

# Irregular Periodical



Lismore and District Women's Health Centre Inc

## New group program for spring

Volume 3

September 2005

The centre has an exciting new program of groups and seminars for the coming months. There is a range of topics, including some old taboos such as food and sex!

The program will utilise the significant skills and knowledge of the centre's practitioners and will include one weekend workshop.

### Mood food or good food?

This seminar will look at how food can affect our hormones and how we feel. There will be information on food cravings, body types, pre menstrual tension and our feelings associated with food.

The seminar will be facilitated by the centre's Naturopath, Cindy Thummel.

**When: Tuesday, 20<sup>th</sup> September**

**Time: 9 am until 1 pm.**

**Where: The Uniting Church Hall, Dibbs St, East Lismore**

**Maximum 30 participants**

**Fee \$30.00 Bookings essential**

**Phone 66219800**

### If not dieting ....then what?

This 6 week program will look at forming a healthy relationship with food, seeing food as a friend and not something we are at war with in order to lose weight!

No scales, no measurements, no guilt!

The program will be facilitated by Cindy Thummel, the centre's Naturopath and Mim Weber, the Eating Disorders Service Coordinator.

**When: Wednesday evenings from 12<sup>th</sup> October until 10<sup>th</sup> November**

**Time: 5.30 pm**

**Where: At the centre.**

**Cost : \$60.00**

**Maximum of 10 participants**

**Bookings essential.**

### Let's talk about sex!

This seminar for young women will look at women's reproductive health cycles, fertility, sexuality, contraception and sexual health.

The seminar will be facilitated by Andrea Brooks, the centre's Women's Health Nurse and Suzanne Rienits,

- Staff profile: Nurse, Andrea Brooks
- Group program
- Friends of the Women's Health Centre

**Lismore & District Women's Health Centre Inc**

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## Group program continued

the centre's Acupuncturist.

**When :** *Tuesday October 18th*

**Time:** *4 pm—6 pm*

**Where:** *Lismore Neighbourhood Centre, Carrington St, Lismore*

**Fee** *\$10.00*

**Bookings essential**

### Pregnancy and Post Natal Support Group

This ongoing group for pregnant women and new mothers aims to provide a positive, supportive and joyful safe space for women to focus on their pregnancy.

It explores options in relation to birthing and parenthood and includes breath control, relaxation and how to build strength through yoga.

Optional Yoga classes are held from 9.30 am until 11.30 am. Morning tea, a sharing circle and education sessions follow until 12.30 pm.

The group program is facilitated by Andrea Brooks, the centre's Women's Health Nurse and Christina Peebles conducts the Yoga.

**When:** *Wednesday mornings weekly*

**Time:** *9.30am - 12.30 pm*

**Where:** *The Uniting Church Hall, Dibbs St East Lismore.*

**Cost :** *\$7.00 for yoga and \$3 as a contribution for the hall hire and morning tea.*

**Phone** *66219800 for more info*

### Graduates Group

This monthly, ongoing support group is for

“graduates “of the previous “The Leopard can change spots“ group program which was conducted at the centre for women with eating problems. The graduates group will be held at the centre on the first Monday evening of the month and is facilitated by Mim Weber, the Eating Disorders Service Coordinator.

### How dreams can help

The centre will hold a one day workshop entitled “How dreams can help” as an introduction to personal work with dreams. The workshop will be held on a Saturday to give women who work during the week the opportunity to attend.

The day will begin with an overview of various cultural and historical attitudes towards dreaming and then go on to explore some of the main ways that dreams have been approached in the therapy setting.

Participants will be able to try out some of these approaches in paired work. There will also be question time and general discussion.

The day will be facilitated by Marie Makinson, a qualified Jungian analyst who has returned to the area after completing her training overseas. Participants are encouraged to bring a dream that they would like to work on as well as their lunch.

Morning and afternoon tea will be provided.

***There will be a maximum of 8 places for the workshop so if you are interested please contact the centre on 66219800***

**When:** *Saturday October 29th*

**Time:** *9 am to 4.30 pm*

**Where:** *At the centre*

**Cost :** *\$75.00*

## Staff profile: Andrea Brooks, Women's Health Nurse

### WM: Tell us about your background.

**Andrea:** I moved to the Far North Coast in 1981 with nursing and midwifery qualifications. I had two babies, built a house with my husband and began work as a home birth midwife. I decided to stay working with well women and I gained a Family Planning Sexual and Reproductive Health Certificate and in 1999 I qualified as a Women's Health Nurse. I began work at Lismore Family Planning Service in 1993 and I have been here at the centre since 1994.

### WM: Tell us about your job?

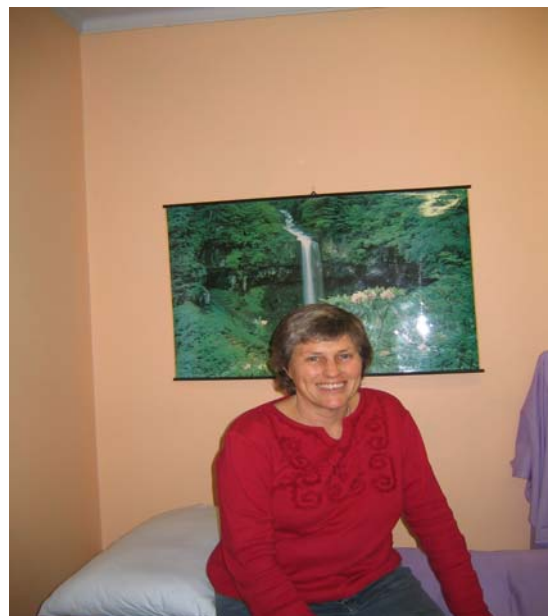
**Andrea:** I love my job working with women and being of service to them. I have a strong interest in sexual and reproductive health and I like the diversity of issues that women bring to a consultation. I like seeing women of different ages and backgrounds. I see many young women and I appreciate that the centre supports me to run a weekly pregnancy support and education group program for pregnant women and new mothers. I love the opportunities to provide group education as well as the clinical work and I really enjoy being part of the team at the centre.

### WM: What does it mean to you to work within a feminist framework?

**Andrea:** Being with women, supporting them to be the best they can be, within our society. An important part of our work is to provide women with information so they are empowered and encouraged to examine the choices they have. I like the quote from Rebecca West about not being a doormat for others. I encourage women to be aware of all the possibilities they might have, to question our conditioned notions of the role of women.

### WM: What issues do you frequently deal with?

**Andrea:** Despite a great deal of information being available about fertility and our reproductive cycles



many women are still reticent and don't always understand how their bodies work. They often lack knowledge about aspects of their sexual lives. There is also fear and misinformation about pregnancy and I particularly enjoy being part of a woman's journey through pregnancy and early motherhood.

### WM: What inspires you?

**Andrea:** Seeing the good in people, for example when people are enthusiastic, kind or committed to what they do. I admire people who overcome obstacles and achieve their goals through their own efforts. I have been fortunate and received lots of support in my life, but I have found that it can be difficult to combine work, study, motherhood and relationships. I try to apply wholistic health principles to my own life so I like yoga, walking in the forest and making time for fun.

## **Lismore and District Women's Health Centre Inc**

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### ***Women's monthly newsletter***



## **Friends of the Women's Health Centre**

The Women's Health Centre relies on fund raising to enable it to provide a range of services and programs across the Northern Rivers region. Staff and management have contributed much of their personal time and resources towards extending the centre's income and we are now seeking some assistance.

The centre would like to establish a voluntary "Friends of the Women's Health Centre" group to organize and coordinate various fund raising activities and events and to assist with special projects. These could include film nights, special events, trivia nights or raffles.

If you have some spare time to volunteer or some good ideas for a fund raiser then please contact the centre on 66219800. The centre has special volunteers insurance to cover women who volunteer their time. The Friends of the Women's Health Centre will be accountable to the centre's Council of Women, through the Manager.

The Friends of the Women's Health Centre will make it possible for individuals to support the work of the centre in a focused way. It is also an opportunity to work within a team, including our existing volunteers, staff and management and to have fun, meet new people and gain satisfaction knowing that you can help other women.

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