

HOBART WOMEN'S HEALTH



CENTRE NEWSLETTER

AUTUMN 2009

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Back on the Agenda

by Joan Barry

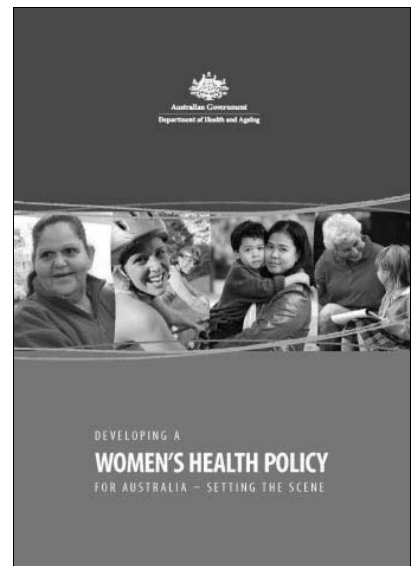
1976-1985 was the International Decade for Women, focussing on identifying and addressing issues of concern to women. During this decade, the Australian Government developed a National Women's Health Policy, implemented in 1989. The policy was signed by the Australian and all state and territory governments, making it a truly national initiative. Funds were also committed to the National Women's Health Program, with the goal of improving women's health and well-being. This policy development and funding put us at the forefront of women's health internationally, with many countries inspired to follow our lead and develop similar policies and strategies.

Reviews and evaluations of the policy and initiatives showed them to have been highly effective, benefiting women's health and having positive spin-offs for the whole community. Despite (or perhaps because of) the achievements, over the last ten years or so the policy slipped down the political agenda and women's health was in danger of becoming invisible once again, lost in general health policy.

Why does this matter? The Australian Women's Health Network expresses it well:

"Women are different from men and experience life differently, both in sickness and in health. Throughout their lives, from childhood to old age, women will have different health experiences and outcomes based on both biological factors and gender roles.

As well as the obvious anatomical differences, other differences include genetic, hormonal, psychological and social factors. In responding to women's health issues it is important that these differences are recognised and acknowledged, without overshadowing or dismissing the commonalities women share with men. Similarly, many aspects of men's health could be improved by considering their gendered roles in society."(1)



continued over...

HERE FOR ALL WOMEN

Women are the biggest consumers of health services. Apart from gender specific issues such as those around reproductive health and childbirth, women are also affected more by certain cancers, and more severely by arthritis, osteoporosis, eating disorders and the impacts of violence and abuse. Statistically, women live longer than men and so are more affected by the affects of aging, isolation and low income, generally having less superannuation and assets.

Although there have been many good results in women's health, still challenges remain. We know health outcomes are determined by a range of factors such as socio economic status, education levels, isolation and gender, all of which impact adversely on a higher proportion of women than men. There are also significant health inequalities between women with certain groups, such as rural, migrant or indigenous women, often experiencing health outcomes.

In recognition of the above, and in fulfilment of an election commitment, the Rudd Government is in the process of developing a new national policy on women's health, due for implementation in 2010.

"The Policy will recognise gender as a basic determinant of health, which gives rise to different health outcomes and different needs for women and men.

In line with international developments and the Government's social inclusion agenda, the National Women's Health Policy will emphasise prevention, health inequalities in our society, and the social determinants of those health inequalities." (2)

The policy is currently in its development stage. If you are interested in reading about it in more detail, and possibly taking part in the consultation process, it can be accessed through the net on: www.health.gov.au/womenshealthpolicy

References

- (1) Women's health: The New National Agenda.
Australian Women's Health Network – Position Paper March 2008
- (2) Developing a Women's Health Policy for Australia – Setting the Scene – 'what it this paper about?' (www.health.gov.au/womenshealthpolicy)



Invitation to Joan's Farewell

Our Coordinator Joan Barry has decided to retire from the Hobart Women's Health Centre at the end of March and you are invited to come and join us to say thank you and farewell at an afternoon tea party.

Thursday March 26, 2009

2:30 pm until 4 pm

Hobart Women's Health Centre

RSVP: March 16, 2009

We have a 'no alcohol' policy at the Centre now so for those of you who wish to join us for drinks with Joan we will be meeting at **The Quarry Restaurant/Bar at Salamanca at 5:30 pm the same evening.**

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

Birth and Beyond is facilitated by women who regularly attend the group.



The dates for this season are as follows:

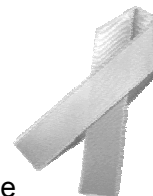
March 2, 16 and 30

April 13 and 27

May 11 and 25

Phone the Centre on 6231 3212 for more information about topics and presenters.

Breast Cancer Support Groups



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

The next meeting date and time is:

March 17 11:45 am - 1:15 pm

Group discussion

April 21 11:45 am - 1:15 pm

To be advised

May 19 11:45 am - 1:15 pm

To be advised

Please phone Rosemary on 6231 3212 for more information.

HWHC Audit Update – What are we up to?

In June last year the HWHC undertook a Developmental Audit using the QIC (Quality Improvement Council) standards. For those of you who are thinking 'what is a developmental audit?' - It was a daunting task where external reviewers came into the HWHC over four days to review the ways in which HWHC operates as a service. Three broad areas were looked at:

- The organisation (which included leadership, human resources, financial management, legal compliance and risk);
- The quality of the services and programs offered by the Centre; and
- The external relationships the Centre enters and its partnerships and links with other organisations.

In most cases, service providers who have been involved in accreditation or service development reviews complete a significant amount of work in readiness for the review. With a developmental audit, the organisation is assessed in terms of "where it is at now". A large number of clients and services were involved in providing information for the audit.

The Centre received a report in August last year, which contained a considerable number of recommendations. The aim of the report is to identify issues and gaps and

to support the Centre to implement a range of changes to ensure staff, clients and the community are able to have a Centre that is viable, responsible and meets the needs of women in the community.

Late last year, I started working as a consultant to support the Centre to work through the recommendations. Deniel Crozier from the NSW Women's Health Association also worked with staff and the Board of Management to explore some of the issues affecting feminist organisations in the current climate.

The bulk of the work to date in relation to the audit has been developing new policies and reviewing some of the Centre's current policies. There have also been new members recruited to the Board of Management and the Board has also completed training in governance, to further develop their skills as Board members.

Some of the challenges for the Centre in the next few months include developing a clearer strategic direction, strengthening relationships with other services and looking at partnerships, funding and quality. The Centre is sure the audit will provide a framework to support the organisation to move forward as the sector faces many changes over the next few years.

Celina Sargent

Autumn Motion

Women's Walk

Thursdays 10:30 am

Walking is a great way to improve your health and to meet other women for friendship and support.

All walks are moderate in pace and are usually one hour or less, with additional time allowed for morning tea and conversation at the end of the walk or at a local café if suitable.

A walking calendar can be collected from reception or posted to you.

Please note walks may be subject to change depending on the weather conditions.

Phone the Centre on 6231 3212 for more information.

ENCORE NEWS

After twenty five years of national support and funding for the Encore program for women recovering from breast cancer, Avon has withdrawn their sponsorship due to the effects of the global economic meltdown.

YWCA, who managed the program in Australia is committed to keeping Encore running and is currently seeking other sponsors.

The Encore program is suspended pending the outcome of funding adjustments.



CORES Training

Susan Ditter from Working it Out Inc. and I travelled to Sheffield to participate in a four-day training course to become CORES (Community Response to Eliminating Suicide) Team Leaders. We are the first team leaders to be based in Hobart and are ready to deliver the One Day Suicide Intervention course to both the LGBTI community and the broader women's health community.

Originally funded by the Tasmanian Community Fund in 2003/04, CORES ran a series of workshops in suicide intervention in the Kentish Municipality. This was a community response to ten recorded suicides in the area over three years. During the first two years of the program no suicides were recorded in Kentish. Since then, the rates have been considerably lower compared to the years prior to CORES.

CORES is now under the umbrella of the Kentish Regional Clinic Inc. They have nine teams nationally delivering one-day training within communities over three states and have held workshops in SA, Victoria and Queensland.

CORES is unique, as it provides training to everyday people and equips communities to take responsibility for suicide prevention in their area. The training Susan and I received was of a very high standard and provided by the Manager, Coralanne Walker, who was supported by a team of volunteers. Particularly outstanding was their

exceptional connection with their own community. The clarity of the aims and focus of the organisation made participants in the training proud to become a part of something so worthwhile.

The one-day course offers simple and practical solutions for supporting people who are contemplating suicide. It covers identifying the signs of suicidal intent; provides participants with opportunities to practise asking relevant questions; offers simple diagrams to be utilised when supporting a person; and identifies how integral it is to know both our personal resources and those available to us when providing effective support to people contemplating suicide.

The opportunity for further collaboration between CORES, Hobart Women's Health Centre and Working it Out is very exciting. We look forward to providing the one-day training in Hobart and southern Tasmania.

Hobart Women's Health Centre is now taking expressions of interest for the one-day training. The cost is \$50, which includes light refreshments, all resources, information and training in a small group environment with two presenters. Please call the Centre on 6231 3212 to register your interest. When we have a full course we will negotiate dates. Course fees may be negotiable relevant to financial circumstances.

Wendy Meek

Healthy Eating

It's time again for new and exciting produce, as we enter into autumn and plant seedlings in our vegie patch. Unfortunately, you can't always count on the seedlings in the shop being the ones you should be planting. How are everybody's tomatoes going??

Here is a guide for March and April.

PLANT: Garlic cloves, celery seedlings, kale, cabbage, cauliflower, broccoli, winter lettuce, silverbeet, spring and salad onions, chives and leeks.

But what should we be eating at this time of year in Tasmania?

At their peak: Capsicums, tomatoes, eggplant, and apples (new season galas, golden delicious and early fujis then in May, granny smith, pink ladies, sturmers, and lady williams)

Early: Fennel bulbs, silverbeet and chard

This means you should be picking these things from your garden if you are lucky, but they should also be available in abundance at a good price and ready to eat from markets and local grocers etc. Supermarkets are getting better at telling you where produce is grown, but beware as some Tassie produce is still going to the mainland before coming back, so you are not always getting the freshness you want or expect.

Recipe

Caponata is a Sicilian cooked vegetable salad made from chopped eggplant, celery seasoned with sweetened vinegar and capers in a sweet sour sauce. Maggie Beer adds a secret ingredient to her Caponata, a little dark chocolate to create a rich smooth, creamy texture.

This is a good dish to try late in the season, when celery is at its best and ripe roma tomatoes and eggplants are still available.

Ingredients

- 1 small onion, chopped
- 1 small stick celery and a few of its leaves, washed and chopped
- 2 tablespoons raw sugar
- $\frac{1}{3}$ cup red wine vinegar
- Extra virgin olive oil (evoo)
- 1 eggplant cut into cubes (approx 2cm x 2cm)
- 2 ripe roma tomatoes, seeded and diced
- 4 large green olives, pitted and roughly chopped
- 2 tablespoons salted capers, rinsed and drained
- Sea salt and freshly ground black pepper
- 5g good quality dark chocolate
- $\frac{1}{3}$ cup tightly packed basil leaves, roughly shredded



Method

In a small frying pan, sauté the onion with a splash of evoo until it gets a little colour, add the celery and continue to fry a little more, but retain the crunch of the celery. Add the sugar and mix well to combine, allowing the sugar to dissolve. Deglaze with vinegar and continue to cook until it reduces and becomes a little syrupy. Remove from heat and set aside.

In a larger frying pan, heat some evoo. Fry the eggplant, adding more evoo as necessary with a little salt. When the eggplant is almost cooked all the way through and has a rich golden colour, add the diced tomatoes, reduce the heat and continue to cook until the tomato has softened a little. Add the onion and celery mixture along with all its liquid, mix well and then add the olives, capers, sea salt and freshly ground black pepper.

Whilst the mixture is still warm, add the chocolate so it melts and stir in gently, then add the basil and adjust the seasoning if necessary. The Caponata should be sweet, sour and luscious!

Serves four as an accompaniment or light lunch. ENJOY!!

Planting guide Peter Cundall's all year round planting and sowing guide, <http://www.abc.net.au/tasmania/stories/s2106182.htm> November 30th 2007

Recipe: Maggie Beer, Cook and the Chef, <http://www.abc.net.au/tv/cookandchef/txt/s1912059.htm>

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.

Ageing Well with Weights	8 week strength training program on Fridays 1:30 - 2:30 pm. \$5 per class with physiotherapist Pat Sandercock. To be sent forms for the next course, please call the Centre on 6231 3212. Practice times available, after course completion.
Birth and Beyond	Monday fortnightly 9:30 am for 10 am start until 1 pm. Starting March 2. Group sessions to share and learn more about birthing and mothering experiences. Share a healthy lunch.
Breast Cancer Support	3 rd Tuesday of the month 11:45 am - 1:15 pm. For any woman diagnosed with breast cancer who would like information and support.
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. Jean Syme, our doctor, will be on leave from April 30 onwards so at this stage no appointments will be booked after this date.
Grandparents Raising Grandchildren	Support and relaxation. Contact Ariella for more information on 6234 7948.
Herbalist	Thursday 1 - 4 pm by appointment only. Cost is \$25.50 for the 1st one hour consultation and \$15.50 follow up appointment. To make an appointment phone Sally on 0407 872 792.
Massage	Wednesday by appointment only, \$45 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. From April 14 sessions will be from 10:30 - 11:30 am (beginners welcome).
Midlife Outreach Service	Individual consultations around menopause issues. For more information or to make an appointment contact Jennie Gorrige on 6222 7242.
Tai Chi	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.
The Lounge	Friendly and informal meeting space for same-sex attracted women. Every 2 nd and 4 th Tuesday of the month from 5:30 pm. Contact Wendy at the Centre for more information.
Older Women's Friendship Group	2 nd Tuesday of the month from 1:30 - 3:00 pm. Are you interested in meeting new people, having a laugh with likeminded older women and becoming better informed about issues affecting you? The group is small, friendly and welcomes new faces. Phone Barbara on 6244 3993 or the Centre for more information.
Women's Walks	Thursday mornings 10:30 am - 12:30 pm. Calendars are available from reception.
Writers' Support Group	1 st Wednesday of the month 2 - 4 pm.
Yoga	Wednesday mornings 9:30 - 10:45 am for experienced participants and 11:00 am - 12:15 pm for beginners. \$5 per session with Kathy.

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

Wanted Volunteer Families

For the Kids and Families Program

An invitation to participate in the training of doctors who really understand children and families.

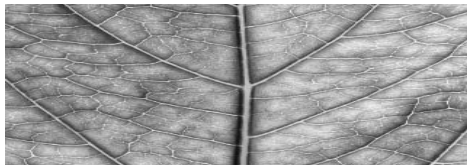
The Kids and Families Program is an important part of the training of medical students at the University of Tasmania. It introduces students to normal childhood and the importance of the family. It is the first long-term professional relationship medical students have.

Students follow the progress of a child over a two-year period. They do this through visits to a family, along with a series of online tutorials and seminars.

The Kids and Families Program begins by introducing two to three first year medical students to a family about to have a baby, and who live in the Hobart metropolitan area. Students visit the family at home, at a time convenient to the family, and follow the progress of their child during the next two years. Visits take about one hour, and there are three to four visits each year.

During these visits, students ask about the development of the child and seek the family's perspective about various health care issues. They enquire about topics such as feeding, growth, relationships in the family, parenting, accidents, changes in behaviour, child-care, emotional support and other related topics.

Students benefit greatly from the experiences of parents and the Kids and Families Program is a very important part of the medical course.



Rather than concentrating upon disease, this program emphasises the normal development of a child. It teaches concepts of preventative health, ranges of normal behaviour, and the special relationships and responsibilities a doctor has.

The Kids and Families Program motivates students by allowing them to see the relevance of the other learning they do within the university. The program emphasises the importance of a whole person, rather than disease-based approach to health care.

In addition, the program gives students a good understanding of family health care issues and normal childhood, an essential element of effective health care for children.

Student numbers have increased (there are now approximately 125 students entering first year), so the University is in need of more families for the program. If any families due to have a baby in **June, July or August** of this year would consider being involved in the Kids and Families Program, it would be appreciated.

Information brochures are available from the Program administrator, Linda Seaborn, at linda.seaborn@utas.edu.au or phone on 6226 1918.

Dr Marianne Catchpole, KFP Program Co-ordinator.

Endometriosis News

A yahoo page for the Endometriosis Support Group has been set up for participants to share information and personal stories. Our annual Endometriosis Forum is on March 4, 2009. The Centre's Endometriosis Information Kit is currently being updated. If anyone wants to be involved in this process please contact Ankarah on 6231 3212.

Endometriosis Forum

A Herbal Approach
With Sally Riley

This year as part of Endometriosis Awareness Week, Sally Riley will discuss a herbal approach to self care and living with Endometriosis. Sally will also give a hands on cooking demonstration of cooking with herbs.

Wednesday March 4, 2009
6 pm – 8 pm at the Centre

Free admission
(gold coin donations cheerfully accepted)

Talking Herbs

the alternative medicines

with Sally Riley

The Vitamin D Controversy

Summer has just come to an end. Did we actually get much time in the sun? Possibly not, considering the way the wind was blowing almost incessantly in early summer. If you ventured out, did you cover every patch of skin with sun block? If you did, was it excessive?

You may be surprised to discover the skin produces 20,000 units of vitamin D in 20-30 minutes of sun exposure in the middle of the day during spring, summer and autumn; only in Winter does this drop. A blood test is the only way to determine if our levels are right. If they're down, it may be necessary to supplement until levels rise.

Why are these levels so important?

It used to be thought Vitamin D3 was only needed to maintain calcium levels in bone. It has recently become apparent vitamin D has a much wider influence on our general health – it's implicated in insulin production, which controls metabolic syndrome x and diabetes, while supplementation can increase insulin levels in type 2 patients. Prolonged supplementation may help reduce blood sugar levels.

There's even a new theory that melanomas may be caused by vitamin D deficiency and safe sun exposure helps prevent this disease. But remember, it's only a theory.

So what's a safe sun exposure? As stated already, 15 to 30 minutes of bare arms, legs, and face exposure around the middle of the day produces 20,000 units of vitamin D in the skin. You should then apply a sun block of at least SPF 15.

What happens to the vitamin D in our bodies? Vitamin D travels in the blood stream to the liver, where it becomes calcidiol. If calcidiol levels are high enough, the kidneys and other tissues convert the excess to calcitriol. This is the active form of vitamin D, which maintains and regulates calcium levels.

Calcitriol helps fight cancer, switching on genes to produce cancer-fighting proteins and turning off genes making proteins promoting cancer. It inhibits inappropriate cell division and metastasis, reducing blood vessel formation around tumors. It also enhances anti-cancer actions of immune system chemicals and chemotherapy drugs.

Vitamin D deficiency may be a major contributor to chronic low back pain as well as persistent, non-specific musculoskeletal pain. Elderly persons with higher vitamin D serum levels have increased muscle strength and a lower number of falls.

Serum vitamin D is significantly lower in obese individuals, increasing the risk of many health disorders related to vitamin D deficiency.

Recent research indicates vitamin D deficiency is associated with low mood and cognitive impairment in the elderly, and seasonal mood variations in all of us. Vitamin D has many important functions in the brain – a good reason for getting out in the sun, even for a short time, in all seasons.

Is it possible to have too much vitamin D? Amazingly, once 20,000 units are made in the sun, the UV starts to degrade it. It may be possible to produce toxicity from supplements, but it would require enormous quantities.

Low intake and low vitamin D serum levels may be associated with increased risk for progression of osteoarthritis. More severe deficiency may cause osteomalacia with deep bone pain, reduced bone strength and low-energy fractures.

One last word! cardiovascular disease and blood pressure may also come under the vitamin D umbrella - vitamin D increases survival in patients with cardiovascular disease.

So, have a long hard think about your current life style and make some decisions!

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

Our 21st Celebrations

In December 2008, our 21st year ended with a wonderful celebration of the Centre and its history, with the launch of our Women on the Wall mural.

Lisa Reid, Board Convenor, introduced the day and then Joan Barry, CEO, gave an overview of the past 21 years (in 15 minutes, no mean feat). This potted history can be accessed on our website. Lisa Singh, newly appointed Minister for Corrections and Consumer Protection, and Minister for Work Place Relations, launched the wall. This was followed by afternoon tea, with Sue Moss performing one of her poems and Shirley O'Toole singing to us.

The idea for the mural started from an observation that the Centre needed more street presence, as people often walked past without noticing us. Initially, we thought of painting the whole building purple. This quickly gave birth to the idea of a mural to commemorate our 21 years.

We received a small grant from Regional Arts Fund Tasmania, which enabled us to employ artist Chantale del Rue to lead the project. Luckily for us, Chantale is talented enough to turn the instructions 'we want a mural to celebrate women in all their diversity, and the Centre's 21 years' into a community work of art.

Chantale led a series of design workshops, attended by 30 women. These sessions provided many creative concepts and designs, which Chantale combined to produce a wonderful blueprint for the mural. The next phase saw 12 women involved in painting the mural, with most of the paint donated and most of it getting on the wall.

During this process, we found the ideal way to break a spell of dry weather is to schedule mural painting. Rain should then commence within 10 minutes of any starting time. Despite this, the painters battled on in the indomitable spirit of women, even painting under the eaves when rain was falling on the rest of the wall.

On the day of the launch, amazingly sunny, work finished at 3 pm to allow the paint time to dry! The (almost) finished mural was launched by Lisa Singh at 4:30 pm. Those stalwarts came back the next day and finished our wall, adding another story to the life of the Hobart Women's Health Centre.

Lisa was a very fitting choice for the launch, as she has a background in women's services and is a past member of our board of management. I am sure she fully appreciated the mural and its depiction of the diversity of women.



Jean Syme & Rosemary Kerrison cutting the cake



Annette Yaxley, Chantale del Rue, Lisa Singh and Ankarah about to cut the ribbon to launch the Mural.

We finished the day with the cutting of our birthday cake, beautifully made and iced by another talented woman, Rosemary Kerrison our Encore Facilitator. We also raised a toast to the Centre, its last 21 years, its future and to all the wonderful women who have been, and will be, associated with it. Here's to the next 21 years!

Thanks go to Dulux, Tas Paints, and Tony the Painter for generously providing paint, and to K & D for the loan of a trolley to ferry equipment about. Special thanks go to Chantale and all the women who designed and painted the mural; performed at and attended our 21st.

WOMEN'S

WISDOM

LIBRARY



The Big Combo

A Hepatitis C treatment DVD

by **Kathy Sport and
the Hepatitis C Council of NSW**

This DVD follows the stories of Matthew and Lily, who have been diagnosed as Hepatitis C positive and the different approaches they take to finding out about the disease and treatment options.



Matthew is a married family man in his forties, recently diagnosed with Hepatitis C, who has unknowingly been living with the disease for many years. Lily is a

young single woman in the early stages of living with Hepatitis C when she is diagnosed.

The DVD talks about treatment issues such as eligibility, preparation timing, liver disease, risks to pregnancy and potential future treatments. It also examines what happens during treatment, e.g., monitoring blood tests, the duration of the course of treatment, some of the possible side effects and potential impacts on partners, family members and supporters.

The Big Combo is a useful resource to gain an understanding of the Hepatitis C virus and of the Combination Therapy of Interferon and Ribavirin, which is currently used to treat the disease.

The DVD takes about twenty minutes, and provides a snapshot of the Combination Therapy. If you want or need more information about Hepatitis C contact TasCAHRD 6234 1242 or visit the following websites: www.hepatitisc.org.au and <http://hepcaustralasia.org>

Ankarah Grace

BODY GUARD

How to keep fit, Eat fit & Stay Vital At Any Age

by **Paula Goodyer**

I like this book because of its comprehensive and holistic approach to midlife and beyond. The main message is about getting older, getting stronger: it is never too late to change our attitudes towards healthy eating, exercise and lifestyle.

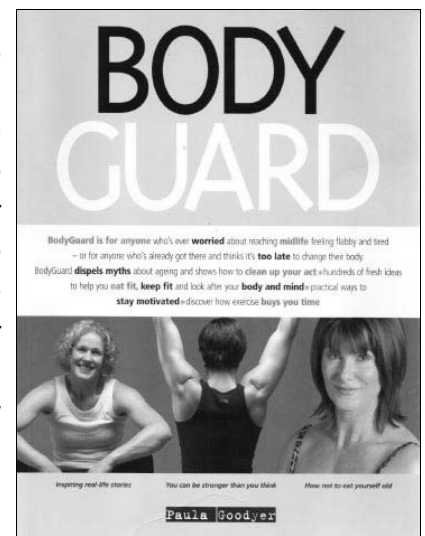
The book also explores the negative impacts of modern lifestyles and technology on our health. For example, by using computers we now burn up approximately 3200 kilojoules less a day compared to the days when the way to find a file was to get up and wander over to the filing cabinet. *"In trying to save us time, technology has so hugely robbed us of motion that our daily movement quota has shrunk by about eight to ten kilometres a day over the past 30 years"*.

BodyGuard is easy to read, with practical advice on health, nutrition and exercise. It shows how to regain lost muscle strength, reboot the metabolism and enhance levels of anti-ageing hormones without taking pills. The author explores how appetite works and how to tame it, the connections between menus, mood and memory and eating right versus popping vitamin and mineral pills.

There are some great tips on issues, including how to get a better sleep and wake up feeling good, better sex with exercise, eating a serve of vegetables rather than drinking a glass of wine for antioxidants, five ways to think healthier and ten ways to drink more water.

BodyGuard dispels many of the myths about ageing, diet, exercise and lifestyle and shows how to do a lifestyle makeover with lots of ideas to help you eat fit, keep fit, look after your body and mind and discover how exercise buys you time".

The material for this book has been widely sourced from the author's interviews with doctors, dieticians, personal trainers,



scientists, psychologists and personal stories from men and women.

The final chapter promotes and reminds us of the benefits of spending time in nature for our physical and emotional health and wellbeing. *"In evolutionary terms, we're part of the natural world. If we're cut off from this world – as we are increasingly by modern living – our wellbeing suffers"*.

Ankarah Grace

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!

Member group of



Tasmanian Breast Cancer Network

In conjunction with
Breast Cancer Network Australia
Invite you to attend:

CLOSING THE GAP

Sharing, Caring & Support

A 2-Day Conference: 28 - 29 March 2009
Grand Chancellor, Launceston.

National Speakers on:
Advances in Treatment, Research, Genetics, Survivorship
Breast Cancer Survivors \$50 (covers evening dinner)
Health Professionals \$150

**For more information and registration form
phone 6344 8968.**

Lesbian and Bi Women

The Lounge

Lesbian, bisexual, questioning
or curious women

Safe, friendly and informal, come by yourself, with a friend or partner. Every 2nd and 4th Tuesday of the month at 5:30 pm here at the Health Centre (unless otherwise planned).

Meeting dates for Autumn 2009:

March 10 and 24

April 14 and 28

May 12 and 26

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

'The Great Lounge Bowling Challenge'

March, 24 at 6 pm at Moonah Bowl.

\$21.50 per person or \$17.50 concession

The price will decrease if more than 15 people attend.

Please contact Wendy at the Centre on 6231 3212 if you would like to attend.

Borderlines – Queer Radio

Hobart's sexuality and gender issues radio show

Every Monday 2 – 3 pm

Edge Radio 99.3 FM

Sol @ Soak

Every third Saturday of the month from 6 pm

Hobart's only regular women's night
at Soak Bar, 237 Elizabeth Street, North Hobart

Live music and DJ

Meals available from adjoining Kaos Café

Threads of Life Regathering

The Centre is holding a regathering workshop as a follow on for women who attended the "Threads of Life" workshop during Conversations in the Courtyard. Even if you didn't attend the first session, and you are interested in thread work, you are welcome to come along and bring some of your work and stories.

Even if you didn't attend the first session, and you are interested in thread work, you are welcome to come along and bring some of your work and stories.

Tuesday March 3, 1:30 – 3:30 pm at the Centre.



FAREWELL. . .

After almost six years working at HWHC, I have decided it is time for a change and will be leaving at the end of March.

I am going to take time out for my family, myself and to catch up with friends and interests. There could be a bit of travel, a bit of gardening, kayaking, swimming, reading and lots of who knows what. After a while I'll decide whether to retire, or perhaps look for a job. Its very exciting not knowing quite where I'm headed, if a little scary.



I'll miss working at the Centre, of course. It is a lively place and has really kept me on my toes. I have learnt a lot, much of it from the people I've met here and the women I've worked with. I hope I get a chance to say goodbye in person, but if not I'd like to say thank you and to wish you good health and joy.

. . . WHAT AN EXPERIENCE



Judy is a retired teacher from Perth who moved to Hobart in May to be closer to family.

In between renovating her new house, Judy attends Fitball, Aging well with Weights, and is a regular participant of the walking group.

She was also part of the tea party with the older women's friendship group and newly arrived African women.

Judy has found HWHC a great place to get to know people and a good environment to take part in health related activities.

HAPPY INTERNATIONAL WOMEN'S DAY

Sunday 8th March, 2009

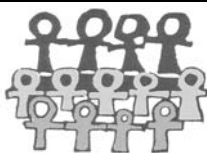
(for information about events and festivities this year visit www.women.tas.gov.au)

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:

Autumn Edition: 23rd April 2009 (newsletter distributed at the end of May)



. . . GETTING IN TOUCH

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

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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**

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