



FREMANTLE WOMEN'S HEALTH CENTRE

Services & Resources for Women's Health & Wellbeing

Services & Developments

Summer 2014 Newsletter

Happy New Year and welcome to our Summer Newsletter. As you will see, we have had a busy few months and the start to 2014 promises to be the same!

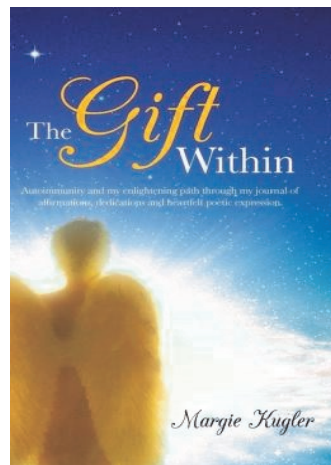
Health Promotion

We had some very successful Autumn events with generous donations that contributed to that. 74 women attended our Women's Health & Wellbeing Day at Hilton Community Centre. Door prizes were kindly donated by Benny's Restaurant, Angelic Fitness, Elizabeth's Bookstore, Peaches, City of Cockburn and Heart Foundation and we thank them all for their generous contributions.

We would like to thank all the women and Agencies that attended our Yarning Day in November—it was a valuable day for all who attended. Special thanks to Dorsogna for our sausage sizzle!

Our Pamper Day in recognition of Post Natal Depression Awareness Week was such a huge success, we hope to make it an annual event! The team at FWHC really pulled out all the stops to organise a fantastic day. A big thanks to Bec & Linda for the timeless effort they put in to make it a special day for all who participated. Thank you to Pippa Lester for serenading us with her music, Marianna Garaboni for her fabulous yoga demonstration, Kay Griffiths for her soothing facial and Bec for her hand massages. We were overwhelmed with the incredible donations for door prizes and goodies for the pamper packs. It's a big list of people to thank—so here goes—X-Ray Wine Bar, Dome, Greg's Chemist, Myer's, Elizabeth Arden, Andersen Cacao Creations, Straight Up Hair Stu-

dio, Halka B Organics and Carla Savannah's Spray Tans.



The Gift Within by Margie Kugler

We have a copy of the above book in our lending library. As a client of FWHC, Margie is an inspiration to us all. Margie's humble, spiritual and positive values have helped her nurture constant faith in her body's own ability of healing itself. The importance of a holistic approach to healing was a major part of her transformation, and Margie's poems are a sincere, emotional insight, which she shares in hope of helping others on a similar journey.

"In 2001, I was confronted with the most frightening challenge of my life, the diagnosis of a disease called scleroderma. I gradually learnt that this was no ordinary condition, as both my immune and vascular systems are compromised. My book reveals the challenging and yet empowering journey I am living."

You can purchase her book on-line by credit card at Balboa Press www.balboapress.com.au
\$26.00 soft back cover
\$46.00 hard back cover
\$3.99 ebook

Who are Carers WA?

Carers WA assist people who provide unpaid care and support to a family member or friend who is frail and elderly, has dementia, a mental or chronic illness, a disability, or complex needs, or receives palliative care.

Carers WA is a non-profit, community based organisation and registered charity dedicated to improving the lives of the estimated 310,000 family carers living in Western Australia. Its role is to work in active partnership with carers, persons with care and support needs, health professionals, service providers, government and the wider community to achieve an improved quality of life for carers as well as offering services to carers.

Membership is free for carers. To register with Carers WA please contact 1300 CARERS (1300 227 377).

Carers WA Counselling: Talk to someone who cares

Caring can be rewarding, but it can also be stressful, often causing thoughts, feelings and behaviours that are difficult to accept and manage. Emotions like anger, guilt, sadness, anxiety and loneliness are very common. Talking with a counsellor who is not emotionally involved with you or the person you care for can help in many ways. Talking to a counsellor may also give you more time with friends and family to talk about things other than your caring situation.

How does counselling help?

Counselling can help you to:

- ☐ Clarify your needs and goals
- ☐ Manage conflict, stress, grief and other factors affecting your emotional wellbeing
- ☐ Make sense of overwhelming and confusing feelings
- ☐ Develop healthy coping skills and build resilience
- ☐ Improve your mental, emotional and physical wellbeing

The professional counsellors at Carers WA are dedicated to helping carers build resilience in their caring role, by creating a balance between caring responsibilities and self-care.

Carers WA offer telephone counselling on **1800 007 332**, a service which is available from **8am to 5pm, Monday to Friday** and is **free when calling from land-lines**. A call-back service is available for those calling from mobile phones. Carers WA also offer low-cost **face-to-face counselling** in both regional and metropolitan locations, (also offered at Fremantle Women's Health Centre, 114 South Street). **Skype counselling**, as well as free **email counselling** at

chat@carerswa.asn.au for those who prefer to put it in writing. Also offered are evening counselling 5-7pm on Thursdays. Fees for face-to-face counselling can be waived, dependent on a carer's financial situation.

Garvan Research Foundation

Are you aware that there is no detection test for Ovarian Cancer? And that it is the second most commonly diagnosed gynaecological cancer in Australia, with more than 1,200 new cases diagnosed each year. More than 800 women lose their lives to this insidious disease each year because it is mostly diagnosed in the late stages and has already spread beyond the ovaries. We believe it is important for us to increase the awareness of these statistics and support the Garvan Research Foundation. From January, we encourage you to place a donation, however small, in the box at Reception—they need vital funding to expand its research team, achieve its goal to develop an early detection test and develop improved treatments. You can find out more info at www.garvan.org.au

Let Love be the only thing you spread this Valentine's Day!

Call Fremantle Women's Health Centre
Today for a confidential health check.
9431 0500
enquiries@fwhc.org.au
114 South Street, Fremantle

FREMANTLE WOMEN'S HEALTH CENTRE

INTERNATIONAL WOMEN'S DAY LUNCHEON

Join us to celebrate International Women's Day with tasting of dishes from different cultures around the world and cultural entertainment.

When: 6th March 2014

Where: 114 South Street, Fremantle

Time: 11.45 am - 1.30 pm

Cost: A gold coin donation

RSVP: 27th February 2014

FREMANTLE WOMEN'S HEALTH CENTRE

What is Healthy Weight?

Gaining weight doesn't need to be an inevitable part of getting older. Making a commitment to maintaining a healthy weight is one of the best things you can do for your health.

The key to achieving and maintaining a healthy weight is to enjoy healthy eating and physical activity every day. When our weight changes it generally comes down to two factors - how much we eat and drink (energy in), and how active we are (energy out). It's all about achieving a balance:

You can maintain your weight if the amount of kilojoules is the same as the amount of energy your body uses each day through normal body functioning, daily activities and planned physical activity.

You gain weight if the amount of kilojoules (energy) you eat and drink is more than the amount of energy your body uses each day through normal body functioning, daily activities and planned physical activity.

You lose weight if the amount of energy coming into your body is less than what is being used up by your body.

Why weight matters

Being overweight can have a serious impact on your health and lifestyle increasing your risk of: coronary heart disease, high blood pressure and cholesterol, diabetes and gall bladder disease, gout, arthritis and other joint issues, sleeping problems, including sleep apnoea and certain types of cancer. Your risk of developing these health conditions depends not just on your weight, but other risk factors that you

may have.

Excess weight around your middle is a greater health risk.

Apple-shaped' bodies (more common amongst men) carry more weight around their middle and are a greater health risk than 'pear-shaped' bodies (more common amongst women) where weight is carried more around the hips and thighs.

People come in all shapes and sizes so what might be a healthy weight for one person isn't necessarily healthy for another. The best way to find out if your weight is a health risk is to check with your doctor.

Top tips for healthy weight loss

- **Think small.** This is not about dieting or running marathons. This is about making small, easy changes to your lifestyle so they become the norm for life. Little things like swapping full cream milk and yoghurt for low-fat varieties and replacing biscuits with fruit can make a big difference in the long run. Try some of our delicious healthy recipe ideas (link) to help get started.

- **Move more, sit less.** Again, little things can make a big difference over time. Small changes incorporated into your daily routine like walking to get the newspaper or a litre of milk, taking the stairs instead of the lift and cutting down on the amount of TV you watch all add up. There are so many ways you can start be more active each day.

- **Find what you like.** If you like to dance, take a dance class. Play outside with your

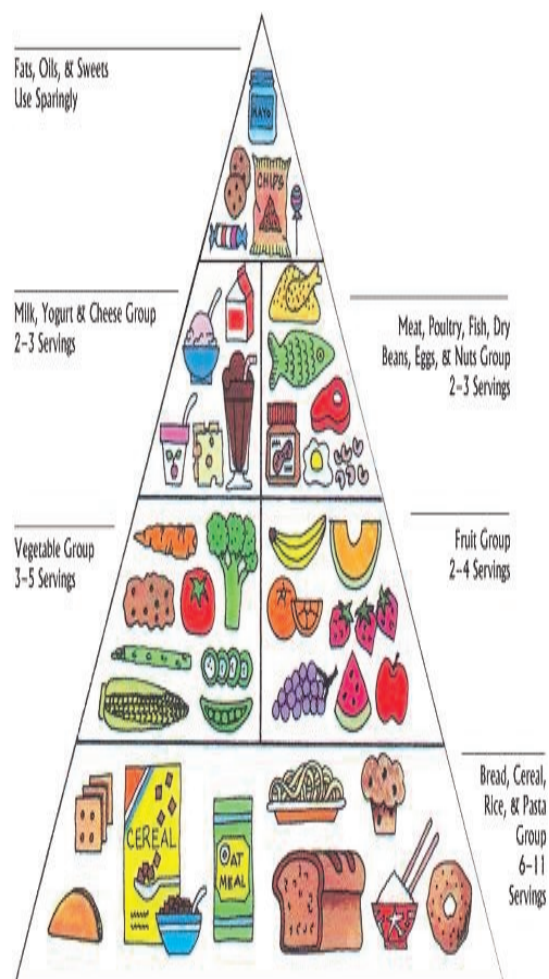
kids. Ride a bike. Fly a kite. Even window shopping can be a good energy burner. So if a gym's not your thing, don't worry.

- **Slow progress is more likely to deliver long-term results.** Don't hop on the scales every day. Let your clothes and how good you feel tell the story. If your weight loss slows down occasionally, don't give up. Small amounts of weight loss or stopping weight gain will have a big impact on your overall health.

- **Seek professional advice.** Speak to your doctor, an Accredited Practising Dietician or a physical health professional about your weight.

Information from heart Foundation website www.heartfoundation.org.au

Please find recipe on back from the heart foundation website.



SAN CHOY BAU



Serves 4

Cooking time: 10 minutes

Ingredients

Olive oil spray*
 1 small brown onion, finely chopped
 2 garlic cloves, crushed
 1 tbs grated fresh ginger
 400g lean pork mince*
 100g button mushrooms, thinly sliced
 4 green shallots, finely chopped
 1 large carrot, peeled and grated
 1 cup shredded green cabbage or Chinese cabbage
 2 tbs kecap manis (see Tip)
 40ml (2 tbs) fresh lime juice
 50g bean sprouts
 8 large iceberg lettuce leaves, edges trimmed
 1/2 cup chopped coriander leaves
 2 tbs plain, unsalted peanuts, chopped to serve*

*Products available with the Heart Foundation Tick. Remember all fresh fruit and vegetables automatically qualify for the Tick.

1. Heat a wok over a medium-high heat until hot. Spray the wok lightly with oil. Add the onion, garlic and ginger, and stir-fry for 1 minute. Increase the heat to

high and add the mince. Cook, breaking up the mince, for 4 minutes or until it changes colour and most of the moisture has evaporated.

2. Add the mushrooms, green shallots, carrot and cabbage, and stir-fry for 3-4 minutes until the vegetables have softened. Add the kecap manis, lime juice and bean sprouts, and stir-fry until well combined.

3. Remove from heat. Spoon mixture into the lettuce leaves, top with the coriander and peanuts. Serve immediately.

Tip Kecap manis is a thick, sweet Indonesian-style soy sauce. You can find it in the Asian section of the supermarket. If you can't find kecap manis, reduce 2 tablespoons of reduced salt soy sauce in a small pan.

Recipe from Heart Foundation website www.heartfoundation.org.au

What's On At The Centre

Mums & Bubs Fitness
Monday 9.15 - 10.15

Postnatal Support Group
Wednesday 10 - 12 noon

Over Eaters/Anonymous
Wednesday 7.30 pm
Sunday 9.30 am

Portuguese Women's Group
Thursday 2.00 - 4.00 pm

Wise Women Exercise
Thursdays 2.00 - 3.00 pm

Massage Courses & Workshops
Various days & times

General Counselling

Individual counselling is available for women experiencing difficulties across a wide range of issues, including: stress; bereavement and loss; depression; anxiety; trauma, relationships, work and/or family crises; parenting concerns; low self-esteem and much more ...

Perinatal Counselling

The centre provides individual counselling for women experiencing antenatal and postnatal depression, anxiety and / or stress.

Counsellors are available Monday - Friday by appointment.

Medical Services

Female doctors and nurses are available by appointment Monday - Thursday for a range of women's health issues. Health information is available at appointments, by dropping into the Centre to collect brochures, or from the nurses by phone.

Physiotherapy

A specialist continence and women's health physiotherapist is available on Thursdays for appointments.

To access services an annual FWHC Support Fee is required:

\$30 full fee
\$15 concession