

Irregular Periodical



Lismore & District Women's Health Centre Inc

Art Therapy Group

An Art Therapy Group for women will be run by the centre and facilitated by Susan Joyce, a qualified art therapist (ANATA).

Art therapy is a form of creative expression that can be used to gain self awareness and personal growth. Participants do not need to have had any prior art experience as the art therapist will assist in both the use of the art materials and exploring the images made.

The art therapy group offers a non competitive, confidential environment. There are only eight places available in the group, which is open to women of any age, ethnic origin and sexual orientation.

The two hour weekly art therapy program will commence on **Tuesday 19th July from 10 am until 12 pm and will run for 8 weeks until the 6th September.**

The program will be held at the East Lismore United Church Hall, corner of Dibbs and Whyralla Rd, (next to Garry and Mine store).

There will be a **\$60.00 fee** for the course, which includes materials, tea and coffee.

Bookings are essential .For further information call the centre on 66219800.

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Staff profile: Mim Weber, Eating Disorders Service Coordinator

WM: Tell us about your background

Mim: I have been a qualified social worker for over 25 years and worked in positions that have been a mixture of counselling and management. I've worked in 3 states, primarily with children and families.

WM: Tell us about your job

I work 21 hours per week and my job is to link people who have eating disorders to services that are going to be most helpful for them. Usually this means spending a couple of hours with people talking about their eating concerns and how that fits with the rest of their lives. I also run group programs for people experiencing eating issues, that are funded by the Northern Rivers Division GPs.

Most people find that taking the time to talk about their eating concerns is the first step in the road to recovery.

WM: What are eating disorders?

Mim: Eating disorders are generally defined as situations when people use severe dieting (starving) or purging methods (e.g. laxatives or vomiting) or excessive exercise, sometimes combined with binge eating.

WM: What are some of the contributing factors?

Dieting is generally unhelpful and the biggest risk factor occurs when people use moderate to severe dieting. However there may be other factors that make them more vulnerable to using dieting and a focus on their weight, as a big part of their lives.

WM: What helps people recover from eating disorders?

Mim: The first step to recovery is breaking the secrecy about the behaviours and seeking help from family, friends or services. It is important to assist people to change the way they think about themselves and how they deal with their feelings.



Often counselling can really help and seeing a dietitian can also be important. When the eating concerns are starting to have a physical impact it is important to see a GP who knows about this area.

I have found that the group programs are also very helpful as people can hear about others' experiences and know that they are not alone.

At the Women's Health Centre we have a small library and we can lend books and resources to our clients to use at home.

Volunteers

The centre is fortunate to currently have the assistance of four women who are dedicating considerable time and energy to our service.

Angela Marshall has been assisting with administrative tasks in reception two days each week and is enjoying using skills she learnt in the Ukraine and improving her English. Angela migrated to Australia six years ago and is providing help to Pam Ashton, the centre's Receptionist.

Bronwyn Traverer is using a specially created data base to monitor the centre's library resources. Special thanks to Graham Fraser for creating the data base for the centre.

Susan Joyce is a qualified art therapist and also lectures in Women's Studies and she will be facilitating an art therapy group program mentioned on page 1.

Donna Natali is updating the centre's brochures and information sheets and is using skills she gained in a TAFE Business Administration course.

All these women bring a range of skills and life experiences that enrich our centre and we are very grateful for their help.

Flagging Concerns

The centre has begun a new project, called "Flagging Concerns" which has been funded by a grant from Lismore City Council's Youth Activities Fund.

The project was begun in response to the local community's out pouring of feeling following the death of a young German woman, Simon Stroebel, whose body was found two blocks from the centre earlier this year.

The project aims to address issues around violence against women and will involve young women from the Lismore area who will design graphics and then print these onto rolls of colourful flags.

The graphics on the flags will convey the need for our community to create a safe

physical and social environment for young women.

The Coordinator of the project, Jan Levi will assist young women to get their ideas into graphical designs. Jan is an artist with extensive skills teaching art to groups of women.

Girls attending the workshop will also have an opportunity to discuss issues around safety and to explore ways that they can be pro-active and educate their friends.

LDWHC staff will facilitate the workshops and the young women will also learn practical skills for silk screen printing techniques.

The project has appropriated the concept of prayer flags used in countries like Bhutan and India where they are strung in outdoor settings

and flap in the breeze, reminding viewers of the prayers and religious messages they contain.

The project will work in partnership with Wollongbar TAFE's Clothing Production students, who will create the flags ready for printing at the Lismore TAFE Fine Arts facilities.

Once the flags are constructed they will be hung from prominent public places in Lismore in the lead up to the 16 Days of Activism, culminating in Reclaim the Night in November.

Young women from local schools, youth groups and Indigenous communities will be involved.

For further information

66219800

Lismore Lantern Parade

Staff from the centre enjoyed participating in this year's Lismore Lantern Parade and proudly carried the big heart lantern we decorated with feminist icons and love hearts.

It was great to see so many people out under the stars clapping and cheering all the community groups and artists who contribute locally. The looks of wonder and awe on so many children's faces was in itself, an unforgettable experience.

Jilly Jackson and the Light N Up crew are to be congratulated and thanked profusely for all their hard work and dedication creating this unique annual event for Lismore.



The fire event held after the parade on the banks of the Wilson River was a magnificent celebration of cultural diversity in our community.

The performance included local high school students and the dancing, costumes, fireworks and specially commissioned music together created a truly magical event. The record crowd of 16,000 people was a reflection on the growing importance of this unique event.

Expect Respect Campaign

We have received good feedback about the impact of the Expect Respect campaign being currently screened on television.

Posters have also been produced and are being distributed to community organisations, schools and youth services. The TV advert features local young people and a vocal soundtrack, "Special ones" by George.

Kids Really Count will now undertake extensive surveys to evaluate the effectiveness of the ads and the impact on young people who view them.

Previous surveys conducted by Kids

Really Count indicate that 4 out of 5 young people knew someone who had been in an unhealthy relationship.

Participants were also asked what stops young people from leaving unhealthy relationships and the reasons offered include: peer and family pressure, the fear that they might not find another partner, fear of judgment from others, loss of self esteem and the belief that their partner loves them, despite not being treated well. The lack of good role models and the lack of education about unhealthy relationships were also seen as contributing factors.

If you would like copies of the poster please contact us on **66219800**

Industrial Laws and changes to work conditions

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The Federal Government wants to take away many of our basic rights at work. As from July 1st 2005 the government will take control of the Senate, giving it a majority in both houses of parliament, allowing it pass whatever laws it likes without checks or balances. One of the first things that the Howard Government will do with its new Senate powers is to take away many of our basic rights at work. It intends to:

1 Remove employment conditions from awards

The government wants to remove employment conditions from Federal awards and abolish State Awards, which protect half the Australian workforce. Most of the pay and conditions we take for granted are guaranteed by awards. The important rights protected by these awards include: wage rates based on skill levels, overtime pay, weekend or night work rates, work related allowances, maternity and parental leave, annual leave and redundancy pay. Without awards most people will be forced to negotiate with their employer for basic rights and conditions.

2 Change the way minimum wages are set to make them lower.

For more than 100 years minimum wages in Australia have been set, reviewed and increased by an independent body, the Australian Industrial Relations Commission, which ensures that low paid workers and their families are not left behind. The Howard Govt. believes that minimum wages in Australia are too high. At this point the government will not guarantee that under the new system minimum wages will not be lower, which would lower the standard of living for many people who are now only just keeping their heads above water.

3 Use individual contracts to undercut existing rights and conditions.

Currently 5 million Australians workers and their families rely on awards or collective enterprise agreements to protect their pay, conditions and living standards. The Howard Govt wants to change the right of workers to decline to sign individual contracts and to be able to bargain collectively with their workmates for wages and conditions. More workers will therefore be forced onto individual contracts, which can then be specifically designed to make it easier for employers to undercut award and collective agreement conditions. It will allow employers to single out employees and force new working conditions on them one at a time.

4 Abolish redundancy pay and protection from unfair dismissal for 3 million people who work in small business/community organisations.

The government is determined to get rid of your right to redundancy pay and protection from unfair dismissal if you work in a small business or small community organisation. This will affect 3 million Australians. If you work for a small organisation and are sacked unfairly, or not even given a reason for being sacked, you will have no protection.

5 Keep unions out of workplaces and reduce worker's negotiating rights.

The Government is already trying to pass laws that make it harder for unions to visit workplaces and for unions to represent workers in negotiations with their employer. The government wants to make unions give written notice of their reasons for workplace visits and let managers restrict where your union meets with you. They also intend to increase penalties for unions and workers.

6 Reduce the powers of the independent Industrial Relations Commission

The government wants, as far as possible, to get rid of all State Industrial Relations Commissions and to take powers away from the Australian Industrial Relations Commission.