



ANNUAL REPORT 2014



Goldfields Women's Health Care Association Inc.
Annual Report for the twelve months ending 30 June 2014.

15 Dugan Street, Kalgoorlie, Western Australia 6430
Telephone: (08) 9021 8266 Facsimile: (08) 9091 1916
Website: www.gwhcc.org.au
Email: admin@gwhcc.org.au

Management Committee for the year 2013/2014

Chairperson	C. Taylor Tobin
Vice Chairperson	M. Hicks
Secretary	J. Kendall
Treasurer	J. Balderson
Committee Member	M. Chadburn (to 20/02/14)
Committee Member	J. Donaldson (from 10/12/13)
Committee Member	S. Metzke
Committee Member	J. Russell
Committee Member	J. Schaeffer
Committee Member	A. Varley
Auditor	Pat Leighton & Associates

NOTICE OF MEETING

Notice is given that the ANNUAL GENERAL MEETING of Goldfields Women's Health Care Association (Inc) will be held at the Association's Centre on Tuesday 30 September 2014.

Order of Business:

1. To confirm the Minutes of the Annual General Meeting held on 23 September 2013.
2. To receive the Chairperson's Report, the Coordinator's Report, Treasurer's Report and Financial Statements for the year ending 30 June 2014.
3. To appoint an Auditor for the ensuing year.
4. To address members on the proposals for changes to the Constitution.

Approval is sought from members of the Association by the Management Committee to amend the following rules by resolution:

MOTION 1: Office Bearers

Clause 23 of the Constitution does not provide guidance on whether a nominee must attend the Annual General Meeting in order to be elected. Previously, nominees who have not been in attendance have remained on the ballot and have been successfully elected.

The proposal is for Clause 23 to be amended as follows:

Insert sub clause 7 to read:

- (7) A member who has been nominated for one office or as an ordinary member of the Committee need not be in attendance at the annual general meeting to be elected.

MOTION 2: Scope of Membership

During the financial year, the issue of offering Association membership to men was raised.

The objects of the Constitution are clear in that the focus is on women's health and welfare, and the premise upon which the Association was established. However, men have always been welcome and there is no intention to exclude men coming into the Centre to support the women in their lives or to source information or to seek assistance with particular issues, such as couples counselling, ante natal classes, child loss support groups.

The proposal is for Clause 4 to be amended as follows:

At sub clause (3) a, the words "he or" be deleted.

Add sub clause (3) c, which provides "The Objects of the Association are to provide services the nature of which can only be provided to women. Further, the Objects for which the Association is established are to afford women particular services and opportunities to meet their special needs. The Association relies on the exemptions within Sections 30 and 31 of the Equal Opportunity Act 1984 to offer membership to women only."

Add sub clause (3) d, which provides "The Association offers *Friends of the Association* membership to men and recognizes the support and assistance they provide to the Association." "The Friends of the Association membership does not entitle the person to voting rights."

5. To elect the Management Committee for the ensuing year.

Position

Nominees

Chairperson

Karen Thomas

Vice Chairperson

Chloe Merna

Secretary

Ayla Varley

Treasurer

Alicia Pumphrey

Committee Members (6)

Velicia Le Tang

Sue Astill

Michelle Leahy

Barbara Cafagna

Jo Normington

Rosie Bullough

Deborah Botica

6. General Business – Presentation of Life Membership.

Life Membership to Janice Kendall



Janice joined the Board because she was passionate about women's issues and know that the Goldfields Women's Health Care Centre can play an important role in advocating for Women in the Goldfields. Janice commenced working with the GWHCC in 1996 -2005 as the Domestic Violence and Family Violence Coordinator based at the centre. After developing her career she joined the Board and in 2011 took on the executive role of Secretary.

Janice has lived in Kalgoorlie-Boulder for many years after arriving from New Zealand with three children in 1996. She have been involved in many local community organisations and events since that time. Janice has volunteered for the Sexual Assault Resource Centre 24 hr support service for several years during this time and was on the Board of the Goldfields Women's Refuge.

In 2005 Janice began work with the Goldfields-Esperance Development Commission based in Leonora for three years before returning to Kalgoorlie-Boulder in 2008.

Janice has been a great asset to the GWHCA particularly in her been involved in grant writing, training and assessment of grants over this time, as her community development focus is diverse. Janice is an avid Belly Dancer and is part of the Veils of Gold who have been entertaining the Goldfields for over 10years.

Janice has always stated "Our family enjoys the Goldfields and have benefited significantly from moving here, I love the weather, the people and the land!"

Thank you Janice for valuable contribution to the GWHCA and continued support over the years and we wish you all the best for your future endeavours.

ABOUT US

Goldfields Women's Health Care Association (Inc) is a not for profit organisation providing clinical services, health information and referrals to women in the Goldfields. The Association was established in 1987 to promote awareness of the importance of mental, emotional and physical health for all women, regardless of age, race, religion or politics. The Association provides comprehensive educational and informative material advice in relation to women's health issues.

Our Mission

We identify community needs for women's health and focus on resources and networking to optimise health and wellbeing for all women.

Our Vision

That all women living locally are aware of and utilise the services provided at the Centre; giving them access to appropriate and accurate information and support; enabling them to make informed decisions about their health and wellbeing.

Governance

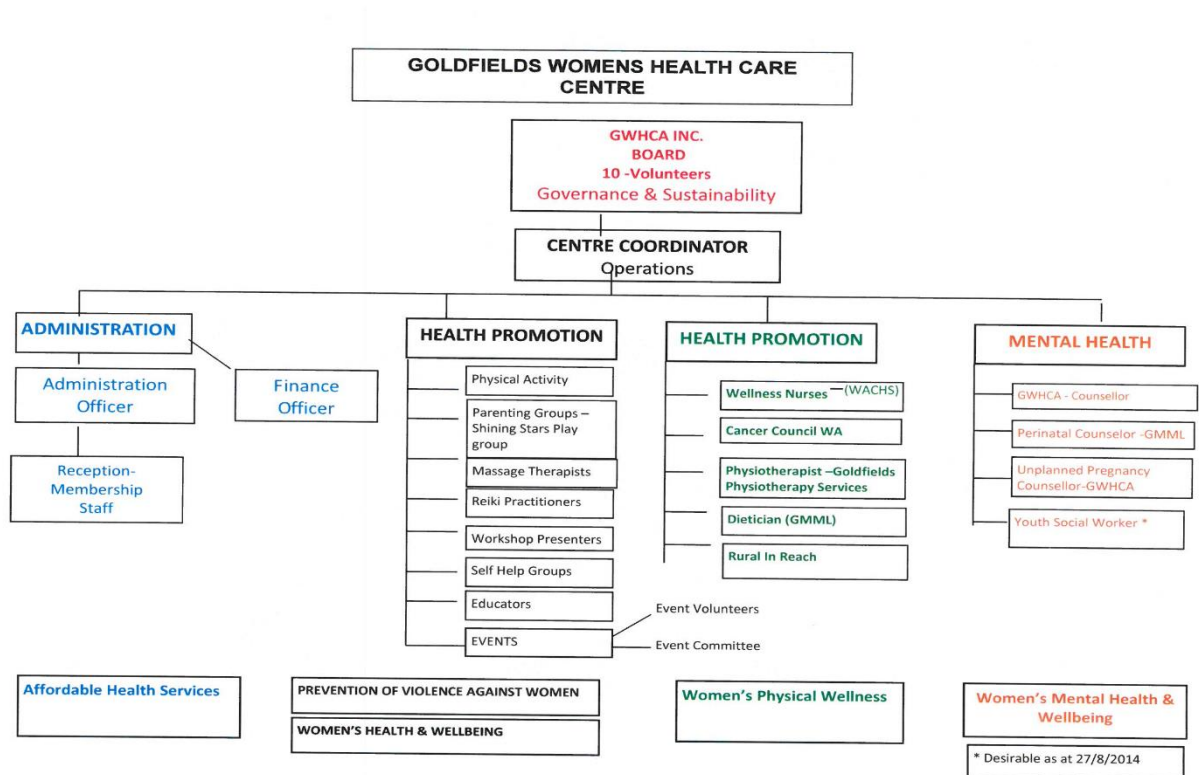
Goldfields Women's Health Care Centre is governed by a Management Committee elected by the members of the Association at the annual general meeting. The Management Committee consists of four office bearers, being a Chairperson, Vice Chairperson, Secretary and Treasurer, and six ordinary committee members.

The Management Committee governs in accordance with the following, as varied from time to time:

- GWHCA Inc Constitution
- GWHCA Inc Human Resources Policy Manual
- GWHCA Inc Committee Policies and Guidelines
- GWHCA Inc Strategic Plan

Further, the Management Committee is bound by various State and Federal statutes and compliance obligations determined by the Association's funding agencies.

Organisation Chart



MANAGEMENT COMMITTEE

2013/2014

<i>Chairperson</i>	Cate Taylor Tobin
<i>Vice Chairperson</i>	Mia Hicks
<i>Secretary</i>	Janice Kendall
<i>Treasurer</i>	Jenny Balderson

Committee Members

Michelle Chadburn
Jane Donaldson
Sharon Metzke
Joanne Russell
Jenny Schaeffer
Ayla Varley

CENTRE STAFF

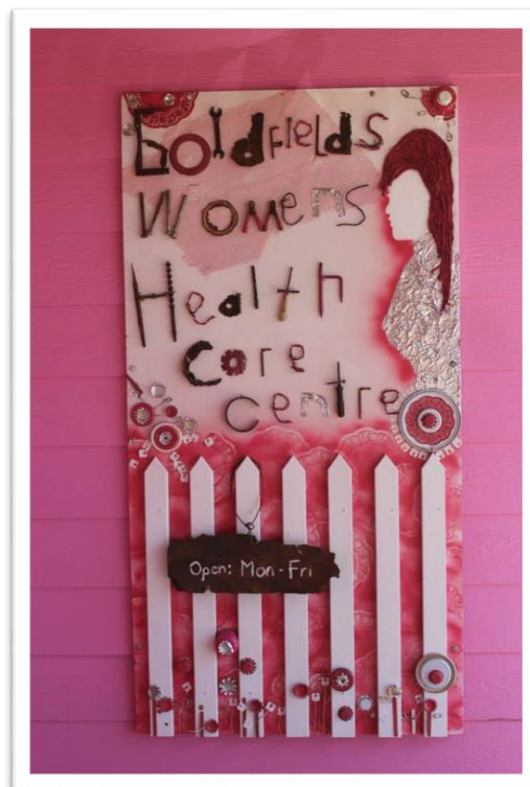
Gloria Moyle	<i>Coordinator</i>
Cyndi Giles	<i>Counsellor</i>
Maria Marchegiani	<i>Finance Officer</i>
Carmen Tieri	<i>Administration Officer</i>
Jill Steel	<i>Membership & Administration Officer</i>

ALLIED HEALTH STAFF

Erin Harvey	Western Australian Country Health Services
Nicole Wade	Goldfields Midwest Medical Local

RESIDENT SERVICE PROVIDERS

Tanya Kemp	Goldfields Revitalise
Liina Marston	Universal Healing



**MINUTES OF THE ANNUAL GENERAL MEETING HELD AT THE CENTRE ON 23rd
SEPTEMBER 2013**

**GOLDFIELDS WOMEN'S HEALTH CARE ASSOCIATION INC
MINUTES OF ANNUAL GENERAL MEETING
23 September 2013**

Meeting opened: 6.15pm

Present: Jan Webster, Eva Stokes, Carmen Tieri, Maria Marchigiani, Paula Waterman,, Gloria Moyle, Jenny Schaeffer, Jane Donaldson,.Sue Astill, Janine Varley, Ayla Varley, Sharn Van Den Laan, Anjali Avgeris, Sharon Jessett, Liina Marston, Kim Eckert, Jo Russell, Mia Hicks, Jane Howson, Wendy Duncan, Sandra Mc Mahon, Jenny Thomas, Jenny Balderson, Rebekah Moyle Janice Kendall,

Apologies: Jill Steel, Vivian Bryant, Linda Coleman, Jay Lassey, Karina Taiura, Elizabeth Coghill, Kate Mills, Rosalie Anderson, Tanya Kemp, Esther Roadnight, Robin Lonsdale, Michelle Chadburn

1. Annual report:

Moved: Cate Taylor Tobin
Second: Carmen Tieri

2. Confirmation of 2012 AGM Minutes

Moved: Mia Hicks
Second Sandra McMahon

3. Treasurers Report: presented by Jenny Balderson – Treasurer

Adoption of Financial reports

Moved: Jenny Schaeffer
Second: Kim Eckert

4. Appointment of Auditor for 2013/2014 financial year to reappoint Pat Leighton as Auditor

Moved Kim Eckert
Second Janice Kendall

5. Membership Structure: History and structure explained and membership fee currently at \$15. Recommended that fee structure remains as is.

Moved: Cate Taylor Tobin
Seconded All in favor

6. Election of Office bearers:

Coordinator Gloria Moyle declared all positions vacant.

Chairperson/President

Nominations: Cate Taylor Tobin- Appointed

Vice President

Nomination: Mia Hicks –Appointed

Secretary

Nomination: Janice Kendall-Appointed

Treasurer

Nomination: Jenny Balderson- Appointed

Committee members

Nominations: Sharon Jesset
Michele Chadburn
Jo-anne Russell
Jenny Schaeffer
Sue Astill
Mia Hicks
Ayla Varley

Appointed: Sharon Jesset
Michele Chadburn
Jo-anne Russell
Jenny Schaeffer
Mia Hicks
Ayla Varley

Welcome to the new committee- Gloria Moyle

Welcomed new Board and thanked Sue Astill for her nomination and invite her to stay connected with GWHCC

Meeting closed: 8.15pm

CHAIRPERSON'S REPORT

This year has been another successful year for the Goldfields Women's Health Care Association with continued growth in membership and broader community usage of the Centre. The Centre has enjoyed significant patronage with members accessing the Well Women's Clinics, counselling, dietetics, therapeutic massage, reflexology, Reiki as well as a wide range of educational workshops and networking opportunities. Services at the Centre have expanded further to include Pilates and meditation.

Our partnerships with Goldfields Midwest Medicare Local and Carers WA continued with Goldfields Women's Health Care Association being the primary service provider offering counselling to carers and their families. During 2013/2014, significant focus has been on developing relationships with other groups in Kalgoorlie to identify service gaps and needs. Changes to the economic and political landscape have placed pressure at all levels of the community, with providers of in-demand services tendering for financial support from a decreasing pool of funding. The Association continues to build on its relationships and take advantage of opportunities that can assist its members.

The Management Committee and all staff have been involved in planning for the Association's future, striving to become a self-sustaining organisation accessible to all women. We are currently working towards a new Strategic Plan for 2015-2020 that ensures the direction of the Association is secure and supportive of growth and diversity. Particular recognition for the success of this project must be given to Mia Hicks and Gloria Moyle for their time and commitment to the strategic planning process.

It is with pride that the talented and enthusiastic women supporting administration and management of the Centre were again recognised at the Kalgoorlie-Boulder Chamber of Commerce and Industry Business Awards for Team Business. The occasion not only provides great community accolades for the Association and those services operating within the Centre but also acknowledges the commitment of the wonderful women that work tirelessly to assist other women.

The Association has maintained the high standards set for management and good governance. In accordance with our service and funding obligations to the Department of Health, we have satisfied compliance requirements to provide culturally appropriate community based women's health services to enhance the health and wellbeing of women living in the Kalgoorlie Boulder area.

The Association has ended the financial year with a healthy balance sheet. A number of changes were made to the Association's financial management systems, including the introduction of electronic booking systems, EFTPOS and a change in banking provider. The changes have streamlined processes, enhanced efficiency and security for staff, ensured more consistent income streams and reduced costs. The Goldfields Women's Association is well placed to maintain its financial position.

On behalf of the Management Committee of Goldfields Women's Health Care Association and the Staff at the Centre, I thank our members for their continued patronage over the past year and encourage all members to take advantage of the broad range of services available.

On a personal note, this year's Annual General Meeting will be my last in the capacity as Chairperson. I thank the terrific staff and service providers for their dedication and commitment to the Association.

I would like to take this opportunity to thank the Management Committee for their support and loyalty during my tenure as Chairperson. I wish everyone involved with the Goldfields Women's Health Care Association all the very best for the future.



Cate Taylor Tobin- Chairperson

COORDINATOR'S REPORT

I love reporting on the highlights of the year as it gives me the opportunity to share with the members and community the wonderful things that have been going on at the Centre. We now have a full time Counsellor- Cyndi Giles and a casual Member Services officer- Jill Steel who are both excellent additions to the team and demonstrates the commitment the organisation has to provide health services that are essential. These positions have been possible by the ongoing financial support of the users and members of the Centre and fundraising efforts of our volunteers. The GWHCA has been very fortunate to have been the charity of choice of Beyond Bank and the major beneficiary of not only service groups, such as Inner Wheel but private business or events held over the past 12 months like, Hormone Hoedown, Goldfields Bridal Expo and Race Round Ladies Lunch 2013.

I am very excited to report that our existing partnerships with Western Australian Country Health WACHS has continued since long time facilitator of the Well Women's Clinic Pauline Roulton retired after many years of not only being on the Board of GWHCA but a strong advocate of women's health in the Goldfields. Pauline handed over the reins to Erin Harvey in September 2013, I am happy to say that Erin has hit the ground running with our clinic being well utilized, many health promotional events and Erin is an integral part of the team.

In October 2013 due to the incredible financial growth and continued support of partnerships with Rural In Reach Program-Women and Family Health Services WA and Carers WA, the Centre employed it's first counsellor: Marli Heke on a part time basis of 28 hours a week. Marli was a fantastic addition to the team and worked successfully till May 2104 until her family relocated to Queensland, we wish her all the best for future endeavors

A mutually beneficial collaboration with Diane and the team at Goldfields Physiotherapy allows us to provide sessions in a group setting delivering mat based Pilates & incontinence prevention This has proven to be very popular and with funding from Rural In Reach have been able to provide the Pilates to the women of Kambalda.

Our in house service provider Tanya Kemp has delivered over 600 remedial massages including lymphatic drain , 26 weekly group therapy sessions and nearly 32 Infantastic movement and development groups. With the assistance of Eshe Christie of CID Photography over 22 young girls were able to develop skills to improve personal grooming and self-development which was show cased at our members Christmas party where a fashion parade was held in December 2013 at the Hannans Club attended by over 90 people. I am also proud to state Tanya's small business was named Home based business of the year recently at the Kalgoorlie-Boulder Chamber of Commerce and Industry Business awards. I look forward to future projects with Tanya and Eshe for the development of the centre.

Our Reiki practioner Liina Marston and family, welcomed her daughter Zoe to the world in November 2013 and somehow continued to provide her services to the centre after only a short break. Liina has continually supported the team with health promotion, such as the Spring Festival, Carers Week and our new initiative of youth wellness days. Reiki clinics are held on

Fridays and Liina has provided over 47 sessions throughout the past year including oncology clients.

In August 2013 we welcomed Sandra Walker Reflexology to the Centre which our members reported excellent results and gained another strong advocate for the health and wellbeing of women in the region. Sandra and her family came from the UK initially and settled in Kalgoorlie for only a short time as she will be relocating to Sydney. The short time we had Sandra operating from the centre gave us all a taste of holistic services that compliment clinical services. The GWHCA are advocates of choices for your health and wellbeing.

While the Goldfields Women's Health Care Centre (GWHCC) has maintained the usual range of targeted community initiatives and joint projects over the past 6 months which are well received by the community of Kalgoorlie-Boulder, including but not limited to:

- Baby Massage Workshops
- Child Loss Support Group
- Carer's Group Morning Tea – Monthly
- Early Bird Pregnancy Programs
- Ante Natal Classes
- Menopause, Ovarian Cancer, Bowel Cancer, Naturopathy, Women's Health
- Facilitation of a Well Women's Clinic
- Peri-Natal Counselling
- General Counselling
- Carers WA Workshops
- Dietetic Clinic – Monthly
- Women in Business with Small Business Centre – Kalgoorlie
- Look Good Feel Better

Community engagement and promotional resource packs are our specialty, we are now considered to be a major stakeholder in the community and are often requested to participate in focus and reference groups for regional development.

The GWHCA are delighted to be the lead agency in a recent collaboration with Population Health, Nganytu Tijiji Pirni (NTP) Bega Health Services, GMLL and Cancer Council WA in the Goldfields, working together to prevent Cervical Cancer through early detection. The working group came together in March 2014 and joined forces to successfully obtain a grant from Western Australian Cervical Cancer Prevention for \$10,000.00. We have successfully completed the campaign to educate and convert Pap Smear appointments for our target groups of Cultural and Linguistic migrant women, Aboriginal Torres Strait Islanders women who have never had a pap smear. This is a working group that all agencies would like to sustain for the better health outcomes of women in the region.

There are so many achievements that has contributed to a very industrious year at the Centre. Memberships are up to 500 financial members, foot traffic and users of the programs and the hire of the conference room has almost doubled to 2013. In my opinion the GWHCA is in good stead for years to come.

I must acknowledge the dedication and absolute determination to improve our services of the staff, Carmen, Maria, Jill and Cyndi. Jan Webster one of our life members who consistently after nearly 20 years creates our promotional packs for distribution (approx. 7000 per annum the assurance of the management committee that the governance and strategic planning for the GWHCA inc to continue to be financially viable organisation for many generations to come.

It has been my privilege to have worked with them in 2014 and I wish Cate Taylor Tobin and her family all the best with the move back home to Perth, thank her for her leadership over the last 2 years and for the committee members that are leaving us particularly our latest Life Member Janice Kendall for over 10 years dedicating herself to the betterment of the GWHCA

I look forward to the outcomes of the 2014 Strategic Plan and the expansion of existing services with the vision of continuing to provide education and services to help women build healthier, happier lives.



Gloria Moyle- Coordinator

TREASURER'S REPORT

I am pleased to present the Treasurers' Report for the year ended 30 June 2014. The report includes the audited 2013/2014 Financial Statements.

The Financial Statements have been audited and signed by Pat Leighton Accountants, confirming that the statements provide a fair view of the financial position of the GWHCC for the year ended 30 June 2014.

The Centre as at the date of these Financial Statements has been able to pay its debts as and when they were due.

During the 2013/2014 financial year, total income received was \$427,816, plus interest of \$5008, a total of \$432,824.

Total expenditure for the period was \$434,393, resulting in a small loss of \$1569.

Net equity shown on the Balance Sheet equates to \$737,618, an increase of \$581 from the previous financial year.

Although there was a small loss in the 2014 financial year, the Centre is in a sound financial position.

The committee passed the budget for the 2014/2015 financial year which reflects predictable income and expenditure based on current service delivery trends and anticipated new funding opportunities, agreements and partnerships.

Congratulations to Gloria and her team, for another successful year, their dedication and tireless work, thus ensuring the continuation of the service to the Goldfields.

I recommend that the Financial Statements as presented be adopted by members.



Jenny Balderson- Treasurer

AUDITOR'S REPORT

Pat Leighton FCA

CHARTERED ACCOUNTANT
77 Maritana Street - PO Box 876
Kalgoorlie WA 6433
pat@patleightonfca.com.au

Telephone: (08) 9021 1822
Facsimile: (08) 9021 8277

24 September 2014

The Chairperson
Goldfields Women's Health Care Centre Inc
15 Dugan Street
KALGOORLIE WA 6430

Dear Chairperson

MANAGEMENT LETTER

Thank you for the opportunity to conduct Audit of the Goldfields Women's Health Care Centre Inc for the year ended 30 June 2014.

During the examination we identified the following issues that we believe should be brought to the Committee's attention.

Audit Qualification

There were no audit qualifications this year. The Centre has operated well this year as is evident by the Net Income over Expenditure in the Income and Expenditure Statements. No previous audited financial report was available but the Centre provided 2014 MYOB Financial Reports.

Internal Controls

Your internal controls appear sound and seem appropriate for the scale of your operations.

Accounting Adjustments

We have liaised with your Centre Manager and accounting adjustments and minor journals will be necessary to reconcile the Financial Accounts.

2014 Audits

It has been necessary to make an adjustment to the 2014 Financial Statements to reconcile Audited Accumulated Funds with MYOB.

Conclusion

Goldfields Women's Health Care Centre Inc is a successful operation that is a credit to the Centre Management who are responsible for the Centre's Financial Management.

We would like to thank Gloria Moyle for her assistance during our Audit. Should you have any queries, please do not hesitate to contact Susan Stirling at this Office.

Yours faithfully



P A LEIGHTON FCA



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FINANCIAL STATEMENTS

Goldfields Womens Health Care Association Inc
Detailed Statement of Financial Position as at 30 June 2014

	Note	2014 \$	2013 \$
Current Tax Assets			
GST payable control account		(1,389)	(2,242)
Input tax credit control account		1,576	5,396
GST Control Account		(1)	(1)
		187	3,153
Total Current Assets		238,048	212,653
Non-Current Assets			
Inventories			
Building Extensions		37,241	37,241
Less Accumulated Depn		(7,195)	(6,264)
		30,046	30,977
Property, Plant and Equipment			
Buildings - independant value		272,900	272,900
Building Upgrades		186,467	185,465
Fixtures & Fittings		17,925	14,472
Less: Accumulated depreciation		(7,085)	(5,588)
Plant & equipment - at cost		95,166	95,166
Less: Accumulated depreciation		(54,428)	(47,239)
Motor vehicles - at cost		12,000	12,000
Less: Accumulated depreciation		(3,223)	(675)
		519,722	526,501
Total Non-Current Assets		549,768	557,478
Total Assets		787,816	770,131

The accompanying notes form part of these financial statements.

Goldfields Womens Health Care Association Inc
Detailed Statement of Financial Position as at 30 June 2014

	Note	2014 \$	2013 \$
<hr/>			
Current Liabilities			
Payables			
Trade creditors		10,177	4,376
		<u>10,177</u>	<u>4,376</u>
Current Tax Liabilities			
Amounts withheld from salary and wages		-	4,785
		<u>-</u>	<u>4,785</u>
Provisions			
Provision For Asset Replacement		28,000	16,000
Super Payable		1,285	2,001
Provision For Annual Leave		7,493	3,046
Provision For LSL		772	1,292
Provision For S/L		2,472	1,593
		<u>40,021</u>	<u>23,934</u>
Total Current Liabilities		<u>50,198</u>	<u>33,095</u>
Total Liabilities		<u>50,198</u>	<u>33,095</u>
Net Assets		<u>737,618</u>	<u>737,037</u>

The accompanying notes form part of these financial statements.

Goldfields Womens Health Care Association Inc
Detailed Statement of Financial Position as at 30 June 2014

	Note	2014 \$	2013 \$
<hr/>			
Accumulated Funds			
Opening balance		737,037	240,425
Net Income over Expenditure		(1,569)	55,808
Extraordinary Income		-	(12,000)
Asset Revaluation Reserve		-	(270,107)
Extraordinary Adjustment		(2,150)	(158,697)
Total Accumulated Funds		<u><u>737,618</u></u>	<u><u>737,037</u></u>
Represented by:			
Current Assets			
Cash Assets			
NAB - 609327361		-	50,152
GCU - Cash Management		-	16,733
GCU - Gift Fund Account		-	23,234
GCU Term Deposit 4280		-	55,444
GCU Term Deposit 4508		-	60,182
Beyond Bank		24,405	-
Community Reward Account		200,593	-
Petty Cash		500	500
Cash Tin		50	415
		<u>225,548</u>	<u>206,660</u>
Receivables			
Trade debtors		12,309	2,804
Employee Loan - G Moyle		-	32
		<u>12,309</u>	<u>2,836</u>
Other Financial Assets			
Shares		<u>4</u>	<u>4</u>
		<u>4</u>	<u>4</u>
<hr/>			

The accompanying notes form part of these financial statements.

MEMBERSHIP AND SERVICES REPORT

Spring Festival 2013 – below the GWHCC team spoke to over 3000 patrons it was an amazing community day where we could showcase what services and information available to the Women of the Goldfields.



The GWHCC teams have been very busy throughout the year, particularly in the area of health promotion. One event we play a lead role in the community is Carers Week, where recognition is given to the carers in the community.

Pictured Below- Life Member Jan Webster & Carmen Tieri representing the GWHCC at the Carers Week Event held at the Eastern Goldfields Community Centre- October 2013 Also picture is Carer Jo Russell & Trish Quinlan receives a well-earned break.



Sea of Pink as St Barbara's Day Festival – December 2013



International Women's Day 2014 – Breakfast at the Tower Hotel was attended by over 50 women and our guest speaker Donna Hanks of Love Heart, spoke to us on remembering to nurture ourselves while as women we attend to all the tasks we try to juggle in our very hectic lifestyles.



The GWHCC in partnership with Population Health, Goldfields Midwest Medicare Local and WA Country Health hosted the second annual “Sips & Nibble” Healthy Eating event to raise awareness for Australia's Healthy eating week. The idea of the event was to target young women into swap high kilojoule food with lighter alternatives and swap alcohol for mocktails. There were Boot Scooting and Belly dancing displays also which encourage participants to look at alternatives to gym work and heavy physical activity to encourage movement and exercise. 85 Women attended this event which was held at the local Arts Centre in February 2014.



Infantastic Program Babies & toddlers 8 week sessions held in February, April and July 2014

Feedback has indicated that the participants enjoy the time bonding with their children, meeting other parents. And learning invaluable skills to assist them with parenting. This is also a vital time to engage children and parents who may need further supports through early intervention and referral if necessary.



GOLDFIELDS
WOMEN'S
HEALTH CARE CENTRE

'INFANTASTIC'

A workshop for Babies with Tanya Kemp- Eternal Therapies
Start date: 11 February 2014 for 9 weeks
Suitable from Birth to Mobile
Time: 9.30 to 10.30am at 15 Dugan Street Kalgoorlie
Cost: \$ 20.00 per week or \$15.00 for GWHCC members
Please bring a towel and any thing baby needs.

The workshop covers :
Baby Massage, Children's First Aid, Development, Sensory & Sleep Support,
Self Massage & Exercise for Mum's & Baby together.
Workshop cost covers : 'oils' for massage, 'goodie bag' and light refreshments.
Registration is essential.

Benefits of this Workshop :
Stroking and caressing your baby is instinctive. Who can resist those tiny, tender toes or that fine, silky skin, let alone the delicious smell of a newborn? It is no accident that babies are designed this way - research studies show that loving touch has profound effects on infant development.
Just a little time each day can help your baby become calmer and happier, with fewer stress hormones and healthier immune function as massage releases endorphins, those 'feel good' hormones that help us all reduce stress.
Infant massage is not only good for babies, it is good for parents too.





This article was published in the Kalgoorlie Miner to showcase the Girls at Risk - Wellness Days hosted by GWHCC , Department of Education, Red Cross , population Health and private practitioner Tanya's Eternal Therapies contractor to the GWHCC. The girls had an interactive day of cooking, self-care tips, meditation to assist with coping skills and sexual health activities.

It was a very positive day where all participants felt they were treated with respect and not talked at. This opened up channels of communication for further interaction. This aim is to engage them with support services in community to assist them at school and beyond.



Carers Catch Up –collaboration with GIFSA, GWHCC & Community Mental Health June 2014



While the Goldfields Women's Health Care Centre has maintained the usual range of targeted community initiatives and joint projects over the past 6 months which are well received by the community of Kalgoorlie-Boulder, including but not limited to:

- Baby Massage Workshops
- Early Bird Pregnancy Programs
- Ante Natal Classes- WACHS
- Talks on such as Menopause, Ovarian Cancer, Bowel Cancer, Naturopathy, Women's Health and Urinary Incontinence
- Facilitation of a Well Women's Clinic
- Peri-Natal Counselling
- General Counselling
- Carers WA Workshops
- Dietetic Clinic – Monthly
- Women In Business with Small Business Centre – Kalgoorlie
- Look Good Feel Better

GWHCC works collaboratively with the following organisations and have engaged in 11 new organisations that we are developing events and programs with to be held in 2014.-2015.

- Goldfields Rehabilitation Services
- Cancer Council WA
- Centre Care (Family Support Unit) Relationship educational sessions
- Bega GARNBIRRINGU Aboriginal Health Services
- Sexual Assault Referral Centre SARC
- Goldfields Physiotherapy
- Goldfields Oasis Recreation Centre
- Silver Chain
- Commonwealth Respite and Carelink Centre
- Eastern Goldfields Community Centre
- Lotteries House -Administration
- Population Health – Western Australian Country Health WACHS
- Goldfields Midwest Medicare Local GMML
- Goldfields Esperance Development Commission GEDC
- Wendy Duncan Member for Kalgoorlie
- Goldfields Women's Refuge
- Art Gold
- Fossick Handmade
- Rural In Reach Program
- Local Drug & Alcohol Group (LDAG)
- Alzheimer's Australia
- Goldfields Special Families
- Disability Commission Services
- Community Mental Health
- Kalgoorlie Regional Hospital
- Midwives Association -Goldfields Branch Eastern Goldfields Regional Prison
- Workforce development –SMYL
- Kalgoorlie Boulder Urban Landcare Group(KBULG)
- Strong Families
- Ngunytu Tijtji Pirni (NTP)
- Education Department – Youth at Risk
- Kalgoorlie Rotary Club
- CID Photography & Department
- Kalgoorlie Boulder Chamber of Commerce
- Small Business Centre-Kalgoorlie
- City of Kalgoorlie-Boulder – Youth Council
- Full Circle Therapies
- Life without Barriers
- Shire of Coolgardie
- Beyond Blue
- Psych's on Bikes Inc

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