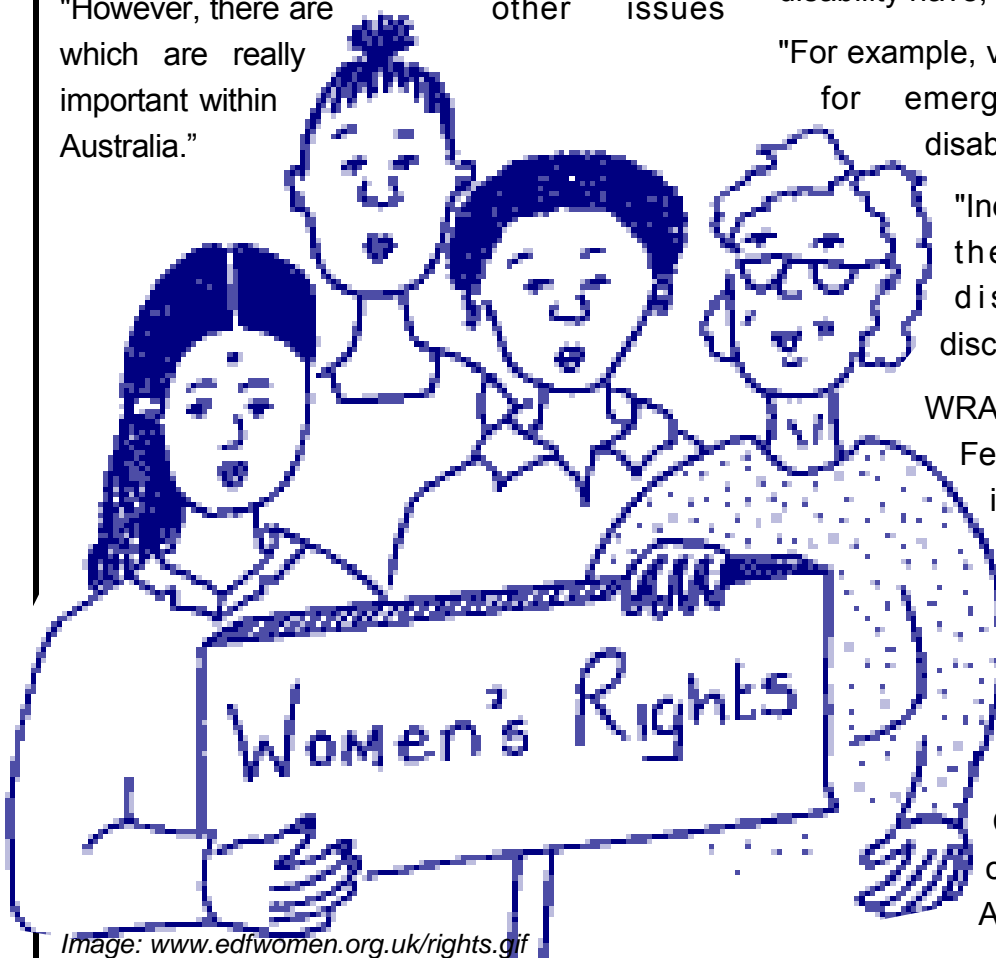


Image: [www.edfwomen.org.uk/rights.gif](http://www.edfwomen.org.uk/rights.gif)

## Material Girl 2005

Women Tasmania's International Women's Day art competition and exhibition, *Material Girl*, was a great success and again showcased the beautiful work and talent of Tasmanian women artists.

Hobart Women's Health Centre & Women's Health South sponsored the textile award for the first time, a category that attracted the largest number of entries this year.

The winner of the textile award was Penny Malone for her piece titled *Green Noren*. The jewellery prize went to Julianne Campbell for her *Moon* necklace, and the painting award was won by Elizabeth Barsham for *The New Girl*. The Premier's Choice Award went to Fiona Stewart for *Banksia Follicle*.

Congratulations to these artists from all the staff and Board of the Hobart Women's Health Centre, and thank you to all the women who participated in making the exhibition such a rewarding and successful event.



## Information for older women

### Winter Writing Workshop

*Are you an older woman interested in recording stories from your past ?  
Have you always put off writing your memoirs because you don't know where to start?*

*Or do you want to help an older woman you know to begin writing her story?*

### Then this workshop is for you!

*Writing Your Life: Techniques for recalling and writing your memoirs*

Friday, August 5, 2005,

Hobart Women's Health Centre.

9.30 -3.30. Cost \$5.00 to cover tea coffee  
(bring your own lunch)

The workshop specifically targets older women who want to record tales of times past, or develop skills in relation to writing memoirs or family histories. Interested women will have the opportunity to work with Robyn Friend, an experienced professional facilitator who will provide assistance to recall, tell and record personal information.

Phone 62 313 212 to register, or speak to Yvonne at the HWHC for more information.



All people experience the blues at some time, and need a confidante who understands the down times, a friend who can listen and support.

## Quilt The Blues

Senior Momentum started the Quilt the Blues project to support the priorities of 'beyondblue' the national depression initiative. These priorities are:

- community awareness and destigmatisation
- prevention and early intervention
- partnerships with mental health and other health related organisations

A pilot group started at the Hobart Women's Health Centre in November. It aims to provide peer support by and for women; to use the strengths, life experience and resilience of older women and to support their ability to cope with the challenges of later life. Additional groups will be started in Clarence and Kingston. All groups will work together on a community quilt project, *Retying the Blues*. This project uses recycled men's ties, obtained from Op Shops and from men's service and sporting organisations. We are using men's ties to acknowledge that men have a high risk of suicide. Small quilts will be exhibited in Op Shops and community centres to promote the 'beyondblue' message. Work by members of the Quilt the Blues project and the first quilt from *Retying the Blues* will be included in the Annual Textile Exhibition at the Schoolhouse Gallery, Rosny Historic Centre, in September.

**Cont. next page →**

# is your workplace causing you STRESS?

Overwork and stress have become major issues for working women. In Australia, stress claims were the fastest rising category in workers compensation, doubling in the past seven years. *The Working Women's Centre* is holding a **free** seminar about work related stress. This will include how to target and alleviate the source of stress at your work, make you aware of stress warning signs. We'll talk about why we are stressed at work and we'll help you manage your tasks at work, so that they're not managing you. You will also receive a free "We work best when less stressed" pack.

The seminar will be held  
**8th June at 5.30 pm**

**Hobart Women's Health Centre**  
25 Lefroy St North Hobart

Please RSVP the *Working Women's Centre* by the 2nd June, along with any inquiries, by phoning 62787711 or 1800 644589 outside Hobart area.



**Quilt the Blues, cont. from page 3:** The group at the Hobart Women's Health Centre is continuing. Please note ♦ the meeting time has moved from Fridays to **Thursdays, 12pm to 3.30pm** ♦ The group welcomes new members. Come along, bring your lunch, share your blues, learn new skills, have a good laugh, and meet new friends.

Please spread the word, we need men's ties with a design which includes some blue, or the logo of a man's organisation. Ties from celebrities will feature in a special quilt!

For further information contact:  
Jennifer Line, phone: 6272 1128  
Senior Momentum Coordinator  
jenline@iprimus.com.au



## Older Women's Groups

These groups provide an opportunity to meet new people, make friends and share common interests with other community women. Both groups meet monthly and welcome new members:

### Older Women's Friendship Group (Hobart)

This group meet at the Hobart Women's Health Centre on the second Tuesday of each month from 1.30-3.00pm.

The Guest speaker for May is a peer educator from COTA (Council On the Aging), who will provide information on interactive medicines. This includes how to avoid medicine mix-ups, how to get better results from the medicines you take, and what you can do to enjoy better health.

Phone **Barbara** 6244 3993 if you are interested in this group.

### Kingborough Older Women's Group

This group meets on the first Tuesday of the month at the Kingborough Library. Phone **Joy** on 62 299787 if you would like to attend.

### "The Knitting Room"

*A Community Arts Project for older women*

"The Knitting Room" is a community arts project, free to participants, that is run by Strathcare. (Strathcare is a non-profit organization which operates 3 residential care homes, 2 at Berriedale and 1 at Latrobe, in Tasmania) The artist coordinating this project is Robyn Carney.

"The Knitting Room" has been operating for over 12 months, mainly involving residents of the 3 homes, their families, friends and volunteers. Over 50 people contributed to Stage 1 of the project. The aim is to knit, crochet or weave an entire room, using the 1950s decor as the basis for inspiration. In August 2004 the first exhibition was held (at the Moonah Arts Centre); a walk-through installation. It was a great success and an inspiration to continue developing the project to Stage 2 - extending involvement to all older individuals and groups throughout Tasmania. Any one interested in forming a knitting group to contribute to this project contact Yvonne on 62 313 212.



# AN IRREVERSIBLE MOVEMENT

## World March of Women

On December 10<sup>th</sup>, 2004, delegates of the *World March of Women* gathered in Kigali, Rwanda, and adopted the Women's **Global Charter for Humanity**.

The Women's Global Charter for Humanity is a proposal to build a world where exploitation, oppression, intolerance and exclusion no longer exist and where integrity, diversity and the rights and freedoms of all are respected. This world is founded on equality, freedom, solidarity, justice and peace.



The Charter contains 31 affirmations describing the principles essential to the construction of such a world. It will be accompanied by two other texts designed to facilitate its comprehension and use. These documents explain the origin of the Charter, its distinctive nature and the March's analysis and demands for the elimination of poverty and violence against women. They also include a series of conditions that must be met so the world described in the Charter can come into being.

The Women's Global Charter for Humanity is the fruit of a long process of consultation, discussion and debate with women's groups in 60 countries.

This year a Relay to send the Charter around the world has been organised. During the relay there will be public education and information activities about the Charter and opportunities to question *World March of Women* elected representatives

and discuss public opinion. The Charter's message will also be transmitted in a *Global Patchwork Solidarity Quilt* that will be gradually pieced together as the Charter is passed from country to country throughout the world.

**The World Relay of the Women's Global Charter for Humanity arrives in Australia on 25 June 2005 for a 4 day stop-over. Women's International League for Peace and Freedom (WILPF) is co-ordinating the Australian sector and will share more information and plans as they become available.**

The global launch of the Relay took place on March 8 this year, in Sao Paulo, Brazil. It will make stops in 53 countries before concluding on October 17, 2005, in Ouagadougou, Burkina Faso.

The World March of Women is an international feminist action network connecting grass-roots groups working to eliminate poverty and violence against women. The March is composed of 5500 participating groups in 163 countries and territories.

In peace,  
Lyn Lane, WILPF - ACT  
[www.marchemondiale.org](http://www.marchemondiale.org)

## Pregnancy Telephone Counselling

The nation-wide pro-choice 1800 number is no longer functioning (1800 177 725). **Children by Choice**, who launched the number in August last year, are trying to secure funding to continue the service. In the meantime, however, the same service is available on **(07) 33 575 377** and a worker will ring interstate callers back to reduce the service cost.



# Osteoporosis

Osteoporosis is a disease in which the bone strength deteriorates, making bones more fragile and susceptible to fracture. Weight-bearing exercise is beneficial for bone protection, balance, stress relief and cardiovascular fitness. It is never too late to look after your bones: every woman can implement some osteoporosis prevention strategies such as increasing calcium intake or doing specific weight bearing exercises.

The *Living Longer Living Stronger* program is designed to assist older adults access training programs for relatively little cost in the local community. Silver hair is now a common sight at the gym alongside the younger lycra-clad bodies! The idea is to improve overall quality of life by improving strength, balance, gait, flexibility and coordination, as well as having fun and making new friends in a welcoming environment.

There is also good evidence to suggest that weight-bearing exercise can assist in the treatment of depressive illness. We will run some tasters of this program this year here at the Health Centre. The first one is June 20, see page 7. Meanwhile, if you would like to attend a program in your local area, phone the Council on the Aging (COTA) on 62 281 897 for details.

## Preventative Help



Image: [www.punchstock.com/.../1589955/large/wkw051.jpg](http://www.punchstock.com/.../1589955/large/wkw051.jpg)

## WHAT'S ON @ HWHC

These group sessions and activities are currently available at the Centre and are free unless otherwise stated:

<b>Birth and Beyond</b>	Mondays 10am - 1pm Ph Rashelle on 6267 4740
<b>Bowen Therapy</b>	Mondays 11am to 4pm by appt. \$30 / \$25 Ph Banner O'Brien on 6265 5161
<b>Breast Cancer Support Group</b>	3 <sup>rd</sup> Tues monthly 11:30am to 1pm
<b>Encore</b>	4 sessions yearly, by enrolment only. A gentle exercise program for women after breast cancer.
<b>Fitball beginners' class</b>	Usually on: *Please note Tues, Thurs 10 - 11.30am *See p.12 for details \$5 per session
<b>GP services</b>	Tues, Wed, Thurs 9:30am - 12:30pm by appt.
<b>Massage</b>	Wed & Thurs mornings by appt. \$35 - \$27.50 per session Ph: Jackie 0423 482 125
<b>Meditation for beginners</b>	Tues 10 - 11am
<b>Older Women's Friendship Group</b>	2nd Tues mthly 1:30 - 3.30pm
<b>Reflexology</b>	Wed & Thurs 12noon - 4pm by appt. \$30 per session Ph Isabel on 6224 0290
<b>Reiki</b>	Tues afternoons by appt. \$25 Ph: Cynthia 0419 337 544
<b>Women's Walks</b>	Thursdays 10am -11:30pm
<b>Tai Chi</b>	Mon 10am & 2pm
<b>The Lounge</b>	Same-sex attracted women's social group meet 6pm
<b>*Please note*</b>	Change of days: 2nd & 4th Tues each. Month.
<b>Yoga</b>	Wednesdays 10 -11.30am Zoe starts classes July 6, Bookings preferred.

## Fitball



Pat is away until the 21st of June, but classes will continue with Gillian on Tuesdays. See back page for more details.

# Winning Winter Workshops

Tasting the winter fruits of exercise without the leotard and scales!

Free workshops about nutrition and physical activity  
Mondays 11:30am - 1:30pm

Numbers are limited so if you would like to join a workshop please contact the Centre to book a place.

June 20

## Living Longer Stronger

Join Maree for a taster and talk about this great program. Bring sisters, mums, daughters, friends or simply yourself.

July 18

## Food for good sex and sleep

Laura Cini will provide nutritious information, with tips to take home.

June 27

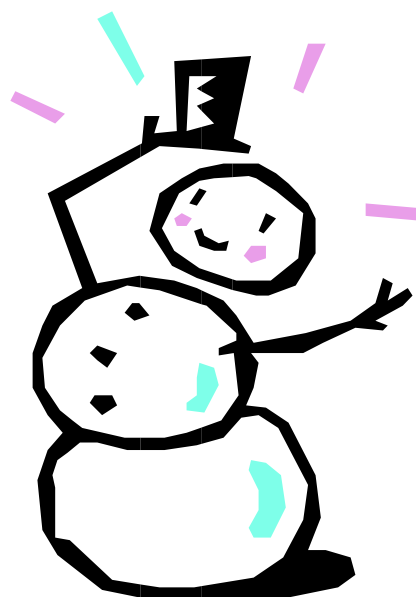
## Fundamental nutrition info

Behind good eating, there is good information. Come and find out with the Nutrition Unit workers how to plan our food and our health.

July 25

## Inspire natural wellbeing

Roslyn Alexander will lead gentle movement, stretches and breath exercises to help balance, revitalise and calm both mind and body.



July 4

## Fitball

Find out what the laughter is about as Pat leads a fitball session. No experience required.

August 1

## Mood Food

Jeltje Gillian will help to explain why we want to eat 1kg of chocolate. How does certain food effect our mood? Let's find out.

July 11

## Body image and promoting natural weight, shape and size

Suzi from Nutrition Unit Tas will lead us on a journey and offer strategies for community action around this important issue.

August 8

## Pilates

We hear about it, now come and try the gentle and profound movements with Maree Grimsdale.

## YOGA for Women

Zoe will offer weekly casual Japanese Yoga classes, suitable for all women from July 6 till December. Come when you can to a fun, friendly class to 'help inner core strength' at:

The Hobart Women's Health Centre. \$5 per session.

**Wednesdays 10am - 11:30am**

**6th July till early Dec**

Bookings preferred on 6231 3212



# Stress after Emergencies

In emergencies, people can use up more emotional energy than they realise. They put themselves into a survival state to deal with problems and cope with fears, frustrations and other feelings. The body's natural way of working outside the normal *comfort zone* in this way is called a 'state of stress'.

It means people can:

- focus on the important things;
- concentrate and work hard for long periods;
- put aside feelings in order to do what has to be done;
- carry lots of details in their mind;
- put their own needs aside and not feel hunger; or fatigue while others are in need;
- think clearly and quickly; and
- keep a step ahead of what is happening.

Being in a 'state of stress' uses a great deal of energy. People can usually keep going for as long as they need to but eventually they start to feel the effects of stress. They cannot maintain their energy level and come off the 'high' they have been on. It is at this time that people may start to display *stress symptoms*. The longer the emergency lasts, the stronger the symptoms are likely to be. Often they start while the emergency is on, but may be worse after it is over. This is the rebound to the extra efforts that have been made during the crisis. Stress is normal and natural, but needs to be understood so it does not cause further problems.

Normal stress symptoms

## Thinking:

- trouble thinking clearly, planning, making decisions;
- can't concentrate or remember details, low attention span;

- can't stop thinking about the issues all the time;
- keep thinking about bad times in the past;
- not speaking clearly, slurring words, forgetting names.



## Physical:

- bodily tension, stress and tightness in muscles;
- weak feelings, tiredness, loss of energy and enthusiasm;
- headaches, trembling, sweating, nausea, aches and pains;
- lack of appetite, increased desire for stimulants, sugar, alcohol, tobacco or coffee;
- feeling tired but cannot sleep, disturbed sleep, dreams and nightmares.

## Feelings:

- feel detached from things, don't care any more;
- irritable, bad tempered, impatient and restless, unable to relax or keep still;
- feeling overwhelmed, everything seems too hard or difficult;
- tearful for no reason;

- easily upset or hurt; over sensitive to what others do and say;
- insecure; wanting to stay in familiar places with routines;
- feeling very emotional;
- experience waves of anger or worry that are not reasonable.

## Relationships:

- feel others are to blame for stress. Tendency to get things all out of proportion;
- can't feel happiness, enjoyment or affection for loved ones;
- moody and gloomy, feeling sad and hopeless as though the emergency will never end;
- changed relationships with those close to you;
- don't want to be with family or friends or always need them around;
- have to talk about the emergency all the time;
- feel others don't understand or don't seem to care.

## Cumulative stress

The same effects can occur if the emergency is not dramatic, but a series of smaller problems that go on for a long time.

If it is not possible to unwind and relax between the problems stress builds up.

## The stress cycle:

If stress has been ongoing, a pattern of stress may form. As a result, stress reactions cause more problems and this causes more stress. This is called the

*stress cycle* .Once established, stress can become a lifestyle. Long-term stress will undermine health and may cause illnesses. Getting over stress means breaking the stress cycle.

Break the stress cycle

### Step 1.

#### **Recognise you are stressed**

People often don't recognise their own stress because they are too focused on the problems. Listen to others who may see you more clearly than you see yourself.

### Step 2.

#### **Get to know your stress cycle**

Try to see how the stress symptoms cause more stress and put you in the stress cycle.

### Step 3.

#### **Make a decision to break the stress cycle**

Although there are lots of things about your life you cannot change there are always some that you can; but you have to decide to do it.

### Step 4.

#### **Reduce stress activities**

Check your routines and life style to see where you can reduce the stress. Where possible stop doing things that keep stress high.

### Step 5.

#### **Increase relaxation and positive activities**

Build activities into the daily routine which break the stress cycle and give you a reward or good feeling, even if only a small one. Put a little effort into enjoying yourself.

Looking after yourself

There are plenty of things that anyone can do which will help to

break the stress cycle and reduce tension. Many simple pleasures will make a big difference to stress. Enjoyment is the best antidote to stress.

#### **Physical:**



- Do regular rhythmic physical exercise such as walking, swimming, cycling.
- Make an effort to reduce or at least not to increase your intake of stimulants such as alcohol, tobacco and sugar as they keep the stress cycle going.
- Eat regular, well balanced meals even if they are small.



#### **Relationships:**

- Keep regular contact with people you like to be with.
- Ask for help when you need it, many people enjoy giving help.

- Make time to be with your family or friends.
- Talk to people you trust about yourself and what is happening so you can get it into perspective.

#### **Relaxation:**

- Do regular relaxation exercises such as deep breathing, listening to quiet music, meditation.
- Do something about bodily tension such as massage or exercises.
- Rest regularly, even if you can only do it for a short time.
- Try to find something that will make you laugh sometimes.

#### **Attitudes:**

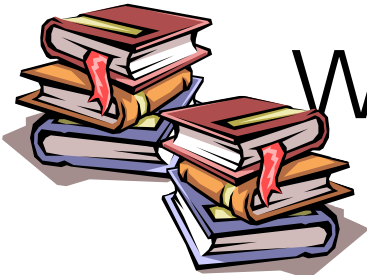
- Accept that it will take time to get out of the stress cycle and keep trying.
- Be careful of accidents; concentration and judgement may be impaired under stress.
- Try to be organised and efficient so you have some time to yourself.

#### **Where to seek assistance:**

If you feel unable to change your stress level or if you are having distressing symptoms, you may need someone to help you work out what to do to improve things. Help and more information may be obtained from your general practitioner, local community health centre, local community mental health service or 24-hour telephone help lines (these can be found on the inside cover of your White Pages).

*Produced by the State Emergency Recovery Unit, Emergency Management Branch, Dept. of Human Services, State Government of Victoria, Dec 2004.*

# WOMEN'S WISDOM LIBRARY



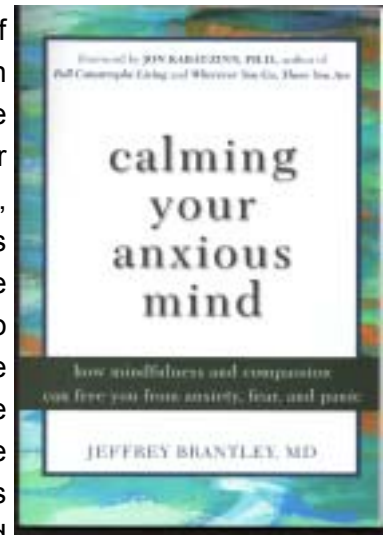
**'Calming your anxious mind: How mindfulness and compassion can free you from anxiety, fear and panic.'** by Jeffrey Brantley

I found this book soothing, amazing, accessible and very practical. The language is easy to understand, the book is logically ordered in 3 parts. The first part gives background information on anxiety, fear and panic, and what happens in the mind and body. This appears to be useful for those who have experienced anxiety and those wishing to assist, such as partners, friends or workers. The author does not mess around with describing directly the intensity of experience, 'the effect is like throwing gasoline on a fire. Panic and anxiety ignite...and rage intensely in the body... a proliferation of thoughts and worries fills the mind.'

Author Brantley does not leave the reader isolated and moves on to show how and what to do through the second section: the challenge of actually applying the principles of mindfulness through breath, body awareness and more. The exercises are clear though need to be read through a few times, with an invitation to tape them or be used in a group setting. Brantley continues to encourage the doing of mindfulness in formal practice times of meditation, and informally in daily life. He explains how to bring the gentle and kind awareness to the present without jargon, whilst acknowledging the great pain that arises when focusing on anxiety and fear. There is a continual reminder through the book to apply the learning, that letting it remain as merely head knowledge does not change anything.

In the third section, the author demystifies some of the process of calming the anxious mind by answering common questions, which tend to arise after people have begun to apply the ideas to practice. There are many stories and testimonials throughout the book, including cautions to seek help from doctors or counsellors throughout the

journey, particularly if the reader has an anxiety disorder. There are no promises for being rid of the anxiety, in fact the opposite is true. You have the opportunity to acknowledge and be mindful of the experience: 'you are learning what it means to work with the agitated



mind by being there with kind and focused attention when it happens.' The author offers hope that we are not our thoughts, feelings or sensations and through use of the exercises to witness changes within, we may discover the deeper quality of peace and stability. No doubt it takes courage and commitment. I invite you to take a look at this book and give the exercises a try, gently and a little bit at a time. Let us know how you find it.

**Wendy Hartshorn**

## Web spinning

Useful websites and digital destinations

We have a new website

[www.hwhc.com.au](http://www.hwhc.com.au)

Come and visit us



We also have the new email address  
[info@hwhc.com.au](mailto:info@hwhc.com.au)



## Making Choices, Young People and Pregnancy in Tasmania

*Making Choices, Young People and Pregnancy in Tasmania*, a report prepared by Janine Combes and Teresa Hinton for Our Kids Bureau, was recently launched by Minister for Health, David Llewellyn.

This report is particularly relevant for Tasmania because it examines the issues with a state focus whilst still being informed by national and international research. The researchers consulted young people and service providers in Tasmania, identified the scale of the issue, predicted trends and presented best practice interventions. Their findings add a formal framework to the anecdotal knowledge previously gathered by people in the field. These findings, plus the practical examples and recommendations contained in *Making Choices* offer an opportunity to build on what we know and move forward.

### Findings

#### Some of the findings reveal that:

- Tasmania has the second highest rate of teenage pregnancy in Australia - after the Northern Territory - with 28.3 births per 1000 teenagers compared to 17.1 national average in 2002.
- This rate is declining as a proportion of births in Tasmania, mainly due to increased access to education, contraceptives and abortion.
- Teenage pregnancies are generally unplanned. Of those that are planned, idealised attitudes to parenthood and pregnancy are a significant factor.
- The decision to continue a pregnancy is likely to be based on parental, partner and peer responses, local attitudes to teenage pregnancy, views about abortion and access to abortion.
- There are higher rates of pregnancy in areas of social disadvantage, rural areas, for Aboriginal young people and amongst homeless youth.
- Risk factors include lack of optimism about future prospects, low self-esteem, lack of educational achievement and aspiration.

#### Other findings include:

- The average of first intercourse is 16 years.
- Being high or drunk at time of a sexual encounter was reported by up to a quarter of teenagers interviewed.
- There is a discrepancy between knowledge of and use of contraceptives.
- Barriers to use of contraception include location, cost, provider attitudes, and concerns about confidentiality.
- Young men are often left out of decision making and

pregnancy prevention processes.

The report's researchers cite an international example that is very revealing. When a high school in South Carolina, USA, made a concerted effort to educate teenagers about sex, offered free access to family planning measures and engaged the local community in the response, the rate of student pregnancy dropped from 77 per 1000 teenagers to 37 per 1000 over a 4 year period. Tellingly, when political attitudes led to a ban on dispensing contraceptives in schools, this downward trend in pregnancy rates was reversed.

### Recommendations

A major conclusion of the *Making Choices* report, was that a narrowly focused approach would not be effective. Responses need to be multi-faceted and focus on sexual health, relationships and methods of improving choice. All sectors of the community, including young people themselves, need to be involved in the planning and implementation process.

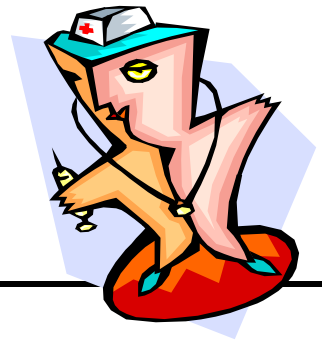
#### Recommendations include:

- Requiring all schools to offer comprehensive sexual health education.
- Specialist sexual health educators resourcing schools and teachers.
- Ready access in colleges to affordable contraception, including condoms and emergency contraception.
- Including young men in the responsibility for contraception and decision making.
- Peer based dissemination of information.
- Involving young people in designing responses/media campaigns.
- Provide ongoing education programs to inform parents and community about responses to teenage sexuality.
- Using the media to promote choice for young people in a more balanced, non-emotive manner.
- Enhanced support for young parents so their options are broadened, e.g. realistic and flexible access to education.
- Tackling the social and economic issues that lead to limited life opportunities.
- Network of service providers to ensure consistency of responses, partnerships, sharing of information and resources.

**Joan Barry**



**Hobart Women's Health Centre** is endorsed as a Deductible Gift Recipient (DGR). We invite you to make a donation to the Hobart Women's Health Centre Fund. Donations received are used to further the work of the Health Centre. All donations over \$2 are tax deductible, they can be sent by cheque or paid in person, please ask for a receipt if required.



We've made a few changes lately....

If you attend any regular programs, meetings or group activities at HWHC, please check below to see if there are any changes you need to be aware of. We apologise for any inconvenience!

**Fitball:** Until Pat returns on the 21st of June, Fitball classes will only be run on Tuesdays, 10-11.30am, not Thursdays. Gillian's ph. no. is **0413 376 090**, our thanks to her for filling in while Pat has a well earned break.

**The Lounge:** Lesbian & Bi women's meeting space, has moved from Thursdays to every 2nd & 4th Tuesday of the month, 6pm.

**Senior Momentum:** has moved from Fridays to Thursdays, 12pm - 3.30pm, & will be meeting in the Backspace Area, not the front cottage. Go down the driveway to the glass sliding doors.

**Massage & Reflexology:** Will now be at HWHC every week, but will alternate between Wednesdays & Thursdays. You can find out what times are available when you phone Jackie (massage) 0423 482 125, or Isabel (reflexology) 6224 0290 to make appointments.

## Positions Vacant

HOBART WOMEN'S HEALTH CENTRE seeks applicants to join our team of **Clinical Teaching Associates** to teach medical students to perform **Well Woman Checks** in a caring and sensitive environment.

Position involves being examined once each teaching session by medical students from the **Tasmanian School of Medicine**. Teaching sessions held evenings & Saturdays.

Supportive team environment.  
Confidentiality assured. Training provided.  
The **Clinical Teaching Associate Program** is funded by **Cancer Screening and Control Services**, and administered by **Hobart Women's Health Centre**. For more information, phone **Penny 0423 957741**.

Some of us mourn...

An article from the Wednesday, April 13 edition of the Sydney Morning Herald stated that, in 1994, Nafis Sadik, a former executive director of the UN Population Fund suggested to Pope John Paul II that the church play a role in reducing the number of unwanted pregnancies in third world countries by teaching men not to "impose themselves" on unwilling wives. The Pope's reply was "Don't you think that the irresponsible behaviour of men is caused by women?"

...for different reasons.

## CONTRIBUTIONS. . .

Contributions from readers are very welcome, so if you have an article, review, comment or notice that would be of relevance to our readers, please send it to the Newsletter Editor by post or email, or drop it in to reception when you visit the Centre. To be considered for inclusion, all contributions must be received by the following deadline:

**Spring Edition: 28 July 2005** (newsletter distributed at the beginning of September)



## . . .GETTING IN TOUCH

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

Visit: 25 Lefroy Street North Hobart Post: PO Box 248 North Hobart Tas 7002

Tel: 03 6231 3212 Outside the 62 area, freecall 1800 353 212 Fax: 03 6236 9449

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

HWHC receives funding assistance from the Commonwealth Government, under PHOFA.