

Women's Irregular Periodical



Lismore and District Women's Health Centre Inc

LISMORE LANTERN PARADE 2006

Saturday 17th June

Volume 5

June/July 2006

Journey into Myth

Celebrate the Journey with us

Night market from 4 pm. - Parade 5.30 pm.

Fiery finale 6.45 - Street Party from 7.30 pm

- *Lismore Lantern Parade*
- *No Diet Day*
- *Lesbian counselling - Anna's Profile*
- *Council of Women profile—meet Kellie*
- *Chill out Clinics*
- *Bequests*

Women's Health Team Lantern Parade 2005:



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

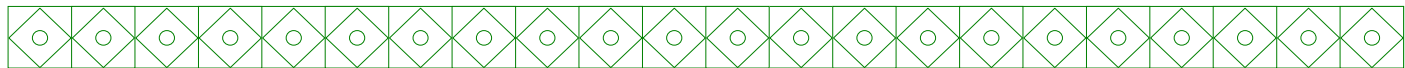
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International No Diet Day was on 6th May 2006. The Northern Star printed the following article compiled by Mim Weber, Coordinator of our Eating Disorders Service

May 6th is International No Diet Day. Mary Evans Young, director of the British anti-diet campaign, Diet Breakers, began No Diet Day in 1992. Since then, No Diet Day has been celebrated in Australia, the USA, Russia, South Africa and New Zealand.

International No Diet Day is a protest against the culture of thinness, promoted through the media, the fashion industry, and the diet industry. It is a protest against a culture in which primary school children of normal weight, worry that they are too fat. It is a protest against a culture where 72% of high school girls wanted to be thinner, even though only 22% were considered to be over healthy weight.

It is a protest against a culture where anorexia is the third most common chronic illness for teenage girls in Australia. It is a protest against a culture that produces a student population where an estimated one in five young women are caught in the grip of bulimia (cycles of restricting food intake, followed by binge eating, and then purging).

Young women who start dieting before the age of 15 are more likely to experience depression, binge eating, purging, and physical symptoms such as tiredness, low iron levels and menstrual irregularities. 42% of young women from different cultural backgrounds (European and Asian), who are already underweight, want to weigh even less.

The more frequently and severely someone diets (or restricts), the more chance they have of becoming troubled by eating disorders, with potentially severe consequences physically and emotionally.

International No Diet Day can stand in partnership with the efforts to reduce the growing problem of obesity. It is the way we think about food, eating and exercise that is significant.

International No Diet Day is a chance to celebrate natural body diversity, to promote non restrictive, healthy eating patterns, and non-punitive physical activities for everybody. It is a chance to think about who you are, rather than what you look like, how you are in the world, rather than what you imagine other people see. It is a time to celebrate that eating can be a pleasure and something to be enjoyed!

CHILL OUT CLINICS The centre, in conjunction with **Southern Cross University** is conducting low cost clinics every Friday with Year 4 Naturopathy students under the full supervision of Cindy Thummel, the Centre's Naturopath. **Sessions may include:** Dietary advice, Herbal and supplement recommendations, Massage and relaxation therapies, Australian Flower Remedies.

Cost: \$15.00 Phone 6621 9800 for an appointment

Interview with Anna Clark - Counsellor for Lesbian, Bisexuals & Queer women

Tell us about your background.

Anna: I moved from London to northern New South Wales in 1990. I took a few years out to pursue my spiritual and personal development and create a new life and career. I participated in, and subsequently trained as a group facilitator for women's support and personal growth groups. I obtained a Counselling

Degree through Southern Cross University, focussing on Women's Studies. I also trained with Interrelate as a Relationship Counsellor. My main work over the past 10 years has been with women in the area of domestic violence and working towards ending violence against women. At the Women's Health Centre I have been a D.V. counsellor, generalist counsellor locum and for 3 years now the lesbian counsellor in partnership with ACON.



Tell us about your job.

Anna: I enjoy this position enormously, especially being part of a women's organisation, focussing on lesbian issues. The work is satisfying because it requires presence, depth and intimacy to create a safe and nurturing environment for the women to bring about change and growth in their lives. A sense of aliveness results from the process of supporting women wanting to empower themselves and make their lives and relationships work more effectively.

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

Anna: Fostering a community of strong independent women. Supporting lesbians of all ages and backgrounds to embrace a sense of pride and possibility. To combat subtle and overt prejudice. Feminism is about speaking up when anybody is discriminated against. This role at Women's Health, and this centre both provide a place of safety and nurturing for women.

What issues do you frequently deal with?

Anna: A broad range of issues arise such as depression, sexuality, motherhood, sexual abuse, family and relationships. Primarily we are facing depression and mental health problems linked with substance abuse, loss and poverty. Women coming for counselling are looking for a supportive, safe environment to explore the workings of their mind and emotions. They want to be relieved of anxiety and fear, and to find resolution, peace and hopefully new skills and abilities to survive and thrive more effectively within an often adverse society.

What inspires you?

Anna: Women who are courageously standing up for what they believe in. The ordinary woman who bravely charges, strides, strolls or crawls towards her goals and aspirations. The main thing is to be committed and consistent and never give up. I decided early in life not to marry, have children or conform to the expectations of what women should be. I was lucky that I was left fairly free to find my unique and special place in life and I like to encourage others to find theirs.



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P.A: Tell us about your background?

K.Y: I moved to Lismore in December 1999 from the NSW/Victorian border. It was the cultural and geographic diversity that attracted me to this area. I did youth work in Victoria in between being a mum of two small children. I did my Welfare Certificate in Albury and my diploma at Wollongbar TAFE. I got the first job I applied for at Women Up North in early 2001 having made a decision that I wanted to work with women and children who were disadvantaged and had been affected by domestic violence and abuse. My daughters are teenagers now – it is fun but challenging.

P.A: Tell us why you joined our Council of Women?

K.Y: I was approached and I felt it an honour to be invited onto the management committee. The Women's Health Centre is a really important service providing services for women by women. There are lots of barriers around women accessing health care. Women are considered to be the nurturers but have to nurture themselves and this can be difficult. It is good for me to have a connection with another women's service.

P.A: What does it mean to be part of a feminist organisation?

K.Y: Feminism is my core, my passion. I try not to be too radical so that I don't turn people off within the community. I live and work from feminist principles and philosophies and am raising two little feminists who are probably more radical than their mother. It is a great privilege to work with women with similar values in an atmosphere of respect and equality.

P.A: What have you got to offer and what issues do you want to put forward?

K.Y: My life experience has definitely been my biggest learning curve. I think I am a pretty good advocate for women's issues and my passion for them drives me. I meet people where they are, on an emotional and intellectual level, and I also like to articulate and assert women and children's rights. I like to work for the disadvantaged and minority groups.

P.A: Who and what inspires you?

K.Y: People whose faces are never put on the T.V. screen and never caught by the media and whose quotes are never printed. The everyday people in our community. Clients and colleagues with their insights and wisdom. The resilience and ability of people to overcome absolute adversity still amazes me – especially single mums.



**Interview with Kellie Young,
Council of Women member**

- Lismore Women's Health Centre Inc is a Not for Profit Organisation
- All donations over \$2 are tax deductible
- Leave a lasting legacy for women in your will

COUNCIL OF WOMEN 2006

*The following women have
generously agreed to take
executive positions*

Chairperson: Christine Russell

Secretary: Shared by

***Maura Chambers
& Kellie Young***

Treasurer: Trish Clough

Public Officer: Francis Doran

Staff Representative: Robyn Colliss

Other women on Management

- ***Luz Besanee***
- ***Sue-Lee Ling***
- ***Janice Levy***
- ***Julie Chalmers***

Sadly Kellie Dick resigned

We wish her well