

Irregular Periodical



Lismore & District Women's Health Centre Inc

Chill Out Clinic

The Centre has recommenced the Chill Out Program, aimed primarily at senior female high school students and their carers, (their mothers, grandmothers, step mothers etc). We hope to reduce the stress experienced by students and their families around the HSC and assist young women to gain life skills.

Priority will be given to young women but all our clients are welcome to attend.

The clinics will be available for massage or naturopathic consultations at a very low price of \$15.00 per student or carer.

Young women can also learn how to manage their stress levels, deal



with exams and care for their general health.

Senior Naturopathy students from Southern Cross University Naturopathy course will be under the supervision of the Centre's Naturopath and Masseuse, Cindy Thummel.

Chill Out clinics are

held on **Fridays**, during the university term and appointments can be made by phoning the centre on

66 219800

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June 2005

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Lismore & District
Women's Health
Centre Inc.

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Pregnancy and Postnatal Group

Each Wednesday morning the centre's Nurse (and trained midwife) Andrea Brooks, runs a pregnancy and post natal support group to assist women during their pregnancy and to help prepare for the birth of their baby. Also it provides support to new mothers.

The program includes a discussion group on specific topics, such as the changes to women's bodies during pregnancy, the stages of labour, the birthing process, and breast feeding. Guest speakers, and off site visits to other services (such as the Family Care Centre in Lismore) are part of the program

Pregnancy and Postnatal Group continued

Christina Peebles, a local yoga teacher provides prenatal and postnatal yoga instruction. Yoga helps women to relax and enjoy their bodies during a period of great change, and it also develops strength and flexibility.

A healthy morning tea is provided.

The group is a great opportunity for pregnant women to meet others, make new friends and share their experiences of pregnancy and motherhood, with professional support and education.

The program is held each week at the **Uniting Church Hall, Dibbs St Lismore, from 9.30 am until 12.30 pm. There is a \$7.00 fee for the yoga class and a \$3.00 contribution towards morning tea and hall hire.**

For enquiries ring Andrea on 6621 9800

Screening of the film “Vera Drake”

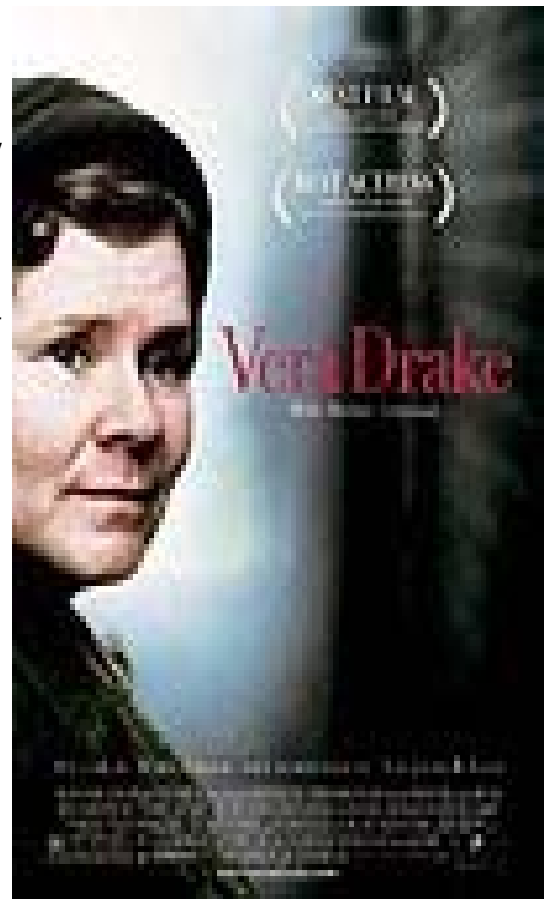
A screening of the film “Vera Drake” was held as a fundraiser for the Women’s Crisis Fund on Thursday May 12th, at Birch Carroll and Coyle Cinema, Lismore. The film was introduced by Dr Kierrynn Davis.

This acclaimed film by Mike Leigh depicts one working class woman’s struggle with helping other women to induce miscarriages, at a time when terminations were illegal.

The proceeds from the film helped to raise \$1700 for the Women’s Crisis Fund. Many thanks to the organizing committee: Pat Martyn, Rosalyn Hawkins, Pamela Ashton, Andrea Brooks, and Tarran. Thanks also to those who helped on the night including Christina Henry, Cathy Allen, Robyn Colliss and Sue Fraser.

Thanks also to Caddies Coffee Co, Wildbites, Byron Cookie Co and Goanna Café and Bakery for all the donations and of course, to all those who attended for making the night such a great success.

See the back page for more information about the issue of abortion.



May and June are “You may help” months

We have a small library that enables our clients to borrow books for a small annual joining fee of \$5.00. Women can lend books for up to a fortnight on a range of issues, the most popular of which are self help titles relating to stress management and women’s mental health.

All the books have been well used but now the book stock is dated, some titles have been damaged and we do not have enough funds to replenish the library.

We are therefore holding a campaign during May and June, called “You May Help!” and we are inviting

our clients, community members, bookshop owners and other businesses to donate books to our centre.

Each contributor will be acknowledged with an inscription on the title page of the book or books they donate.

We are seeking books about women’s reproductive health, pregnancy and birth, parenting, self esteem, alternative health, such as herbal and Chinese medicine, relationships, meditation, nutrition and other related topics.

We do not have adequate facilities to provide fictional works.

If you do not have a book

to give but would like to help, you can make a cash donation and a book will be bought on your behalf.

We would be very grateful if you could assist us in our campaign to improve the quality of resources offered to our clients.

So if you have some books at home that you don't use let us know!

Donations can be posted or dropped off to the centre at, 25 Uralba St, Lismore.

Enquiries please phone 6621 9800.

The centre’s group program

Our self esteem group program is back by popular demand! The group program commenced on Thursday May 19th and continues each week until June 23rd.

The classes are facilitated by the centre’s Counsellor, Christina Henry and provide a safe environment for women to explore issues and learn skills to improve their communication and sense of self worth. Having healthy self esteem contributes to overall health and well being as women are more confident to deal with life issues and relationships.

If you have any suggestions for future group programs you would like to see run through the centre please let us know. It will not always be possible to run the programs at 25 Uralba St, but we can provide off site venues. We can also provide one day seminars or half day workshops if this is a preference for women who find weekly travel difficult.



Senator seeks community backing for abortion bill

There has been attention in the media over the last few months about terminations and the concerns of some Members of Parliament that too many abortions are being performed in the second trimester of a woman's pregnancy.

This issue has not been informed by balanced debate in the media and a recent Australian National University survey found that 81% of Australians support a woman's right to choose.

Queensland Senator Ron Boswell has said he won't table a member's bill against abortion until there is more public support for the cause. This was reported in the Catholic Leader and will no doubt kindle a big response from the small group of Australians opposed to the freedom to choose. They will contact the Prime Minister's office showing support for Boswell's bill.

If you want to support a woman's right to choose also contact the Prime Minister's office as it might dissuade him from giving Boswell the leave to table his bill. If it isn't tabled, it won't be debated and voted on and a divisive fight over abortion can be avoided.

Dr Leslie Cannold, Spokesperson from Reproductive Choice Australia has urged women to send a respectful email or letter to the PM expressing opposition to any change to the current arrangements regarding termination in Australia. She also encourages women to also suggest ways to expand the freedom of women and couples to plan their families. Urge the PM to deny anti-choice MPs parliamentary time to debate or to vote on any Private Members' bills designed to change the abortion status quo.

Write to The Hon John Howard MP, Prime Minister, Parliament House, Canberra ACT 2600 or click on the following link: <http://www.pm.gov.au/email.cfm> or Fax:0262734100

Expect Respect

Watch out for the **Expect Respect** TV advert which will be screened at prime time slots over the next month. The advert is directed at young women and aims to raise their awareness about abuse in unhealthy relationships.

The advert was developed in conjunction with students from Mullumbimby High School and includes local youth work trainee, Doreen Nixon. The Expect Respect 2005 campaign builds on the success of the previous award winning TV and poster campaign.

Expect Respect is a project developed by **Kids Really Count**, a small group of community workers in this area, that aims to address issues of abuse for children and young people. Workers from Lismore City Council, Ballina and Mullumbimby Community Health, ACON and the Regional Violence Against Women Specialist are members of the KRC committee.

The current TV campaign is funded from a Women's Health grant administered through North Coast Area Health Service.

The Expect Respect crew will also hold a community stall at the Splendour in the Grass Festival to be held in Byron Bay in July. This gives out of area young people a chance to see the advert and give feedback through an evaluation survey. Young women in local high schools will also be surveyed to measure the effectiveness of the advert.

Lismore and District Women's Health Centre is proud of its involvement in Kids Really Count, as it involves partnership with other services and community development for our young people.

**For further info contact Karuna Fielden
66219800**