

Hobart Women's Health Centre Newsletter



Celebrating our 20th Anniversary this Year

AUTUMN
2007

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Are we meeting their needs?

Carolina Valencia

In light of the recent Federal Governments statement that "African refugees have failed to integrate into Australian society" (The Mercury 4/2/07) and the dissemination of multiculturalism, the Centre believes it is important to evaluate whether we are meeting the needs of migrant and refugee women in our community, and to not lose sight of the importance of supporting them.

This brief article gives an overview of the some of the obstacles migrant and refugee women face when accessing the health system and concludes with the vision of the Hobart Women's Health Centre for improving their health outcomes in southern Tasmania.

Unfortunately, government agencies are seldom particularly forthcoming with adequate funding, so the real hope lies in health services undertaking cultural awareness training and approaching migrant and refugee health care from a "can do" perspective. It is important to note migrant women and refugee women do not all have the same health issues and have significant differences in their experience of migration and settlement. This must be recognised, in order to avoid labelling them as a homogenous group of 'Other' women.

One of many problems that affect migrant women's health is isolation. Many migrant women arrive as partners of skilled spouses. Often they cannot study, work or actively participate in the community. This social isolation creates difficulties when they need to access health services in the community - not having a reference point, coupled with low English skills, can completely disconnect migrant women and leave them unable to resolve their health issues or conditions.

Alternatively refugee women have tumultuous experiences when fleeing their home countries due to many different circumstances, such as war or famine. Conditions in refugee camps are dangerous and soul destroying. The people most at risk of violence, rape, and abduction are women and



continued over...

Here for **ALL** women



children. Those charged with protecting the well-being of refugee women and children often take advantage of their vulnerability. Hence, when women and their families arrive to a new home like Tasmania, their settlement experience can be an extremely hard. Refugee women experience constant stress and anxiety about family members still in refugee camps, adapting to a new life in Tasmania, and accessing services such as the health system. Repeatedly, women experience problems with the health system due to lack of knowledge, which leads to them enduring painful conditions for inexcusable amounts of time because they are unaware of the available services. Other problems they encounter are not knowing about waiting lists, or the distinction between a specialist and GP; these problems can mean the difference between solving their health conditions and enduring them in silence.

Further research and consistent advocacy for migrant and refugee women's health is vital so they can access a health system that can meet their needs. Research can ensure the right advice will be available to services on how to best meet the often-complex health needs of migrant and refugee women.

Research and advocacy will enhance the prospect of all women within our community receiving the same level of health service, by identifying disadvantages within the health system. Of course, this can only be possible if services heed the advice and recommendations of the research and adopt an open and flexible approach to their own health services.

The Hobart Women's Health Centre will soon complete a one-year research project on the health needs of migrant and refugee women in Tasmania. Informed by this updated information, the Centre hopes to formulate a direction and strategy best suited to meeting the needs of these groups. The Centre is dedicated to creating capacity from within, a process requiring time and knowledge - not only of the client, but also of our beliefs and selves. However, with knowledge and experience the Centre will have the capacity to provide some direct services, refer appropriately to other health services and advocate on behalf of migrant and refugee women; and, over time, provide a desperately required service.



Warning!

by Jenny Joseph

When I am an old woman, I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and summer
gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick the flowers in other people's gardens
And learn to spit.

You can wear terrible shirts and grow fat
And eat three pounds of sausages at one go
Or only bread and pickle for a week
And hoard pens and pencils and beer mats and things in
boxes.

And now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have friends to dinner and read the paper.

But maybe I ought to practice a little now?
So people who know me are not shocked and surprised
When suddenly I am old, and start to wear purple.





A Good News Story

Recently there has been a lot of publicity about the vaccine against cervical cancer, which works by preventing infections from the Human Papilloma Virus (HPV). A lot of confusion has arisen, and this article is an attempt to demystify the subject.

First some statistics:

- HPV is the most common sexually transmitted infection worldwide. Studies in developed countries show that 50 - 80% of sexually active women are infected at least once in their lifetimes.
- Deaths from cervical cancer most commonly occur in women in developing countries.
- Cervical cancer is most common among women in their 40s and 50s.
- Infection usually happens between teen years and the early 30s.
- Infections are usually transient but sometimes they invade the cells and lead to cervical and other genital cancers.
- There are more than 100 HPV types but of these only 18 types are considered high-risk for causing cervical cancer with two HPV types causing about 70% of cases.
- 5 - 10% infected with cancerous HPV types develop persistent infections and an increased risk of developing pre-cancerous cells.¹

Australia has had a formal screening program in place for 15 years. It has resulted in Australia having the 2nd lowest incidence of cervical cancer and the lowest death rate in the world. Two million

women are screened annually in Australia with approximately 120,000 having an abnormality, 800 new cases and 238 deaths.²

In 2006 Professor Ian Frazer was named Australian of the Year for his work towards the development of a vaccine against HPV, called Gardasil. Clinical trials have shown Gardasil provides a high level of protection against 4 types of HPV infection. Further developments may eventually guard against a wider range of HPVs, but at this stage the vaccine will not protect against all HPV types. Because of this, and because older woman may already be developing abnormal cells, it is important to continue to seek regular Pap smear screening.

Gardasil requires a course of three shots and is expensive, currently around \$450 for a full course. The good news is the Federal Government will be funding a vaccination program in our schools, for 12 to 13 year old girls, on an ongoing basis commencing this year. There will also be two years' funding for a 'catch-up' program for 13 to 18 year old girls in schools. Women aged 18 - 26 can now be vaccinated, free-of-charge, by their GPs.

More good news is the Bill & Melinda Gates Foundation has donated \$US27.8m to implement HPV vaccines in developing countries. Programs are starting this year in a number of developing countries.³

Joan Barry

¹WHO website

²Gerard Wain, ICOWHI 16, Sydney, November 2006

³Wikipedia – HPV vaccine



Assertiveness and Self Esteem Course

Rachael Atkins (Women's Health South) and Ankarah Grace (Hobart Women's Health Centre) are running 4 week courses designed to enhance self esteem, confidence and well being. Both day and evening courses will be held at the Centre.

If you would like any further information about the courses or to put your name on a waiting list for the next course, please contact either Rachael on 6222 7242 or Ankarah on 6231 3212.

INTERNATIONAL WOMEN'S DAY EVENTS

Thursday March 8

WOMEN'S WALKS WITH HISTORIAN MIRANDA MORRIS

12:00 – 1:30 pm or 5:30 – 7:00 pm

(Finishing time may vary with pace of walkers)

'The Perilous Journey of Alice Gertrude Kenny'



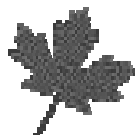
Join Miranda Morris on a walk through Hobart and hear about the life of Alice Kenny, whose struggle to establish herself in the new colony highlights the social, cultural and political barriers facing women in the 19th century.

Alice Gertrude Kenny's eventful life will form the narrative as we walk the streets of Hobart. What sort of place was this when she arrived in the colony as a single female migrant in 1858? How was the colony representing its indigenous population and its convict past?

What role would a single working-class English woman play? As we map her life from household servant to matron of the New Norfolk asylum, we will reflect on the way her search for reputation and autonomy collided with the strictures of class and gender; and ultimately placed her in the dock of the Supreme Court in a trial that dominated the press and drew the highest dignitaries into its orbit.

Bookings are essential so please phone the Hobart Women's Health Centre by Tuesday March 6 on 6231 3212 to secure your place on a walk. Numbers are limited to ensure all participants' needs are met.

This walk has been jointly sponsored by HWHC and Women's Health South (Department of Health and Human Services).



WOMEN'S PICNIC AND ENTERTAINMENT ON PARLIAMENT LAWNS

1:00 – 3:00 pm

Relax on Parliament House lawns, have your say on the soapbox, and enjoy some entertainment. Bring lunch to share, or purchase refreshments from nearby cafés.

No need to book, just come along and enjoy the company of other women to celebrate International Women's Day.

Phone the Health Centre on 6231 3212 for further information.

ROSES FROM THE HEART

Blessing of the Bonnets at
St David's Cathedral

3:00 – 4:00 pm

For further details about the Roses from the Heart project see page 9.

AWASH WITH BONNETS

Female Factory Historic Site
De Graves St, South Hobart

4:30 – 6:30 pm

After the service, all women are invited to gather at the Female Factory Historic Site. For further details see page 9.

Breakfast Booster

This contains ingredients with extra protein, essential acids, minerals and phytoestrogens

50g	ground almonds
100g	ground sunflower seeds
150g	ground linseed
100g	whole sunflower seeds
150g	lecithin granules
100g	whole pumpkin seeds
100g	ground hazelnuts
50g	sesame seeds
50g	psyllium husks
150g	soy flour or soy drink powder

Ageing Well with Weights Program



This program is specifically designed for older women to recover bone density, muscle bulk and flexibility. Research into women's health needs has shown the physical and mental health benefits that can result from a carefully structured resistance training program. However, in a recent survey of women who attend the Health Centre, less than 1% attend a weight training program. Strength training programs require specific equipment, namely ankle weights and hand weights, so the Health Centre applied for a Women Tasmania Small Development Grant to purchase this equipment. We have just heard this submission has been successful! Thanks to Women Tasmania, we can now begin the Ageing Well with Weights program in April.

Traditionally, older women have avoided weights programs, seeing weights as part of the male gym exercise domain. This program is aimed at women 50 + and will be held in the supportive environment of the HWHC, specifically designed to support older women's health needs. *No lycra is needed*, just comfortable loose clothing and a willingness to try something new!

We know women experience a progressive muscle loss and bone thinning from the age of 35 years, due to the normal aging process, and this loss can be accelerated by specific medical conditions such as coeliaca's disease and thyroid imbalance.

The eight week strength training program with physiotherapist Pat Sandercocock will comprise specific exercises, utilising weights, tailored to each woman's individual needs. On registration, participants will receive the pre-program physical assessment form required before beginning the program. Following the eight week program, access to the weights will be available at the HWHC at specific out of class times to enable women to maintain strength gains.

The program will be held on **Fridays from April 13 to June 1, 1:30 – 2:30 pm** and the cost is **\$5.00 per session**.

To book **phone HWHC on 6231 3212**, to register your interest or for further information.

The cost of these sessions can be claimed through most private health funds and Pat will provide a receipt to eligible woman.



Breast Cancer Support Groups

There are now two Breast Cancer Support Groups providing information, friendship and emotional support to women who have breast cancer. The groups meet on the third Tuesday of each month and are facilitated by Nola Polmear, our wonderfully supportive Breast Cancer nurse.

The next meeting date and times will be **March 20 for both the Midday Group 11:45 am - 1:15 pm and the After work group 4:30 - 6:00 pm**

In addition, during April and May we will be offering a series of four **Living with Cancer Workshops** for women with breast cancer, plus an evening BBQ for women and their families and/or friends. **This fortnightly program will be on Tuesdays from 4:30 – 6:30 pm**, and will be facilitated by Nola Polmear and Rosemary Kerrison, and is free to participants.



Program

- April 17 Guest speaker
Breast Cancer Surgeon & Oncologist
- May 1 Guest Speaker-Oncologist nurse
"Myths & misbeliefs of breast cancer"
- May 8 BBQ and Social Evening 5 - 8 pm
For participants, their friends and/or family
- May 15 Guest Speaker-Psychologist
"Learning how to look after ourselves"
- May 29 Naturopath
"Natural ways to support yourself"

Please phone Rosemary on 6231 3212 to book your place or for more information.

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.

Acapella



Fun, easy and uplifting singing sessions every second Thursday 6:30 - 8 pm. Cost \$3:00. Beginners are most welcome. First session for 2007 is March 1. For more information ring Lorraine on 6223 8323.

Ageing Well with Weights

8 week strength training program on Fridays 1:30 - 2:30 pm. \$5 per class with physiotherapist Pat Sandercock. Numbers are limited, so for more information and to book please call the Centre on 6231 3212.

Birth and Beyond

Monday fortnightly from March 12 at 9:30 am for 10 am start until 1 pm. Group sessions to share and learn more about birthing and mothering experiences. Phone Rashelle on 6267 4740

Breast Cancer Support

3rd Tuesday of the month 11:45 am - 1:15 pm and for working women 4:30 - 6 pm. For any woman diagnosed with breast cancer who would like information and support.

Encore

8 week gentle exercise program, for women, after breast cancer. If you would like to participate please contact Rosemary at HWHC for more information.

Fitball Beginners' Class

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.

GP services

Tues, Wed and Thurs 9:30 am - 1 pm, half hour bulk-billed consultations by appointment. Approximately a four week waiting period.

Herbalist

Thursday 1 - 4 pm by appointment only. For more information and to make an appointment phone Sally on 0407 872 792.

Massage

Monday by appointment only, \$35 per hour. For information and to make an appointment phone Amanda on 0418 355 403.



Meditation

Guided and safe relaxation meditation Tuesday 10 - 11 am (beginners welcome)

Menopause Consultations

Individual one hour free consultations to discuss and explore menopause issues. For more information or to make an appointment contact Rachael Atkins on 6222 7242.

Tai Chi

Monday 10 - 11 am and 2 - 3 pm. This is a low impact form of Tai Chi which focuses on increasing mobility and flexibility while developing inner strength and tranquility.

The Lounge

Friendly and informal meeting space for same-sex attracted women. Every 2nd and 4th Tuesday of the month from 6 pm. Contact Tracey at the Centre.

Older Women's Friendship Group

Every 2nd Tuesday of the month from 1:30 - 3:30 pm. Are you interested in meeting new people, having a laugh with likeminded older women, and becoming better informed about issues effecting older women? The group is small and friendly and welcomes new faces. Phone Barbara on 6244 3993 or Yvonne at the Centre for more information.

Older Women's Walks

Monday mornings 10 - 11:30 am. Calendars are available from reception.

Writers' Support Group

First Wednesday of the month 2 - 4 pm. Contact Yvonne at the Centre.

Yoga

Wednesdays 10 - 11:30 am \$5 per session with Kathy. Ring the Centre for more information.



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



Autumn Changes

Autumn is a time of change. These Wednesday workshops are a fun, creative and informative way to approach change and enhance your health and wellbeing.

All workshop sessions will be held in the Backspace of the Hobart Women's Health Centre

Booking essential Ph 6231 3212

Gold coin donation (optional)



April 4

12:45 - 2:45 pm

Fabulous Financial Fixes

with Jenny Riley

Would you like to pick up tips on better budgeting or debt solutions? This workshop can demystify issues around bankruptcy, financial concerns and provide you with some new skills and options to assist you making informed choices suitable for you.



April 11

12:45 - 2:45 pm

Beautiful Bellies

with Adriana

Adriana has been teaching Belly Dance to women in Hobart since 1992. Believing this to be for women of all ages, shapes and sizes, Adriana will share her expertise in this beautiful dance form and lead you through some of the basics. Even if you feel you have two left feet, you are sure to have fun and leave this workshop feeling good about having hips that are allowed to shake.

April 18

12:45 - 2:45 pm

Making Sense of Carbohydrates - low GI and high GI

with Chando Steiner

Are you confused about low GI and high GI? This workshop will clearly explain the differences in an interesting and simple way. Chando will also talk about insulin, the diet and weight loss debate, diabetes and Metabolic Syndrome (Syndrome X).



May 2

12:45 - 2:45 pm

Sustainable living in Tasmania

with the Tasmanian Environment Centre

This workshop will focus on what people can do in their own homes to act against global warming. This environmental challenge asks people to commit to undertaking changes to reduce their energy, water and car use actions which will ultimately make a difference to the way we live and help lessen our greenhouse footprint.

May 9

12:45 - 2:45 pm

Tools for transformation

with Ahimsadhara

This workshop uses Yoga, relaxation and breathing techniques as tools for transforming old beliefs and moving out of negative life situations. Particularly relevant to those whose lives are affected by addictive behaviours or who feel stuck in destructive patterns. You'll learn practical techniques to help you strengthen and harmonise body and mind. Ahimsadhara teaches yoga and meditation at the Satyananda Yoga Centre.



May 16

12:45 - 2:45 pm

Moving right along - Falls prevention and mobility

with COTA (Peer Education)

Falls can happen at any age, in a variety of situations and settings and can be a threat to our independence and well being. The good news is the risk of falling can be reduced and this workshop will teach you how. The session is lively and encourages informative exchanges of ideas and experiences.

Talking Herbs

the alternative medicines with Sally Riley

It is summer in Tasmania and on the odd high temperature day we are eating salads more often. So let's not forget the medicinal value of our fresh culinary herbs and add them lavishly.

Parsley is rich in iron, calcium, potassium plus vitamins C and A. So it's good for those suffering from anaemia and debility. It encourages urination and, as a result, is useful for fluid retention associated with menstruation and cystitis. It is also helpful for colic, flatulence and indigestion. Chewing parsley can help relieve the breath of onion and garlic smell. The leaves should be used fresh in salads to retain the vitamins.

Coriander (*Coriandrum sativum*) seeds and leaves are used in cooking, while the seeds are preferred in herbal medicine. It helps to clear flatulence and indigestion. Recent research has suggested the leaves can encourage the excretion of toxic metals such as mercury, lead and aluminium from the body. Such metals can cause arthritic conditions, depression, memory loss, muscle pain and weakness. It is therefore helpful for anyone suffering the ill effects of amalgam dental fillings.



Peppermint (*Mentha piperita*) is aromatic, calmative, antiseptic, antispasmodic, anti-inflammatory, antibacterial and is also a stimulant. It may be used for gastrointestinal disorders where appetite-promoting stimulation is required. Hence our use of mint sauce with roast lamb. It is useful for nervous headaches and as a way to increase concentration. It can be used as a tea to help digestion, colds and flu. Cold peppermint tea can be sipped to treat hiccups and flatulence.



Salsa

6 tomatoes chopped finely
2 tablespoons coriander chopped
2 tablespoons mint chopped
1 red onion chopped
2 teaspoons balsamic vinegar
2 tablespoons olive oil



Mix all together

Serve with pieces of pita bread, which has been roasted in an oven for about 10 minutes.

Doses 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 Ph. 0407 872 792 for consultation in herbal or mineral therapies by appointment at the Centre on Thursday afternoons.

Conversations in the Courtyard highlights



Photo of Joanne Kelly, Queen Mother, with some of the women who attended the session on the Red Hatters.

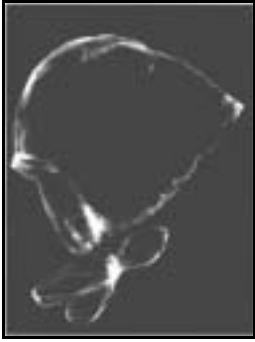
Tuesday afternoons in the courtyard were well attended, with some new women finding their way to the Health Centre. Guest speakers informed, entertained and presented some fascinating sessions to participants during the Summer months. Two of the highlights of the season are mentioned below.

Our first session with Nutritionist and Osteopath, Chando Steiner, provided us with some good ideas for a "breakfast booster" (see page 4). Linseed, Sunflower Seed and Almond, ground up, makes a highly nutritious addition to breakfast cereal. Linseed is high in soluble fibre, protein and essential fatty acids. Sunflower seeds and almonds are high in minerals as well.

Joanne Kelly - *Queen Mother* of the Scarlet O' Hatters, a Hobart chapter of the Red Hat Society - entertained and informed us with an account of the Red Hat Society's history, happenings and rules (there are none, except wear your red hat and turn up!) at our second session.

Joanne (dressed appropriately in purple) shared with us the poem on page 2, written by American poet Jenny Joseph. This poem is credited with encapsulating the philosophy of the Red Hatters, who believe in laughter, fun, defying convention, and increasing the visibility of older women in the community.





Adult female bonnet,
pattern taken from
1860s colonial bonnet
(muslin)

Roses from the Heart Project

The Blessing of the Bonnets – an ecumenical ceremony to celebrate the lives of convict women – will take place at St David’s Cathedral at 3:00 pm on International Women’s Day, 8th March 2007. Event organiser, Christina Henri, invites anyone with an interest in our colonial

heritage, particularly those who made a bonnet as part of her Roses from the Heart project (25,000 colonial women’s bonnet) to attend.

The Blessing of the Bonnets ceremony is a compelling event for participants and supporters of the Roses from the Heart Project. It is a particularly significant way of paying tribute to our female convict forebears, who in many cases were denied access to the basic principles of church teaching –often including denial of christenings and burial services within their own faith. The service aims to recompense these women through remembrance, and to pay tribute to the enormous contribution they and their families made to our Nation.

The Blessing of the Bonnets service will include musical performances from ABC Operatunity Oz finalist Emily Burke, Irish musician Vince Brophy and the South Hobart Primary School Choir.

For more information on the Blessing of the Bonnets ceremony, or on how to contribute by making a bonnet, please go to www.christinahenri.com.au or www.femalefactory.com.au or phone the Female Factory on 6223 1559.

Women Tasmania has kindly offered rooms in Macquarie Street as a meeting point for the public to gather prior to the service at St. David’s Cathedral. Tea and coffee will be supplied. Women Tasmania is just a pleasant couple of minutes stroll across Macquarie Street from the Cathedral.

Following this Blessing, from 4:30 – 6:00 pm, a celebratory event, 'Awash with Bonnets', will be held in Yard One of the Female Factory Historic Site. This will feature the sharing of stories, music, refreshments and aerial photography of women wearing the bonnets, and will close with the bonnets being handed to Christina for inclusion in the major exhibition.



The bonnets will be among the 25,000 bonnets to be exhibited in a Contemporary Art Exhibition, Roses from the Heart, which will be displayed in Hobart (8th March, 2008) before travelling to the mainland and eventually to Britain and Ireland. Christina sees this as symbolic of the convict women returning to the land from whence they were exiled.

Christina has applied for funding to bus women and partners from the North East, North/Midlands Highway and East Coast to Hobart and back for both the ceremony at the Cathedral and celebration afterwards. Please email Christina Henri at cjhenri@iinet.net.au if you wish to participate in the free transport.



ENCORE NEWS

ENCORE is an eight week, gentle exercise class for women who have had breast cancer treatment at any time in their lives. The program is based on floor and warm water exercise, with gentle stretching specifically designed to increase women’s mobility, flexibility, and confidence. Classes are currently held at the Hazelwood School in Newtown, which offers a warm pool, space for floor exercises and group work. The program is sponsored by Avon, and is free to women participants.

The second Encore program for 2007 will begin on April 4. Interested women should phone Yvonne or Rosemary on 6231 3212 to register, or for further information.

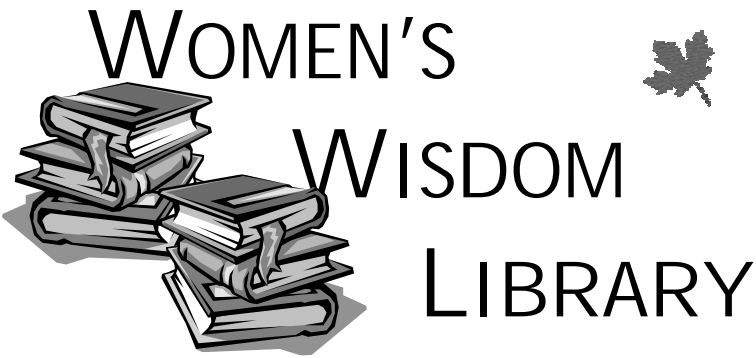
An Encore course will be run in Launceston this year. It will be held at Newstead



Heights commencing on March 7 until May 2 from 5:30 to 7:30 pm.

For further information please contact Angela on 0439 501 255.

WOMEN'S WISDOM LIBRARY



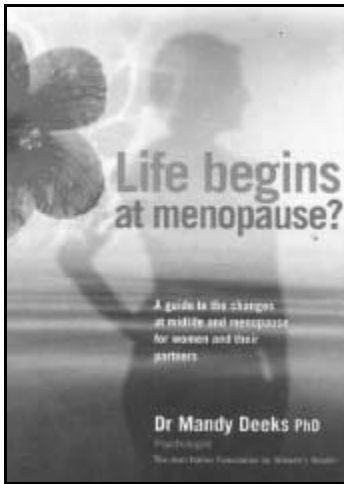
Life begins at Menopause?

A guide to the changes at midlife and menopause for women and their partners

by Dr Mandy Deek
PhD Psychologist

This new book takes a fresh look at menopause, providing information and guidance on the physical realities (hot flushes, physical changes) and the emotional aspects, like depression, mood swings libido, body image and relationship issues.

It provides guidance through the realities, but also a focus on the positives and things to look



forward to, using the experiences of real Australian women in easy to understand information. Dr Meeks specialises in the midlife and menopause area and is a consultant for the Jean Hailes Medical Center for Women.

(Life begins at Menopause? is available in the Centre's Library)

Yvonne Hardefeldt

HAVE YOU GOT ANY OVERDUE BOOKS?

If you have any overdue books from our Women's Wisdom Library please return them to the Centre. Or if you require your book for a little longer please let us know by giving us a call on 6231 3212.

Thanks!



Birth and Beyond

Birth & Beyond nurtures a holistic approach to the needs of women as we journey through the childbearing years; support to explore and choose what is right for you and your family.

Fortnightly on Mondays between 9:30 am - 1 pm

March 26: **Elimination Communication** how do we have our babies nappy free? Learn about baby's subtle signs and body signals that tell us when they need to pee or poo. Avoid 'toilet training' and instead help your child to acknowledge and therefore remember their natural reflexes for elimination. (P.S. if you saw the '60 Minutes' program don't be put off by their presentation of 'nappy free' children!) Rashelle Szoke - mothered two boys from 3 and 6 weeks of age 'nappy free'.

April 9: **Public Holiday**

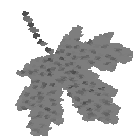
April 23: **The List** We are aiming to put into print a wholesome list of information about 'local' birthing and parenting services and health therapists, books and so on.

May 7: **Siblings** is there an ideal 'spacing' between our children's BIRTHdays? Share your experiences from your own childhood, how have things changed? How do you plan your family to create harmony and optimum bonding?

May 21: **Winter remedies** for the family with focus on children. Complimentary and nutritional medicines to optimise our health in the colder months. Belinda Jones - Mother of two and Naturopath. Co-owner of Gould's Naturopathic.



Phone Rashelle on 6267 4740 for more information.



Mani B Mitchell:



Counsellor - Psychotherapist -
Educator - Change Agent

Hobart Women's Health Centre, Women's Health South, Working It Out South and Family Planning Tasmania invite you to 2 events on **Wednesday March 28th**

A workshop on intersex issues, gender identity and gender variance 10 am – 12:30 pm

For the last ten years I have worked to break the silence, ignorance and fear that surrounded the issue of intersex.

In 2001, I was in America immediately after 9/11. I flew in half empty planes, walked through airports that had soldiers with assault rifles guarding them. I was identified as a suspicious person and got to stand corralled with other non standard humans, while our bodies and bags were searched. Fear was in the air, fear of difference; in Arizona, a turban wearing Indian Seik was shot dead by a man 'mistaking' him for a Taliban terrorist.

I want a world where difference is appreciated, valued, nurtured. All difference - sexual orientation, gender, ethnicity, religious beliefs. A world that finds a way, a creative safe way to stand beside difference where and whatever it is.

A film evening 7:30 pm

HERMAPHRODITES SPEAK

The first ever film shot of intersex people outside a medical setting

MANI'S STORY

Best documentary in the NZ Qantas awards in 2004

1 IN 2000

A short film made by a Texas based film maker

BLACK AND WHITE

Short film focusing first on Mani's extraordinary childhood, and then on the story of Mani and Rebecca's photographic collaboration, this documentary poses a challenge to notions of masculinity and femininity as rigid categories.

Please ring Susan Ditter at Working It Out Inc on (03) 6231 1200 for further information

Lesbian and Bi Women

The Lounge

Meeting space for lesbian, bisexual, questioning or curious women.

Safe, friendly and informal, come by yourself or with a friend or partner. We meet every 2nd and 4th Tuesday of the month, at 6 pm here at the Health Centre (Unless otherwise planned).

Next meeting dates:

March 13

We are meeting at Kaos Café, 236 Elizabeth Street, North Hobart, not at the Health Centre.

March 27

April 10 and 24

May 8 and 22



Film and games nights, BBQs, walks or just for a chance to do a bit of socialising.

Borderlines – Queer Radio

Hobart's sexuality and gender issues radio show

Every Wednesday 2 – 3 pm

Edge Radio 99.3 FM

Womyn's Dances

Celebrate International Women's Day

Sunday March 11 (next day is a public holiday)

Upstairs at the Republic starting at 9 pm

DJ's, Belly Dancers and Drag King performance

Waged \$10, unwaged \$5

If you are interested in learning to DJ for Womyn's Dances, phone Neneh on 0428 741 554.

Car Rally and Picnic

Sunday April 29

For further information on the rally contact the

Gay and Lesbian Community Centre on

(03) 6234 8179 or go to www.glctas.org.

Picnic starts at the Waterworks Reserve, Site 9 at Midday, BBQ available.



Queens Ball

Sunday June 10

Stay tuned for further information.



WHAT AN EXPERIENCE . . .



Hello, my name is Sandra. In the past I worked with young children as a Child Carer. At the moment, I am a Celebrant able to perform ceremonies such as Name-giving. In the near future, I hope to be approved as a Marriage Celebrant. I thoroughly enjoy my role as I feel it is important for people to be able to celebrate family milestones.



I first started coming to the Centre about eighteen months ago on the recommendation of a friend. I had previously attended Belly Dancing classes and was keen to experience Yoga.

Since initially attending the Centre for Yoga lessons, I have also participated in the Meditation group and enjoyed a number of massage sessions.

The Centre has a warm and welcoming environment and it is good to spend time with other women who have similar interests.

Whenever I get the chance, I recommend the Centre to other women - just as my friend did for me.

EXPRESSION OF INTEREST . . .



The Hobart Women's Health Centre is hoping to do a Mural Painting Project at the Centre (subject to funding) as part of our 20th Anniversary Celebrations. We are calling for expressions of interest from women who are Community Artists to co-facilitate the project. Please contact Ankarah on 6231 3212 by March 15, 2007.

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 in to reception when you visit the Centre.

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

Winter Edition: 19th April 2007 (newsletter distributed at the end of May)



. . .GETTING IN TOUCH

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

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@hwbc.com.au Website: www.hwbc.com.au

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