

HOBART WOMEN'S HEALTH CENTRE NEWSLETTER



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Same but Different

by Noelle Rattray

Solicitor

Hobart Community Legal Service

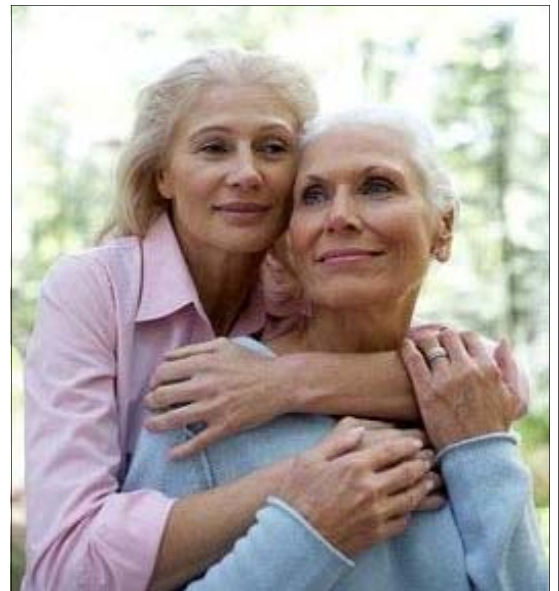
Historic legislation has been enacted to recognise same-sex relationships in all forms of Commonwealth legislation.

Primarily, from 1 July 2009, couples in a same-sex de facto or registered relationship and their families will be recognised and have the same entitlements and obligations as opposite-sex de facto couples.

Same-sex couples will have access to the same tax concessions, superannuation benefits and PBS and Medicare safety net levels as married and opposite-sex de facto couples; they and their children will be 'members of a family unit' for migration and visa purposes, same citizenship recognition and access to the same veterans' affairs entitlements as opposite-sex couples.

While these changes are generally beneficial, and certainly overdue on a human rights basis, one aspect of these reforms will have a significant detrimental effect on some Centrelink recipients. The *Social Security Act 1991* will also be amended to recognise same-sex couples for social security and family assistance payments. This means people on a pension or family payment who have to date been receiving their pension payment at the single rate due to the government not recognising same-sex couples, will now receive the same rate (partnered) as opposite-sex couples.

This is, on the surface, very reasonable indeed – some would say. However, for most affected people on an old age or disability pension, people who have been discriminated against for the whole of their life (by *not* having been treated equally in all the aspects of benefits mentioned above) this amounts to double discrimination. They have been denied the benefits of a couple in employment, tax, superannuation, and other areas that would have assisted them to prepare for



continued over...



retirement and now when they can not take advantage of those benefits, they are faced with a cut in their fortnightly rate of close to \$100 – that's \$200 per household reduction!

An important issue here is the lack of a phasing-in period. In **every other** major amendment to the *Social Security Act*, for instance the Widow Pension and the changes to age eligibility for Age Pension, there has been either a 'grandfather' clause (those on that benefit stay on it and no new benefits granted) or a 'phasing-in' period (age pension gradually phased in for those born from 1936 to 1948).

Another aspect of this legislation of concern to Hobart Community Legal Service is that there will be some same-sex couples in our community who do not wish to be 'outed'. This can be for a number of reasons, including understandable fear of prejudice and reprisals, for, whether it is acceptable or not, homophobia exists in the community and cannot be eliminated by a stroke of Kevin Rudd's pen!

Furthermore, some same-sex attracted people have not disclosed their sexuality to family, workplace or neighbours, and are understandably concerned about making these disclosures to Centrelink. The very threat of exposure could lead to a breakdown in the mental health of some very vulnerable members of our community.

These issues need to be addressed by the government, and lesbian, gay, bisexual, transgender and intersex (LGBTI) rights groups and welfare rights agencies are lobbying for education programs and the introduction of expanded saving provisions.

The Hobart Community Legal Service, with the Tasmanian Gay and Lesbian Rights Group and assistance from Working It Out, is holding Community Forums for people to hear an outline of the legislation and for them to ask questions about how the reforms will affect them. The forums do not have officers from Centrelink present allowing for freer discussion.

Forthcoming forums are as follows:

Swansea **6 - 7:30 pm Thursday June 18**, Court Room, Council Chambers, Noyes Street, Swansea

Huonville **6 - 7:30 pm Tuesday June 23**, Huon Community and Health Centre, 7 - 9 Sale Street, Huonville

For further information or advice contact Noelle Rattray, Solicitor or Jane Hutchison, Manager at the Hobart Community Legal Service on 6223 2500.

Joan's Farewell

Joan Barry's retirement party at the Centre on March 26 was a great event thoroughly enjoyed by all members of the large gathering who attended. It was a lovely opportunity to say thank you and best wishes to Joan as she embarks on a new chapter in her life. Below are some photos of Joan enjoying the celebrations.



Joan and Jean Gilbert



Yvonne, Joan and Ankarah



Joan and Anne



Mai and Joan

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 Wednesdays between 9:30 am - 1 pm

The dates for this season are as follows:



June 10 and 24

July 8 and 22

August 5 and 19

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:

June 16 11:45 am - 1:15 pm

Val Smith and Julia Aston

Breast Care Nurses

July 21 11:45 am - 1:15 pm

Group discussion

August 18 11:45 am - 1:15 pm

Group discussion

Please phone Rosemary on 6231 3212 for

HWHC Audit Update

The Centre is continuing to work on recommendations from the Development Audit conducted last year.

As a consultant working with the Centre, much of my work has been writing, reviewing and updating policies and other documents. We are now well on the way to having a new Policy Manual.

Developing new policies has involved looking at policies from other similar services, reviewing practices at the Centre and ensuring new policies promote good practices within the Centre.

A current area of my work is developing new policies for the Board of Management. The Board has recently made some significant changes to the way it operates, with new policies developed to reflect this.

Another area of policy development will look at how we consult and work with women who use the Centre. This will include how the Centre involves clients and other women who visit the Centre in its strategic planning, how feedback about the services will be gathered and ways in which the Centre can best meet the needs of women in the community.

The Board and staff are also gearing up to develop a new strategic plan for the organisation. This will also incorporate many of the recommendations from the audit, as well as providing the Centre with a framework to continue to develop over the next twelve months.

Celina Sargent

Wearing Politics



In many of our cupboards lies an old t-shirt or fashion accessory, which tells a story that is part of the history of women's activism in Tasmania. The Wearing Politics project brings together the wearable object and the stories. A visual journey, capturing the stories and the fashion

articles, will be presented through an exhibition and a booklet.

Yemaya Women's Support Service instigated the project and the Hobart Women's Health Centre is thrilled to offer support. On May 8, an exciting group of women came along to the Centre, bringing with them an enormous range of t-shirts, badges and banners - some of which they had kept for over thirty years.

The Yemaya team will be returning to hold another session soon and we look forward to hosting the exhibition when it tours in the future.

For further information contact Chris or Mary, Yemaya Women's Support Service on 6334 0305 or via email at yemaya@netspace.net.au

Strategic Planning

As community organisations face greater demands and an equal number of exciting possibilities, it is important they develop clear plans to meet their clients' and partners' needs and to use their resources to the full.

Hobart Women's Health Centre has always undertaken planning, carefully managing funds and activities - priding ourselves on being responsive to the needs of Tasmanian women. We hope we have listened and developed programs to suit the broad range of women who use the Centre.

Building on past experience, we are entering a new stage of planning, taking a fresh look at what we can offer and where our emphasis should lie. We are also keen to find ways to measure our successes and ensure our work is effective.

We intend to develop a plan to set us in good stead for the 09/10 financial year, which will be a test run for three – five year plans from 2010 onwards.

We will be talking to a range of individuals and organisations in developing the plan, to ensure we avoid duplication but also to make sure women have choices for their health and well-being. We expect to continue many of the activities Centre users enjoy.

Our work so far has formed some broad agreement around the following Vision and Mission statements and goals.

Vision statement

Tasmanian women are informed, supported and active decision makers in their own health and well-being.

Mission statement

To be a leader in advancing women's health in Tasmania.

Goal 1: Mainstream health policy in Tasmania is responsive and representative of women's interests;

Goal 2: Innovative health and well-being services are accessible to women, particularly those at risk of poor health and well-being outcomes;

Goal 3: Health and well being benefits for women are maximised through the development of partnerships with other like-minded agencies and organisations; and

Goal 4: Hobart Women's Health Centre is a responsible, accountable and sustainable organisation managed in accordance with feminist principles.

Your comments on these statements and any other aspects of planning for the future would be very welcome email glynis@hwbc.com.au, leave a note at the desk, drop us a line at PO Box 248 North Hobart 7002 or ring on 6231 3212.

Glynis Flower

New Doctor in the House

We are pleased and grateful to welcome Dr Janeil Hall to the Hobart Women's Health Centre for one morning a week on Mondays from 9:30 am – 1:00 pm. Janeil stepped quickly into the position at short notice and is engaged initially for three months.

Janeil will be known to a number of Centre users as she has worked with us in the past.

We are hoping to fill a further ten hours of GP Services as soon as possible and we would welcome offers and suggestions about how this can be achieved.

Ageing Well with Weights

After a short break in July, the popular Ageing Well with Weights eight-week strength training program will start again in on Friday August 14.

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

Sessions are held on Fridays at 1:15 – 2:30 pm and cost is \$5 per class or \$35 for the full course, if paid by/on the first day. The use of weights in class and exercise handouts are provided. Comfortable clothing is recommended.

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

Please Note: HWHC provides practice times for women to maintain their strength after completing the program. Contact the Centre for details.

Healthy Eating

By now you will have had your heater turned up, as you look up at the mountain dusted with snow. It's wintertime and it wouldn't be right if the recipe this month was anything else but a really good soup!!

But first, what should we be planting in the veggie patch?

EARLY: Certified seed potatoes, Jerusalem artichokes, shallots, potato onions, garlic cloves, suckers of globe artichokes (for tasty food and brilliant flowers), rhubarb and asparagus crowns. A friend told me the other day she is having success with lettuce in foam veggie boxes because it seems to keep the roots warmer...give it a go.

LATE: Sturdy young seedlings of cabbage, cauliflower, celery, broccoli, lettuce, onion and leeks. Asparagus crowns, early potatoes, shallots, potato onions, long-keeping salad and spring onion as small seedlings, garlic cloves, rhubarb divisions, Jerusalem and globe artichokes

What is in season – this is the fruit and veg that you should be buying at the moment because it will be fresh and, hopefully, local.

Broccoli, leeks, onions, sweet potato, cauliflower, fennel, mandarin, orange, late figs, some apple varieties and winter spinach.

Recipe

This is the best pumpkin soup I have ever made and it is one of my favourites.

Ingredients

1 small pumpkin (best variety available)
1 sweet potato
½ a small butternut pumpkin
Heaped tablespoon of coriander seed (grind)
5 celery sticks
2 carrots
2 onions
4 cloves of garlic
Bunch fresh coriander
Olive oil

Method

Heat oven to 180 degrees.

Cut one small pumpkin into large pieces, remove seeds and leave the skin on. Rub the pieces with olive oil and place in the oven to bake.

Heat olive oil in a large pot.

Dice garlic, onion, add to pot. Cook until onion is translucent.

Wash and finely dice coriander root and stem (not leaves) and add to the pot along with ground coriander seed.

Dice carrot and celery, add to the pot, turn down the heat to very low, place the lid on and cook slowly for

about 15 minutes (You are creating a very good base for vegetable stock).

Chop and add sweet potato and butternut pumpkin.

Add enough boiling water to the pot to more than cover the ingredients. Simmer on a very low heat for a few hours; add a little more water if needed.

Remove roasted pumpkin from the oven and allow to cool then peel the skin off and add to soup pot.

Blend with stick mixer to make a nice smooth consistency.

At this stage I let the soup cool, divide up portions for the freezer and then season and reheat the remaining.

To season chop and add some fresh coriander leaves, keep some aside, add salt and ground black pepper to taste. I also added some low fat milk as I was trying to avoid cream, coconut milk or yoghurt. You choose, all are a good options.

Serve with the remainder of chopped coriander leaves. ENJOY!



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 1:15 - 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 on Mondays 11:40 am to 1:00 pm and Wednesdays 2:30 to 4:00 pm.
Birth and Beyond	Wednesdays fortnightly 10 am to 12 pm. Share a healthy lunch afterwards. Starting June 10. Group sessions to share and learn more about birthing and mothering experiences.
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	Mondays 9:30 am - 1 pm, half hour bulk-billed consultations by appointment with Dr Janeil Hall.
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. Sally will be away from May 30 until July 23.
Massage	Unfortunately, Amanda is unable to continue providing massage. Call the Centre to find out more about this service.
Meditation	Guided and safe relaxation meditation Tuesday 10:30 - 11:30 am (beginners welcome).
Midlife Outreach Service	Individual consultations around menopause issues. 10 am - 2 pm at the Centre on June 22, September 21 & December 14. Bookings essential contact Jennie Gorringer on 6222 7242
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.
Stitches and Stories	Last Thursday of the month from 1:30 - 3:30 pm. Starting Thursday June 25. The group is open to women of all ages to come together to stitch, embroider, sew, mend, share knowledge and stories.
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. No sessions during Winter will resume in the Spring. Contact Wendy at 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.

Enriching Winter

These workshops are informative and inspirational.

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)

Tuesday June 30 1:30 - 2:30 pm

Get to know your medicines

with COTA

This workshop focuses on the safe use of medicines. Every year many hospital admissions are a result of people taking incorrect doses or the wrong medications.

Do you know what you are taking? Is it out of date? Are you taking the correct dosage? What questions do you need to ask your doctor and pharmacist? These questions and more will be discussed.

Thursday July 9 1:30 - 2:30 pm

Beyond Maturity Blues

with COTA

The Beyond Maturity Blues project was developed in partnership with BeyondBlue. A COTA peer educator will present this workshop, which will focus on depression and older people. It will explore how depression can affect physical and mental health and the importance of early detection to gain support, find out about treatment options and reduce the effects to enjoy or regain a better quality of life.

Thursday July 16 1:30 - 2:30 pm

Motivate to Move

with COTA

This workshop encourages you find the right activity for you – to get your 30 minutes of exercise a day. There are many fun and creative ways to find your 30 minutes and it is not a long time when you are doing something you like - dancing to favourite tunes, gardening, window shopping, walking. Come along and have some fun exploring different options.

Seniors Week Event

After consulting with women who come to the Centre, it was decided we would host a free lunch, followed by a movie as our Seniors Week 2009 event.

The Centre has formed a partnership arrangement with the State Cinema. The State Cinema will put on a fabulous movie in the afternoon, at a one off concession rate of \$6. The movie is *Young At Heart*.

I need to let the State Cinema know a few weeks prior to the screening - how many women will be attending so they can arrange a booking for an appropriate size cinema.

The event will be advertised in the Seniors Week Newsletter mid - September and flyers will be displayed in the Centre.

Lunch will be held in the backspace at the Centre as it was last year, which realistically will cater for up to thirty women – so put your name down with us early so you don't miss out.

Thursday October 1, 2009

Lunch: 12 pm Hobart Women's Health Centre
25 Lefroy St, North Hobart

Movie: 2 pm State Cinema Elizabeth Street,
North Hobart.

To book or for more information please phone Ankarah at the Centre on 6231 3212.

FOR SALE



Paper Shredder only used once.

Now available for sale.

Please contact the Centre on 6231 3212.

MAKE AN OFFER

Talking Herbs

the alternative medicines

with Sally Riley



Winter is here, the temperature has dropped and frost is threatening. There have been at least two falls of snow by the time this goes to print and, all of a sudden, we have a swine flu pandemic on the way. This is in addition to the normal colds and flu that seem to be appearing already.

So, is there any way of guarding ourselves against infection? Yes, there are the normal basic safety measures like washing hands often and the other precautions the media is now haranguing us with. But yes, there are also antibacterial, anti viral and immune-boosting herbs such as:

Echinacea (*Echinacea purpurea*): is a well know herb renowned for its immune stimulating properties. It is commonly used for upper respiratory tract infections. It increases phagocytosis, that is produces more white cells to gobble up the baddies. It increases lymphocyte activity that produces interferon and interleukin-1, both anti viral substances. It can be used as a preventative, by boosting immunity before infection occurs.

Interestingly, Echinacea was named in 1794 for the spiny appearance of its flower; echinos is the Greek word for sea urchin or hedgehog.

Garlic (*Allium sativum*): this herb has antimicrobial and antibiotic properties. It is an expectorant and is beneficial in bouts of acute or chronic bronchitis. It

may also help relieve mucous congestion. One effect to be aware of is its anti clotting activity. This means any one taking anticoagulants, like Warfarin or aspirin, should not take garlic as a medicinal herb.

Golden seal (*Hydrastis canadensis*) is a native American perennial plant, now an endangered species and only harvested from cultivated crops. This herb is antiseptic, antibacterial and antispasmodic but should only be used for short periods of time.

King of Bitters (*Andrographis paniculate*): is an Ayurvedic herb, with a long history of use for bacterial and viral infections. Clinical studies have shown it can reduce the severity and duration of the symptoms of cold and flu.

Elderberry (*Sambucus nigra*): has been used for its anti mucus and fever-reducing actions, to help relieve the symptoms of colds. Elderberries contain a rich source of anthocyanidins, potent antioxidants that may support the immune system by assisting the production of cytokines, potent substances for fighting foreign organisms.

Vitamin C: is antiviral and antibacterial and it enhances natural resistance. It also increases white blood cell activity.

Vitamin E: enhances both humoral (blood) and cell-mediated immunity.

Zinc: is a most important mineral for the immune system. Optimal zinc levels have been found to inhibit the common cold virus.

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 from July 20.

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

National Women Health Conference

For the first time since its establishment in 1986, the Australian Women's Health Network will hold its National Women Health Conference in Tasmania. In May 2010, over 700 delegates are expected to gather in Hobart to listen to presenters from around the world and Australia share current thinking, knowledge and practice, to participate in conversations and to debate proposed solutions to issues affecting women's health and wellbeing.

Held only once every five years, this 6th Australian Women's Health Conference offers an invaluable knowledge and skills development opportunity for Tasmanians working or interested, in the area of women's health. Topics range across the broad spectrum of health and wellbeing issues - including improved access to public health systems, financial security, sexual and reproductive health, the prevention of violence against women, the impact of social and environmental factors on health, policy development and health activism to name a few. It will also provide a national platform to showcase our work, test ideas, expand our networks and for us to contribute to shaping the future directions of health promotion in Australia. With the new national women's health policy currently under development, a major focus of the Conference will be on approaches relevant and appropriate to the diversity of all Australian women's lives, so our attendance will ensure the voices of Tasmanians are heard.

Interest and momentum seem to be building rapidly, now the keynote program has been confirmed and the calibre of speakers attending becomes known. International speakers include Lorraine Greaves (British Columbia Centre of Excellence for Women's Health, Canada), Cecily Kelleher (Women's Health Council Chair, Ireland), Marsha Saxton (Senior Researcher and Policy Analyst, World Institute on Disability, U.S.A.) and Donna Stewart (Lillian Love Chair in Women's Health, Canada).

Prominent Australian women leaders in health confirmed to speak include Pat Anderson, Cindy Shannon and Jo Willmot, who will specifically address Aboriginal and Torres Strait Islander women's health

issues, and Fran Baum, Eva Cox, Melanie Heenan and Helen Keleher. For more information about the speakers and their topics go to the AWHN website at: www.awhn.org.au.

Abstract submissions have also been flowing in from around the country, addressing an amazingly diverse and interesting range of topics, proposing to use widely differing presentation formats and styles. It's wonderful to know such important work is being undertaken and has reminded me of just how good we are at thinking and working 'outside the square'. Thanks to all of you who have made submissions so far, and to those of you who are still thinking about it – get online and get them in! It's only 250 words and the closing date is 1 June 2009 so make sure you don't miss out. (<http://www.leishman-associates.com.au/awhn2010/abstracts.php>).

In addition to the stimulating and challenging plenary and concurrent sessions, there will be plenty of opportunity for relaxation and reflection, to renew old friendships and make new ones, and to enjoy the social, artistic and cultural events that will be interwoven throughout the Conference program.

Don't forget, *Early Bird Registration* closes on 1 November and if you get in soon there is still time to spread payments across two financial year periods.

I look forward to welcoming you all to the Conference in the Concert Hall at the Hotel Grand Chancellor in Hobart next year.

Kelly Banister

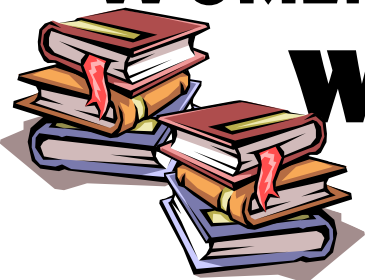
Convenor ~ 6th Australian Women's Health Conference



WOMEN'S

WISDOM

LIBRARY

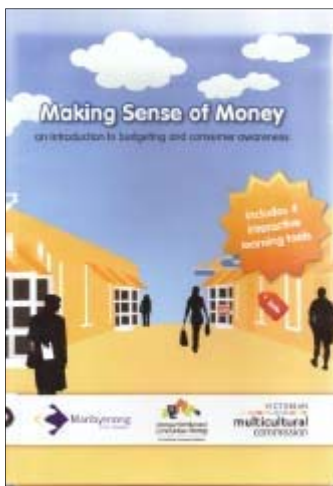


Making Sense of Money

An introduction to budgeting and consumer awareness.

by Maribyrnong Council

A new useful addition to our library is this financial literacy DVD produced by Maribyrnong Council in conjunction with NGOs in Victoria. Although the DVD, was designed for newly arrived migrant communities and features the languages Dinka, Sudanese, and Arabic, it is also in English and could be used more generally, including by teenagers. It contains four short films on the following topics:



Consumer Awareness

Focuses on the differences between Needs and Wants, asking the important questions: Do we need something? Can we afford it?

It also discusses different deals offered by businesses, advertising and the confusion about choices, conditions and legal aspects.

Basic Banking

Looks at banking, budgeting, interest rates, bank fees and statements.

Budgeting and Managing Bills

This section focuses on the rationale for budgeting, direct debit, bank statements, different ways of paying bills, including Centrepay through Centrelink and also interpreter services.

Credit Facilities and Loans

Focuses on the different types of credit and the importance of keeping credit under control, the catches and the need for getting enough

information, tips to help manage credit, responsibilities and budgeting.

It also explores assistance possibly available through financial counsellors at local community organisations.

The DVD includes four interactive games to assist in developing financial awareness, numeracy and literacy skills amongst newly arrived migrant communities and students learning English as a second language: Consumer Quest, Budgeting, Basic Banking Quiz, Major's Party. These games and teacher resources, however, can only be accessed using a PC computer.

Although this DVD cites services in Victoria, the practical information is relevant to Tasmanians. Overall 'Making Sense of Money' is a useful resource offering practical, easy to understand financial advice to newly arrived migrants and the general population.

Ankarah Grace

Long-awaited Arrival

by Jen Van-Achteren

After a nearly forty-year gestation Australia will finally join all other OCED countries, except America, when the Federal Government introduces a paid parental leave scheme in January 2011. The announcement came, on Sunday May 10, that provision for the scheme would be included in this year's federal budget.

The Rudd government will adopt many of the Productivity Commission's recommendations included in the Final Inquiry Report *Paid Parental Leave: Support for Parents with Newborn Children*. While the Centre is pleased by this long awaited arrival, we intend to examine the scheme in detail and will report back to our readers in the Spring edition of the Newsletter. For further information about the Paid Parental Leave Scheme, go to the Family Assistance Office website at <http://www.familyassist.gov.au/> and

click on the *Find out more about the Paid Parental Leave Scheme* link under the Federal Budget heading.



“Stitches and Stories”

Stitches and Stories is a new group born out of the Summer workshops *Threads of Life* with Robyn Claire and *Regathering the Threads of Life* (a follow-up workshop).

These workshops focused on the interconnectedness of women through thread work, cross culturally and throughout history. The women attending the group brought in pieces of embroidery, they or a family member had created, to show and tell.

The history of women's needlework and thread work was discussed as well as how sewing needles were invented, the ins and outs of threading a needle and different aspects of the types of threads we use.

We became aware of the wealth of knowledge and creativity women have, and the importance of sharing it. The idea of the group possibly compiling some of that knowledge into a booklet was also flagged.

Stitches and Stories will be happening monthly and will allow women the opportunity of either creating and working individually, or in a group, a piece based on a theme. Women who don't sew, but would like to share the company and conversation of other women, can also attend.

Stitches and Stories starts on Thursday June 25, 1:30 – 3:30 pm in the backspace at the Centre. Sessions will be held on the last Thursday of each month. No booking is required, but if you want more information contact Ankarah at the Centre on 6231 3212.

There is no cost, but donations towards refreshments are always welcome. The group is open to all women.

Bring your own needles, scissors, materials and threads. You might want to bring something to mend or learn/teach new skills, or maybe just to come and enjoy time with other women.

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:

June 9 and 23

July 14 and 28

August 11 and 25

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

Please contact Wendy at the Centre on 6231 3212 for more information.

Borderlines – Queer Radio

Hobart's sexuality & gender issues radio show

Every Monday 10 am – 12 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

Artfully Queer Art Exhibition

Coming up in September. For more information on this year's theme and to participate contact the GLC or go to www.taspride.com

Web Spinning

The Jean Hailes website has four fact sheets on menopause, bone health, hormone therapy and urinary incontinence, which have been translated into fourteen languages. To grab a copy go to www.jeanhailes.org.au or call 1800 151 441.

The National Prescribing Service has some great information including Get to know your medicines - Multilingual resources. Go to www.nps.org.au and click on Get to know your medicines to order resources, fact sheets and materials which are available in five different languages.

The Association for Women's Rights in Development (AWID) is an international, multi-generational, feminist, creative, future-orientated membership organisation committed to achieving gender equality, sustainable development and women's human rights. www.awid.org



INTRODUCING . . .

Hi my name is Glynis Flower and I am the new Executive Officer at the Hobart Women's Health Centre. On March 23rd, I began working at the Centre and thankfully enjoyed a four-day hand over with Joan Barry before she left.



Over the last twenty years, I have worked with community based organisations in community development, the arts, health and local economic development within five states and territories.

In Tasmania, I have managed the Tasmanian Arts Council for eight years and Tasmanian Association of Community Houses, the peak body for 34 Neighbourhood Centres for seven years.

I am English by birth but after 27 years in Australia I have almost learned the language fluently and although highly committed to my work, I think becoming a grandmother was my best career move.

This is a wonderful place to come to work every day. I would like to thank everyone for the warm welcome I have received from the team, the Board and the Centre users.



. . . FAREWELL

The position of GP at the Hobart Women's Health Centre has always been a special one and for the last fifteen years it has been filled by Dr. Jean Symes. Her presence has been a calm, patient and gentle influence.

Her medical experience and her empathetic style helped to shape the reputation of the Centre and the philosophy which acknowledges a woman's right to make informed choices about their health and wellbeing.

Retired from her position, Jean is currently overseas but we hope to see her at the Centre from time to time in the future.

Jean gave her time generously to our work and she is greatly missed.

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: 23rd July 2009 (newsletter distributed at the end of August)



. . . GETTING IN TOUCH

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