

'Adventure is Worthwhile' Amelia Earhart

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Another WOMEN'S Healthworks (WHW) adventure begins with the "connect > imagine > create" project

This project will work with a diversity of women residents of the City of Wanneroo to reveal and document the abundance of existing individual and community assets and resources.

The information collected will be used to begin to develop a "map" using the extensive individual and community assets identified. The "map" will then both inform and grow from a series of visioning & imagining workshops throughout the City of Wanneroo, which will assist the community generate a vision or story for its future.

A positive image of what the community already has, wants and what it can be, will provide insight and inspiration as well as encouragement and a pathway to move forward to create a unique and sustainable vision for the future.

Lanie Pianta - Community Development Project Officer and coordinator of this project, states that she is particularly excited about the potential for women to look at "assets" from a different perspective.

We all have something to offer and contribute by way of the amazing individual assets that we possess such as our unique knowledge, creativity,

ideas, skills, talents, resilience, wisdom, dreams and lived experiences. These "assets" may often be undervalued, unvalued, overlooked, unrealized, rejected and seen as intangible or vague in our society when in fact they are of great value.

Lanie is keen to hear from women who live in anywhere in the City of Wanneroo who may be interested in connecting with their community through this grassroots project. In a practical sense,

Lanie explains "This could mean sharing, distributing or gathering project information in your neighbourhood, forming clusters of co-adventurers to list the strengths of friends, neighbours, work colleagues, club or group members and/or promoting the project throughout their own networks."

The starting point for the project will be to identify and mobilize women who want to know more about the project, who are interested in joining with other women to embrace and invest in a project that is about their own community. It's crucial for the integrity of the project that community members "drive" the project.

Lanie continues "The effectiveness of **connect>imagine>create** depends on women in the community; it's about you!



... a project for women who live
in the City of Wanneroo

... cont'd from page 1

connect > image > create>

I'm inviting and encouraging City of Wanneroo women to be adventurous and join with me to see where this takes us."

The project outcome will provide women in the City of Wanneroo, WHW, DCP and appropriate decision-makers with valuable insights into the community and equip the community to influence and determine social change and development for the benefit of their own and their community's health & wellbeing.

Some unintentional outcomes could include the establishment of relationships with new people and groups, strengthening of existing relationships, learning about the successes and strengths of your community and discovering your own potential.

Ultimately, the project has the potential to be used as a blueprint or a model that encourages other women and communities to undertake asset-based community development projects.

Projects that start from within and are community relationship building/development-driven and that appreciate and mobilize individual and community skills, strengths, knowledge and capacities rather than focus on problems, needs and deficits.

"Never doubt that a small group of thoughtful citizens can change the world. Indeed, it is the only thing that ever has."
Margaret Mead

Reminder

To All Members:

WOMEN'S Healthworks Annual General Meeting (AGM) will be held at our premises on Monday 27 October 2008, commencing at 6.00pm followed by informal discussions, wine and cheese.

In line with our Constitution, all positions on the Board become available at the AGM. .

WOMEN'S Healthworks is looking to establish a Board with members who reflect diversity and who are committed to an holistic model of health. Interested women should have a strong interest in women's health and wellbeing and/or expertise in management and organisational development. We encourage you to nominate suitable individuals

Please note that only financial members of WOMEN'S Healthworks can propose, second of nominate for positions on the Board. If you are interested in becoming a member, (\$14.30 Annual Membership Fee) contact Lynne on 9300 1566 or email info@womenshealthworks for a Membership Form.

From the Manager's Desk

It's as simple as ABC ...

I am sure many of you have seen the Act - Commit - Belong campaign. It is a simple message really;



Act refers to individuals being physically, mentally and socially active. At the basic physical and cognitive levels, individuals can act alone or independently: take a walk; read a book; do a crossword puzzle; garden; take a correspondence course; and so on.

Belong refers to becoming a member of a group or organisation, such that an individual's connectedness with the community is strengthened. Belonging to a book club not only expands the cognitive activity involved, but adds a socialisation dimension as well; joining a walking group is likely to expand the physical activity, and adds a social connectedness dimension.

Commit refers to the level of effort an individual 'commits' to the activities engaged in. For example, one can be a spectator member of the local theatre group or sporting club, or one can be an active participant; one can volunteer to be treasurer or go on a recruiting drive or in some other way commit to more engagement with an organisation. Similarly, an individual can enrol in a hobby class that requires little intellectual effort, or a walking group that has a fairly regular route of mild effort, or, the individual can take on a challenging (but achievable) educational class or join a walking group that has an orienteering bent.

WHW provides opportunities for women to **Act, Belong and Commit** through volunteering opportunities, being part of our craft group, Tai Chi classes and one of our many walking groups.

The craft group at WOMEN'S Healthworks (WHW) originally developed as a fundraising idea ... today great friendships have developed and the sharing of skills.

A recent donation to WHW has enabled us to purchase a much needed new sewing machine for this group. The donation came from a group who has very much gained from connecting socially and supporting each other in their endeavour to a happy and healthy life-style.



WHW craft and walking groups welcome new members. Please see inside for further details. We look forward to seeing you.

Mandy Stringer

the **Giantwalk**
Australia's Guinness World Record Attempt



12 Noon, Monday 1 September
be active wa

Giant Walk - Success

We are yet to find out whether we beat those rascally Canadians!

However, this year's Giant Walk held in partnership with the City of Joondalup can surely be deemed a success.

The number of participants who registered was 125 for the 'walk-off' at noon on the first day of spring.

It was surprising to hear how many people had not walked amongst the bushland paths of Joondalup.

Some of the comments made in regards to the route of the walk were:

'I hadn't been along that pathway before, really nice surroundings'

'All the wildflowers out in bloom, it was a great walk'

The start and finish line was from outside the City of Joondalup offices with all participants back by 12.30pm enjoying refreshments supplied by Woolworths in Joondalup.



Photo left shows participants heading off for their Giant Walk

Photo right, participants enjoying refreshments after the Giant Walk.



Closure of WOMEN'S Healthworks Library

WOMEN'S Healthworks has reluctantly made a decision to close our library service. The Board and staff acknowledge if we are to offer this service that it needs to provide women with up to date information on contemporary and life-long health issues.

Unfortunately budget constraints do not allow for this. WHW will endeavour to provide websites and referral lists to other libraries such as FPWA.

We apologise to our members who have accessed these resources over the years.

The Importance of Intimacy & Solitude



After a recent bereavement I find myself in a space that requires quietness, away from the world. For the past five years my aged parents paid a very significant part in my life. My mother past away in May 2006 and my father has just recently past away at aged 92.

I feel privileged that they both trusted me with their care in the last years of their life. Although I will admit to sometimes being overwhelmed with the responsibility. But the rewards far out weighed all other aspects of the experience. Now, as they say it is my time. But as I reflect back on the experience, I greatly value the intimacy I shared with both of my parents.

Over the years I have been an avid reader of the various books written by Stephanie Dowrick. The book that is keeping me company at the moment is *"Intimacy & Solitude"*. There definitely are times in all our lives when we need the intimacy of others around us; but just as importantly, there are also times when it is uniquely beneficial to have solitude. For me this is time for solitude, a time to reflect.

"I feel privileged that they both trusted me with their care in the last years of their life."

On a walk in the bush the other day, I looked anew at the beauty of the Australian bush and wondered at its fragility and its survival capacity. We live in a land of great extremes. Of drought and then of plenty with the coming of rain. As human beings we have the same capacities. We can be so fragile and then have the strength to handle all sorts of events that come our way. I believe as humans we are part of the hologram that makes up the universe. We are not separate from the universe but part of the energy that makes whole.

Using the bush analogy of fragility and survival, we have the capacity to overcome our fragility in order to survive. I witnessed this in my father when my mother died. He was devoted to her for 65 years and theirs was a love story to the end and beyond. This was demonstrated recently, when although my mother had been dead for over two years he had his wedding ring made a size bigger because his fingers swelled due of his poor circulation. My father went on for two years after my mother's death. That did not mean that he did not miss her every day from that time on, but he had the capacity to still enjoy the company of his children, grand children and great grand children. But as with all thing living we return to the earth eventually.

I am fortunate to have a life partner who has supported me through the past five years and who understands my need for intimacy and solitude. I hope that you are blessed with the same gifts.

If you have recently experienced the death of someone close to you and are in need of support, remember that WOMEN'S Healthworks has compassionate counsellors who might be able to help you. Or alternatively they can refer you on to others who could also help.

Robin Terry
Chairperson

Chlamydia and You

Chlamydia is Australia's most common sexually transmitted infection. Around the world Chlamydia infection has been on the rise for over 10 years. 1.5% of year 11 & 12 students in Australia have Chlamydia

Young people are more likely to get Chlamydia because:

- they might have more partners because they haven't decided on a long term relationship with one person or for other reasons
- young women's bodies are more susceptible to the Chlamydia bacteria.

How do you get it?

- Chlamydia is transmitted by unprotected contact with someone who has it.

How do I know if I have it?

- You may not know you have Chlamydia, 50-70% of

people who have Chlamydia have **NO SYMPTOMS**. So if you have ever had unprotected sexual contact, it is important that you have a sexual health check.

- Symptoms for women can include: cramps, lower abdominal or lower back pain, changes in your period, pain when passing urine, bleeding or pain during/or after sex, changes in vaginal discharge.
- Symptoms for men can include: discharge from penis, pain when passing urine, swollen or sore testes.

What do I do if I suspect I may have it?

Visit WOMEN'S Healthworks, your local sexual health clinic or GP for a sexual health check. Testing is easy, it just requires a urine or swab sample, depending on symptoms you may have at the time. If you have Chlamydia, it can be treated with antibiotics.

How can I protect myself?

Use condoms **EVERY TIME** you engage in sexual activity!

Dates to Remember

October	Breast Cancer Awareness Month
5 - 11 Oct	Mental Health Week
19 - 25 Oct	Carers Week
27 Oct	Pink Ribbon Day
27 Oct	WOMEN'S Healthworks AGM
3 - 7 Nov	Walk Week - Walk There Today
4 Nov	Launch of Stepping It Out
14 Nov	World Diabetes Day
5 Dec	Thank a Volunteer Day

Closing Times over Christmas and New Year

WOMEN'S Healthworks will be closed from Friday 19 December 2008 and re-open on Monday 5 January 2009. The Board and Staff would like to take this opportunity to wish you a safe and relaxing festive season.



Information Update

WOMEN'S Healthworks is delighted to report that Lotterywest has supported our application to "re-fit" part of our office space. As we grow as an organization we need to accommodate new staff. The re-fit will see significant change in the reception area and education room. Whilst we anticipate minimal service disruption we apologise in advance for any inconvenience.

As I am sure many of you know, paid parking is being introduced through the City of Joondalup business area. We understand that will be introduced at \$0.80 per hour. WHW sincerely hopes that this doesn't prohibit visitors to our centre.

Website

Remember to check our website for more information on our services, up to the minute details on what's new and happening NOW.

www.womenshealthworks.org.au



Yes, I want to help women in my community!



Please accept my donation of:

\$25 \$10 \$50 \$100 My choice \$ _____

Please make cheque/money order payable to **WOMEN'S Healthworks**

or debit my Visa Mastercard

Card Number

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Signature _____ Exp Date ____/____/____

Name: _____

Address: _____

Postcode _____

Telephone: _____ Email: _____

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Web: www.womenshealthworks.org.au

Your support is appreciated - THANK YOU!

Donations over \$2.00 are tax deductible

I would like to receive my newsletter via email