

HOBART WOMEN'S HEALTH CENTRE NEWSLETTER



Celebrating our 21st Birthday this Year

WINTER 2008

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A New National Agenda for Women's Health

Gwen Gray
Deputy Convenor
Australian Women's Health Network (AWHN)

We are delighted to be able to report that women's health is back on the Australian political agenda!! The Rudd Government has committed to developing a new national women's health policy!!

Achieving a new national agenda for women's health was the main aim of staging a Summit last year and, indeed, has been one of AWHN's primary objectives since the mid-1990s. We thank you for your participation, which contributed greatly to the exciting developments that have taken place since September.

Following the Summit and the distribution of our discussion paper, "Women's Health: the New National Agenda", the Hon Nicola Roxon, then Shadow Minister for Health, announced Labor's policies on women's health, which included the promise to develop a new national women's health policy (NWHP) that would "encourage specific health services for women and actively promote participation of women in health decision making and management". Policy development is to take place "in consultation with State and Territory governments, health service providers, consumers and advocacy groups". AWHN is very pleased to see that the words and orientation of parts of Nicola Roxon's media release follow closely the line taken in sections of our discussion paper. We are particularly happy that the new policy is to be based on widespread consultation with Australian women and stakeholders.

In response to the new Government's commitment, AWHN wrote a pre-budget submission, setting out a proposal for a national consultation process for the new NWHP. We pointed out that the success of the first policy was due largely to the extensive community consultation on which it was based.

AWHN has recently had discussions with staff in Minister Roxon's office concerning the steps to be taken in relation to the commitment. Roughly, the proposed timetable for the development of the new policy is for consultations to take place in the second half of 2008 and for the policy to be ready for launch by mid-2009. We have also continued over...

HERE FOR ALL WOMEN



written to the Hon Jenny Macklin, in her capacity as Minister for Indigenous Affairs, asking for an appointment to discuss ways in which policy for Aboriginal women's health might be developed and incorporated into the new framework. AWHN is stressing that Aboriginal women's health must be the top priority in our new national agenda.

We are seeking discussions with the Hon Tanya Plibersek as Minister for Housing and for the Status of Women, the Hon Julia Gillard, in her role as Minister for Social Inclusion and with Senator Claire Moore, a long-standing parliamentary supporter of women's health improvement.

In response to feedback and contributions, including those from Hobart Women's Health Centre, our discussion paper has been updated and the final version, a position paper, is about to be printed. We are planning to distribute the paper widely to all relevant individuals and groups, including politicians, women's health services, peak health organisations, national women's organisations, health and social policy academics and policymakers at all levels of government. In order to promote our views and the new directions articulated in the paper, we will be contacting key people and groups separately, to gain support.

Another exciting development is our decision to hold the next National Women's Health Conference in Hobart in May, 2010. The five priority areas from our position paper, women's economic health and well-being, women's mental health and well-being, prevention of violence against women, women's sexual and reproductive health and access to publicly funded services, will form the framework for discussion and analysis. Our Tasmanian members tell us to look forward to sublime sunny Autumn days and clear, chilly May nights!

The proceedings of the Summit can be viewed on our web site at <http://www.awhn.org.au/>.

We will keep you posted as policy action unfolds. Watch this space!

Health Issues for Women with Physical and Intellectual Disabilities

**Presented by TAFE Tasmania
and Women's Health South**

There will be six two-hour presentations from May 22 to 10 July 2008 on specific health needs for women with physical and intellectual disabilities.

The services presenting are SASS, Hobart Women's Health Centre, Family Planning, Women's Health South, Cancer Screening and Control Services and Margaret Reynolds Director of National Disability Services Tasmania.

For further information and to book please call Janet Presser on 6245 8027 or email janet.presser@tafe.tas.edu.au

WOMEN ON THE WALL

Sponsor a painted woman on our wall and enter our draw to
Win a remedial Massage at the Centre
All donations over \$2 are tax deductible

- \$10 \$50
 \$20 or whatever you can afford

This year is the 21st Anniversary of the Hobart Women's Health Centre and we are conducting a mural painting project Women on the Wall, to honour and celebrate the diversity of women.

We would love to hear from women who wish to be involved with the development, design and painting of the mural.

So if you would like to sponsor a painted woman on the wall and/or be involved in its creation we would love to receive your tax deductible donation and inspired input. You will not only have the joy and satisfaction of supporting the Centre but you could also win a relaxing massage.

Please contact us at the Centre on 6231 3212 to get involved or for more information.

News for Women aged 50+

FREE

Crystal Mud Pampering Sessions



Hello I'm Janet. Many of you will know me already as I have been working on the reception desk for the past three years. Since the start of this year I've also kept many of the programs attended by older women 'ticking over'

and I have now been seconded to the Older Women's position, full-time for six months.

We at the Centre need to know how to best meet the health needs of women aged 50+ over the next few years. To do this we need to know which issues are important to women as they age, what services and support the Centre can offer and how these services can be best delivered.

So, I would like to invite all women aged 50+ to a FREE Crystal Mud Pampering session, during which we can chat about what's important to us. The sessions will be held at HWHC, in groups of six to ten women on a day and time that suits the majority of participants.

Please phone me on 6231 3212 to register your interest and I will contact you with more details. All information gathered will be strictly confidential and comments made will remain anonymous in any reports produced.

Thank you.

LOST

Nine chairs have gone missing from the Centre and are sadly missed by those left behind.

Any information as to their whereabouts would be greatly appreciated.

Contact the Centre on 6231 3212.



Assertiveness and Self Esteem Course

Jennie Gorringe (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.

The first course will commence on Wednesday September 3 from 6:00 to 8:00 pm and will run weekly for four weeks.

If you would like any further information, or to put your name on down for the course, please contact either Jennie on 6222 7242 or Ankarah on 6231 3212.

Older Women's Friendship Group Every 2nd Tuesday of the month from 1:30 - 3:30 pm

Meeting dates for your diary:

Tuesday June 10

Group discussion and afternoon tea.

Tuesday July 8

Guest speaker from COTA "Still Gardening"

Gardening is great exercise and a significant pastime for many people into old age.

Tuesday Aug 12

Planning for groups and activities for Seniors Week & Anti-Poverty Day

Both events to be held at Centre during October.

If you are interested in coming along, phone Barbara Doig on 6244 3993 or Janet at the Centre on 6231 3212.



Herbalist Sally Riley cooking up a storm with the Older Women's Friendship group

Save Energy Safely

Compact fluorescent lamps (CFLs) are considered environmentally friendly because they use 80% less energy than a standard incandescent bulb and last for around 6000 hours. CFLs also save 2000 times their own weight in greenhouse gases however, like all fluorescent lamps, they contain small quantities of mercury. While the tiny amount found in each CFL doesn't pose a major hazard to users, mercury is a toxic metal.



Once mercury enters the environment from emissions in the air, water or soil, it oxidises into other compounds of mercury to form methyl mercury. This new compound builds up in the tissues of fish and shellfish. Our nervous system is very sensitive to all forms of mercury. Methyl mercury and mercury metal vapours are especially harmful, because more mercury reaches the brain. Exposure to high levels of any type of mercury can permanently damage the brain, kidneys and developing foetus. To protect ourselves and the environment from the harmful effects of mercury, every product containing it should be handled with care and disposed of safely.

The best way is to recycle CFLs in your local council's hazardous waste collection scheme, as you would paint, batteries etc. Most councils have drop-off locations where you can safely dispose of these hazardous items. It's best to contact your local council, or visit their website for advice and collection details. If you are unable to recycle your old CFLs, you can store them in a safe place until there is a recycling program set up in your area.

It's a good idea to take extra precautions to minimise your mercury exposure. If a CFL globe does break: The Lighting Council of Australia offers the following tips on handling broken CFLs:

- Open windows to air the room.
- Put on some disposable gloves.
- Carefully clean up the broken glass (don't use a vacuum cleaner, you can use sticky tape to pick up small pieces).
- Wipe the affected area with a damp paper towel.
- Place the glass fragments, plastic gloves, sticky tape and paper towel in sealed, doubled plastic bags for safe disposal.

ENCORE NEWS

Encore is an eight-week program of two hours duration specially designed for women who have had breast cancer; it helps restore mobility, flexibility and confidence through gentle exercise. This national program is funded by Avon, and auspiced in Tasmania by the Hobart Women's Health Centre. Programs are available in both Hobart and Launceston. Trained facilitators guide women through specially designed ground and warm water exercises, and provide the opportunity for women to support one another in a safe sharing environment.

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

DATES FOR NEXT ENCORE PROGRAMS

Hobart

August 6 - September 24, 2008

Wednesdays 1:00 - 3:00 pm

Launceston

The next program will be held in October and dates will be published in the Spring Newsletter.

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



Participants in the Encore Program

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 will be facilitated by women who regularly attend the group.

The dates for this season are as follows:

June 23

July 7 and 21

August 4 and 18

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



Winter Explorations

Women's Walk

In an effort to prevent our weekly *Winter Walks* being cancelled due to bad weather, we have added a variety of indoor attractions to the walking calendar which may be substituted on wet days at the request of group participants.

The walk is moderate in pace and focuses on friendship and support for participants. The walk targets women 50 plus, but women of any age are welcome to attend.

All walks will begin at 10:30 am from HWHC. The Walking Calendar can be collected from reception, or posted to you.

For further information phone the Centre on 6231 3212.

Improvised Performance *Workshops*

With Helen Swain and Sally Edith

from *The All Audreys* performance ensemble

Using movement and voice based exercises and activities, you will explore the possibilities of creating theatrical performance in the moment. You are merely limited by your imagination!

Helen and Sally have a decade of improvise experience between them and offer a gentle, fun introduction to this liberating and revelatory form of self-expression. As facilitators, they offer a very generous and open approach to individual needs.

You will find yourself defining your own style and performance aesthetic, within the flexible structure they provide. Prepare to be excited, stimulated, inspired!



Where:	Hobart Women's Health Centre	
When:	Sunday June 1	1 – 5 pm
	Sunday July 6	1 – 5 pm
	Sunday August 3	1 – 5 pm
	Sunday September 7	1 – 5 pm
Cost:	\$25 waged/\$15 unwaged per 4 hour session	

Please wear comfortable clothes.

For **further information** and to enrol please call Sally on 6236 9591.

The All Audreys performance ensemble have a passion for creating original and exciting performance in response to contemporary, personal and political issues.

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.
Birth and Beyond	Monday fortnightly from June 23 at 9:30 am for 10 am start until 1 pm. 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.
Encore	8 week gentle exercise program, for women after breast cancer. If you would like to participate, please contact Rosemary on Mondays 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 4 week wait.
Grandparents Raising Grandchildren	Support and relaxation. Second Thursday of each month 10 am - 1 pm.
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	Monday by appointment only, \$40 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).
Midlife Outreach Service	Individual consultations around menopause issues. Sessions available on Wednesdays 10 am - 2 pm on June 25, July 30 and August 27. For information and to make an appointment contact Jennie Gorrige 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 2 nd and 4 th Tuesday of the month from 5:30 pm. Contact the Centre for more information.
Older Women's Friendship Group	Every 2 nd 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 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	First Wednesday of the month 2 - 4 pm. Contact the Centre.
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.

Winter Wisdom

These workshops are an informative and inspirational way to enhance your health and wellbeing.

All workshop sessions will be held in the Backspace of the Hobart Women's Health Centre
Bookings essential Ph 6231 3212 Gold coin donation (optional)

Thursday June 26 12:30 - 2:30 pm
Aligning with Alexander
with Margaret Long

The Alexander Technique was developed by a Tasmanian, born at Wynyard, in 1869. It has been used over the years in the world of singing and theatre to improve posture and voice, also to assist people reduce anxiety, raise self-confidence and develop a more harmonious relationship with body/mind.

Margaret Long is a qualified teacher of the FM Alexander Technique. Come along to this introductory workshop and discover how applying simple Alexander Technique clues can assist everyone live life with more ease and less tension in our everyday living, movement, tasks, sitting, walking, standing and breathing.

Thursday July 3 12:30 - 2:30 pm
Wonderful Women
with Jen Van-Achteren and Ankarah Grace

Women are wonderful, resourceful, resilient, creative, wise, brave, bold and beautiful. We are diverse, different, unique and special. Each of us has either met, known, seen, heard of, read about, loved or been loved by a wonderful woman at some time. Come along and meet other wonderful women in this fun creative session. Bring photos, stories, pictures, songs or works of art, to share who or what you think is a wonderful woman and why. Let's celebrate the wonders of being a woman.

Thursday July 10 12:30 - 2:30 pm
Pleasing Yourself
with Joan Barry and Ankarah Grace

This is a fun, informal creative session exploring the nature of STRESS and the role it plays in our lives. It is difficult trying to please everyone and sometimes we overlook caring for ourselves. We will examine when stress becomes STRESSFUL, explore the triggers and enjoy playing with solutions.

Tuesday July 22 2:00 - 3:00 pm
Ageing Well with Weights Taster
with Pat Sandercock

Staying strong and flexible is important for healthy ageing. Resistance exercise can strengthen our bones, improve flexibility balance and enhance emotional wellbeing.

In this afternoon session, Pat gives women the opportunity to explore using weights and to learn more about our Ageing Well with Weights Program.



Managing Midlife Moments

A four week workshop program at the Centre
Experiencing hot flushes, tiredness, forgetfulness or aches and pains, just to name a few?

Then come along to these workshops.

Bookings essential phone
Jennie Gorringer on 6222 7242
or email via jennie.gorringer@dhhs.tas.gov.au

Thursdays		
12:30 - 2:30 pm		
July 17	Week 1	Menopause
July 24	Week 2	Osteoporosis
July 31	Week 3	Pap Tests and Breast Checks
August 7	Week 4	Self Care, Self Esteem and Stress

Talking Herbs

the alternative medicines

with Sally Riley

Obesity, Syndrome X, Diabetes 2, Low G.I.

These words keep confronting us lately in newspapers, TV and magazines. What exactly do they mean? Well! We all know or have a fair idea about obesity. We know when we are becoming overweight. But why? There may be a number of reasons.

First and foremost we enjoy our food and this is good, but food which is stored as fat increases weight, which is not so good. Such foods include those containing high saturated fats and simple sugars or carbohydrates.

How do we cut down without feeling hungry and deprived? This is where **low G.I.** or Glycemic index comes in. The glycemic index is a food rating system from 1-100: where 100 equals glucose, the simplest and most easily digested sugar. Foods containing high sugar content have a high glycemic index value. On the other hand, foods with a low G.I. contain complex carbohydrates that digest slowly and therefore stop us feeling hungry longer. It is possible to lose weight eating a diet based on low G.I. foods that help us avoid storing fat.. Copies of Glycemic index tables are available from me on request at the Centre.

Syndrome X is synonymous with “**Insulin resistance**” and this means the insulin receptors on our cells are becoming less sensitive. Normally when insulin combines with the receptors, glucose is able to enter the cells and eventually provide us with energy. If this doesn't happen, the extra glucose is stored as fat around our middle, hence the “tummies”.

Diabetes 2: High sugar diets may mean not enough receptors available for insulin. High glucose and high insulin and receptor insensitivity or resistance is the basis of diabetes 2.

What will help us avoid obesity? It is that “bugbear”; **exercise**. This helps in the cycle to convert glucose to energy in our muscle cells and helps break down fat from fat cells into energy. Thirty minutes walking every day does wonders. It is a matter of getting into a routine. If this hard to do on your own, find a friend or two to join you.

Fruit and vegetables are extremely important for the supply of **vitamins, minerals and fibre**. A high fibre diet will reduce cholesterol absorption.

Magnesium, zinc and chromium are all essential components of the insulin/glucose cycle in muscle and fat cells.

Vitamin D: facilitates production of insulin in the beta cells of the pancreas.

Protein: High saturated fats decrease insulin receptor binding, So eat less red meat but more fish and white meats.



Some herbs, which aid in correcting the process are:

Cinnamon cassia: is one of the oldest herbal medicines, used by the Chinese 4,000 years ago. It activates one of the enzymes involved in binding the insulin receptor.

Gymnema silvestre: Increases insulin release from the pancreatic cells and

inhibits glucose absorption from the intestine.

Coleus forskohlii: is a remarkable herb beneficial to many body systems. It may help lower blood pressure, increase bone density, regulate glucose metabolism, increase thyroid function and - most importantly in our current discussion - increase fat breakdown in fat cells thereby reducing body weight.

So there **are** some simple **lifestyle** adjustments we can make to help overcome the sugar/obesity crisis.

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 and medications.

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

SING FOR YOUR LIFE! CHOIR

Update

The 'Sing For Your Life!' Community Choir has been meeting at the Hobart Women's Health Centre for a couple of years and recently we've started bursting at the seams with over 30 people at every session and about 50 on our full membership list. This is great news for our choir, but sad because it means we now need to move on from the Centre to a new venue.

From now on, we will be meeting on Wednesdays in the Uniting Church hall in Swan Street, North Hobart. We continue to welcome new members, including people with little or no choir experience. We are a relaxed, friendly, sociable group and new people are joining all the time, so you're never the 'new person' for very long! No auditions, no stress, and no sheet music – so even if you can't read music, you can still sing with us! We sing a cappella and our material includes gospel and world music – and we have an upbeat, energetic, uplifting sound.

Sessions will be held on Wednesdays, 6:30 – 8:00 pm at the church hall – after a two-week break in early June sessions will recommence on June 25. Sessions cost \$4 to cover tea/coffee and hire of the hall.

If you'd like to join our choir, you can just turn up on the night, or contact me for more information either via email jane.cj@bigpond.com or phone on 0417 65 15 38. Come and have a great time singing with us!

Thanks must go to the fantastic team at the Health Centre for allowing us to sing there for the last couple of years – we have appreciated your generosity in providing a comfortable and welcoming environment for our choir!

Jane Christie-Johnston
Director

Ageing Well with Weights

The HWHC *Ageing Well with Weights* course is an eight week strength training program with physiotherapist Pat Sandercock. The course consists of specific exercises utilising weights tailored to each individual's needs.

The sessions are on Fridays at 1:30 pm. The next course will begin on 29 August 2008. The cost is \$5 per session or \$35 for the full course if paid by/on the first day.

Please phone reception on 6231 3212 to receive an enrolment form, or collect one from the Centre during opening hours.

Pat is happy to negotiate with women who miss specific sessions due to illness etc to attend catch up sessions in the following program.

Please note; the HWHC provides practice times for women to maintain their strength after completing their 8 week supervised program.

Breast Cancer Support Groups

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

The next meeting date and times are:

June 17 11:45 am - 1:15 pm
Clare Johnson
Amoena TBC
New underclothing and breast forms

July 15 11:45 am - 1:15 pm
Sylvia Parr
Tai Chi

August 19 11:45 am - 1:15 pm
Group discussion

Please phone Rosemary on 6231 3212 for more information.



WOMEN'S

WISDOM

LIBRARY

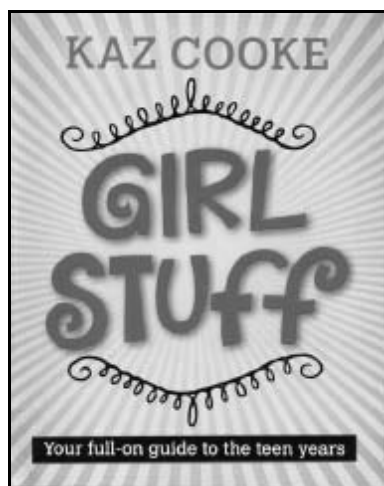


Girl Stuff

Your full on guide to the teen years

by **Kaz Cooke**

Girl Stuff is packed with information a teenage girl needs to know when facing the challenges of becoming a young woman. As health workers, we know there are sometimes huge difficulties for girls confiding completely in their parents, teachers or health professionals. Many don't ask questions



because they are embarrassed, don't feel confident, or don't feel safe enough to talk about the changes they are experiencing both physically and emotionally.

Based on information from a survey of more

than 4,000 girls around Australia and written in consultation with more than 70 medical, psychological and practical experts, *Girl Stuff* is presented in the form of a teen magazine most parents would feel completely comfortable offering their daughter. Some parents may hesitate at the candid discussions around sex and drugs, however Cooke presents this in factual and respectful language relevant to young women today.

Girl Stuff has a distinct advantage over other teenage publications, because it does not rely on advertising from the fashion and beauty industries and is therefore able to offer a real critique of those industries without the threat of funds being withdrawn. In some respects, it's almost an anti-magazine. Cooke goes to lengths to arm readers against marketing and advertising, writing in the

first few pages "there are no beauty or fashion 'essentials'." Later, she tells girls they don't need toner, lip liner, or panty liners; in fact only a minority of women wax all their pubic hair, and wearing a bra won't stop their breasts from sagging as they grow older. All this Cooke does in her characteristic down-to-earth, pleasantly silly tone, with her trademark cartoons illustrating the book.

With over 600 pages, *Girl Stuff* covers topics such as: friends - body changes - shopping - clothes and makeup - pimples (arrghh) - sizes - hair - earning money - guys - embarrassment - what to eat - moods - smoking - why diets suck - handling love and heartbreak - exercise - school stress - sex - beating bullies and mean girls - drugs - drinking - how to find new friends - cheering up - how to get on with your family - finding your confidence.

In her straight-talking kinda way Cooke, for example, acknowledges young women might start drinking before they're legally allowed to buy alcohol, but points out they also tend to get drunker more quickly than they intended - Cooke explains why, in a manner that will make many adults think twice before picking up the bottle. Then she offers 30 strategies to help readers turn drinks (and drugs and sex) down, should they choose to do so. In one rather blunt excerpt, Cooke writes: "A guy who doesn't particularly care whose mouth he puts his penis into is likely to get oral sex from other girls as well - increasing his chances of getting and passing on a sexually transmitted disease." As mentioned, some parents may have hesitations around the topics and language, but it does contain information we believe every teenager would be better off knowing.

Girl Stuff tells the truth and lets you make up your own mind.

Julianne Campbell

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!

Positions vacant

Casual work is available as a

Clinical Teaching Associate

You will train medical students to perform sensitive breast and pelvic examinations (involves being examined once each session by medical students).

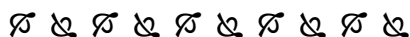
Are you interested in women's health?

We are looking for women of all ages and backgrounds.

You do not need any formal training, as long as you are in good health and are comfortable with your body.

Work is conducted in the evenings and Saturdays.

Supportive team environment, confidentiality assured.



To find out more about the position and how to apply contact:

Mona: 6223 1247
mona@loofs-samorzewski.com

or

Donna: 0438 620 502
donnareading@netspace.net.



Southern Tasmania Rainbow Babies

Southern Tasmania Rainbow Babies provides an opportunity for same-sex parent families in Southern Tasmania to get together on a regular basis for friendship, support, fun and laughter.

Prospective and expecting same-sex parents as well as rainbow families from other parts of Tasmania are more than welcome.

For further information please contact Mik or De on 6266 6535 or email glendella@bigpond.com

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).

Next meeting dates:

June 10 and 24 July 8 and 22 August 12 and 26

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

The Hobart Pride Choir

Meets every Thursday at 6:30 pm

Phone Jen at the Centre for details

Queens Ball

SuperQueero

Queer-up your favourite Hero
or come as your all Powerful-Queer Hero

Sunday June 8, 9 pm - 5 am

Curly's Bar, 112 Murray St, Hobart

Tickets pre-sold at Koas Café

Member/Concession \$15 Waged \$25 At door \$5 extra

Recovery Brunch

Kaos Café, Monday 9 June
meal and coffee \$12 from 10 am

i.d. - I do - idol

Who you are / Who you like / Who you would like to be
GLC Artfully Queer Exhibition opening and soiree

Opening Night Friday September 19, 6 - 8 pm

Moonah Arts Centre

Call the Moonah Arts Centre for exhibition entry forms on
6214 7633.

Exhibition runs from September 22 to October 3

Tasmanian LGBTI Pride Festival

The festival is on again in 2008 and will run from
November 1 to 6.

It opens with the Halloween Ball and
ends with a Big Queer Picnic.

Would you like to be involved? Contact the GLC for
more information via email at glcgeneral@gctas.org or
go along to the next meeting on June 24, at 39 Burnett
Street North Hobart at 5:30 pm.



INTRODUCING . . .

Hello my name is Pat Sandercock. I am a qualified physiotherapist and previously worked as the Manager of the Aged Care Rehabilitation Unit at the Repatriation Centre.

Since retiring, my interest in assisting women with incontinence and pelvic floor problems inspired me to go into private practice and to teach Fitball and more recently Ageing Well with Weights. Teaching around nine classes a week in various locations around Hobart keeps me fit too.

I commenced teaching Fitball at the Centre in 2002 and thoroughly enjoy watching women develop their skills and fitness. It is so important to keep active our whole life in order to stay fit and healthy. The key is to find some activity you really enjoy doing and ideally with people that you get along with.

My other interests include playing competitive bridge, I am currently on the state team, Mah Jong, social tennis, swimming and bushwalking.



Tracey with Harriet and her parting gift

FAREWELL . . . TRACEY

Tracey Wing, our Sexuality and Gender Health Worker, has resigned to take on the next challenge after almost five years with HWHC. During the time she has worked here she has done a great job, taking the role in a lot of new directions and making a major contribution to the work team.

We will miss her valuable input and her ability to keep us in line, but (and I think those she met here will agree) above all we'll miss her wild and wacky humour and her ability to make us all laugh.

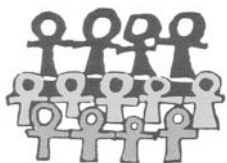
Farewell Tracey, it's been great. Good luck in your new job.

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:

Spring Edition: 30th July 2008 (newsletter distributed at the end of August)



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