



FREMANTLE WOMEN'S HEALTH CENTRE

Services & Resources for Women's Health & Wellbeing

Services & Developments

Summer 2013 Newsletter

Welcome to our Summer Newsletter! We have had a busy 3 months and look forward to the coming Season.

Postnatal Depression Awareness Week was held 18th – 24th November. Our staff took it in turns to go along with Buster the Fun Bus at various locations throughout the week. They provided the Mums with information about the FWHC and our support services available for those that are experiencing difficulties.

Dawn, Manager of Clinical Services, held an informal discussion with some of the Mums at Meerilinga on 22nd November. This was an opportunity for the Mums to ask questions about the services that we provide at FWHC.

Sexuality and Healthy Relationship Seminar

North Lake Senior Campus is a public high school located in Kardinya. The Intensive English Centre caters for overseas students aged 16-21 who are new to Australia and want to learn standardised English. On 26th November, Dawn was invited to facilitate for around 40 of the female students at the Sexuality and Healthy relationships seminar. The session focussed on sexual relationships, decision making and negotiations followed by 'What is Sex' and how to protect against STIs and unplanned pregnancies. It proved to be a fun filled and informative session with plenty of interesting questions.

Nurse Run Pap Clinic



Due to a high demand for appointments we are now able to offer a Nurse run pap smear clinic. Selena is a registered pap smear provider, and Advanced Practice Nurse, trained at FPWA. She can offer STI screening at the time of the Pap. Clients needing to see the Doctor for other issues, would need a separate appointment.

Don't forget, both of our registered nurses are available by appointment or by phone for confidential consultations on sexual health and women's health issues such as:

- Sexually transmissible infections
- Contraception
- Pap smears
- Unplanned pregnancy information
- Menopause
- Results follow up

Upcoming Events

Valentines Day - We will be celebrating Valentines Day in 2013 with the focus on Safe Sex and a 'Love Bugs' theme. Free condoms, with an interesting message, will be available.

International Women's Day

**FREMANTLE WOMEN'S HEALTH CENTRE
INTERNATIONAL WOMEN'S DAY**

*** AROUND THE WORLD *
LUNCHEON**

Please join us to enjoy a complimentary tasting plate of dishes from around the world.

When: 7th March 2013
Where: FWHC, 114 South Street, Fremantle
Time: 11.45am - 1.30pm

114 South St Fremantle
PO Box 8014
Hilton WA 6163

P 9431 0500 F 9430 7862
enquiries@fwhc.org.au
www.fwhc.org.au

Opening Hours
Monday—Thursday
8.30 am—4.30 pm

Obesity –The Bigger Picture

Australia now ranks as one of the world's fattest countries. Fourteen million Australians are overweight or obese. Obesity is the single BIGGEST threat to public health in Australia.

Obesity in Australia is a problem which belongs to all of us. Why are we, as a Nation, continuing to get bigger and bigger? We cannot hide from the facts, and we certainly cannot afford to hide from the future which beckons if we continue at this current rate.

The health complications linked with obesity are a terrifying list. They are not the ideal menu you are hoping for –

1. Starter – High Cholesterol glazed with high blood pressure, flavoured with Type 2 diabetes
2. Followed by a main course of heart disease, stroke or cancer All served with depression, sleep apnea and a fatty liver
3. Ladies and gents can then choose between fertility problems or erectile dysfunction



There are many physical, emotional and specific genetic disorders which can result in being overweight or obese. Living as an overweight or obese person presents many difficulties and the overall enjoyment of life can be greatly affected by the person's self esteem and other's reactions and behavior towards them.

Obesity in Australia is not just easily explained by over eating and reduced exercise by certain individuals – it is the complete reflection of how we are being taught to live.

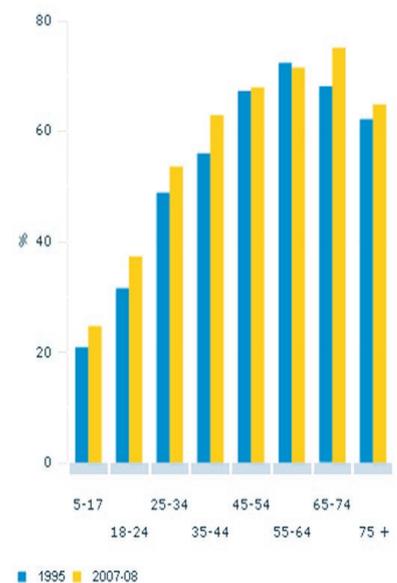
Our culture is highly dependent on the car, and we continue to build yet more roads. Areas for recreation are being greatly reduced. The areas which exist are not stimulating or useful all year. Our urban and sub-urban environments do not encourage physical activity. We are constantly bombarded with adverts for high energy, high protein, and high fat foods. We are working longer hours and eating convenience foods which are just not of good nutritional value. The cost of living is steadily climbing and thus our access to gyms and exercise clubs may be reduced by this. We are encouraged to shop on-line, chat on-line and meet on-line. In fact, just stay in and live on-line!

Have a look around the area where you live – are there places where you feel you can go to walk, run, play and exercise? Can you use these areas for free? How safe would you feel if you were a more elderly person using this area alone? Is the area suitable for all ages – consider walking with a stick or frame or pushing a pram? Is this area pleasant and stimulating? Would you let your

child play there unattended? How many busy roads do you need to cross to get there?

How do you have to get your shopping? Can you walk there? Or catch a bus easily? Is public transport a real option for you? Would you like to see more frequent bus services to your area? Is public transport affordable? What kind of interesting places are there in your area to walk to? Are there public areas which are safe, pleasant and useful to visit in your area? Would you feel safe cycling on the roads in your area? Do you think children are safe to walk alone or ride bikes around the area where you live? Are there pavements in the area where you live?

It is our hope that you have answered well to these questions. However, perhaps it has created some reflection on your living environment. The main purpose of this article is that the reflections will be the beginning; and if you can envisage change in your living environment you may take action towards this change. Our living environment helps to create us, the shape of us and the shape of our future.



Source(s): ABS data available on request, 1995 and 2007-08 National Health Survey

Love Bugs



Let love be the only thing you spread this Valentine's Day!!!!

Fremantle Women's Health Centre (FWHC) is encouraging women of all ages to undertake a Sexually Transmitted Infections (STI's) check, to avoid the spread of the 'love bugs'.

The most common way STI's are transmitted is through vaginal, anal or oral sex without a condom. If you have ever had unprotected sex, even just once, you're at risk. A simple sexual health check is all you need to ensure you are in the clear.

Some STI's (like Chlamydia for example), don't always show symptoms. Some can even lie dormant for years and, if left unchecked, can cause pelvic inflammatory disease which in turn can lead to infertility. So even if you don't have any signs, never assume you're off the hook. On the

other hand, just because you've got an itch it doesn't necessarily mean you have an STI.

STIs are more common than you think... for example, did you know:



- Chlamydia is the most common bacterial STI among young people in Australia.
- You can get the same bacterial STI more than once.
- You can have more than one STI at a time.
- STI's can cause a range of health problems, from mild irritation to serious illness.
- Being on other contraception (such as the Pill or Implanon) doesn't protect you against STIs.
- You can have an STI and not know it.

Condoms are the only form of contraception that reduces the risk of getting or passing on an

STI as well as helping prevent pregnancy.

Getting tested for STIs is simple – it only takes a few minutes and often involves a urine sample and/or genital swab and blood test. You can get tested by your GP or at FWHC. STI testing is usually free, though you may need to pay for your appointment. Please ask our receptionist if there will be a charge. You can get tested for some STIs at the same time as your Pap smear – talk to one of our nurses for more information on 9431 0500. You can also ask to take your own swab if you want.

Love Bugs



Library & Volunteering



FWHC has library books available for loan on a variety of health and personal development issues. Please feel free to come in and browse. You can borrow up to 3 books at a time for a period of one month, or you are welcome to relax and have a read at the Centre.

If you have some spare time and would like to help out at the centre we would appreciate your input and skills. FWHC is a not-for-profit community service and volunteers provide a much needed support to our staff. If you are interested, please contact Diane Snooks or Dawn Needham on 9431 0500. You will need a police clearance and if you volunteer in the crèche, a working with children card. FWHC will cover the costs of these.

International Women's Day



International Women's Day (IWD) has been observed since the early 20th century. With its roots in the Socialist Party it became globally recognized in 1911.

It is a day to recognize and celebrate the economic, political and social achievements of all women - past, present and future. It is a time to reflect and debate - to ensure that women's equality is gained and maintained in all aspects of life.

Thousands of events are held throughout the world to mark International Women's Day: political rallies, business conferences, networking events, music and art concerts and exhibitions.

This year - the theme for International Women's Day will be "The

Gender Agenda: Gaining momentum" and we will be celebrating on the 7th March, please check our website or call us for detail closer to the event. We would love for you to join us on this day - as a local celebration of such a important day. Make it a date in your diary.



Pumpkin, Spinach and Feta Pie



Preparation time: 10 mins

Cooking time: 55 mins

Serves: 6-8

Pumpkin, Spinach and feta pie is a great recipe to make quickly then take to work - it tastes even better the next day!

Ingredients

800g butternut pumpkin
1/2 x 250g packet chopped frozen spinach, thawed
2 sheets frozen shortcrust pastry, thawed
1 tblsp olive oil
1 onion, chopped
2 cloves garlic, crushed
1/4 cup tomato paste
1 tsp dried mixed herbs
Salt and pepper, to taste
100g feta, crumbled
Fresh basil leaves, sundried tomatoes and green olives, to garnish

Method

1. Grease a 24cm loose-based flan tin. Place on an oven tray.
2. Peel pumpkin. Chop into 2cm pieces. Boil, steam or microwave pumpkin until almost tender. Drain well. Squeeze out excess moisture from spinach.
3. Join pastry sheets together with edges slightly overlapping. Lift pastry into prepared tin allowing

excess pastry to over-hang side.

4. Heat oil in a frying pan. Add onion and garlic. Cook, stirring occasionally, until onion is soft. Stir in paste and herbs. Remove from heat. Stir in pumpkin and spinach. Season with salt and pepper.

5. Spoon mixture evenly into prepared tin. Fold excess over-hanging pastry over filling to partially cover.

6. Cook in a moderately hot oven (190C) for 25 minutes. Crumble feta over top. Cook for a further 25 to 30 minutes, or until pastry is golden brown and cooked through.

7. Serve pie garnished with basil leaves, sun-dried tomatoes and green olives.

Notes

If you prefer, replace feta with ricotta cheese or pumpkin with canned whole baby beets. Dry baby beets with absorbent kitchen paper before using.

What's On At The Centre

Mums & Bubs Fitness

Monday 9.15—10.15

Postnatal Support Group

Wednesday 10 - 12 noon

Over Eaters/Anonymous

Wednesday 7.30 pm

Sunday 9.30 am

Portuguese Women's Group

Thursday 2.00 - 4.00 pm

Wise Women Exercise

Thursdays 2.00 - 3.00 pm

Massage Courses & Workshops

Various days & times

General Counselling

Individual counselling is available for women experiencing difficulties across a wide range of issues, including: stress; bereavement and loss; depression; anxiety; trauma, relationships, work and/or family crises; parenting concerns; low self-esteem and much more ...

Perinatal Counselling

The centre provides individual counselling for women experiencing antenatal and postnatal depression, anxiety and / or stress.

Counsellors are available Monday - Friday by appointment.

Medical Services

Female doctors and nurses are available by appointment Monday -Thursday for a range of women's health issues. Health information is available at appointments, by dropping into the Centre to collect brochures, or from the nurses by phone.

Physiotherapy

A specialist continence and women's health physiotherapist is available on Thursdays for appointments.

Child Minding

FWHC has a crèche facility and free child minding is available on Tuesday mornings for appointments with doctors and counsellor. The crèche also operates for some of the groups.

To access services an annual
FWHC Support Fee
is required:

\$30 full fee
\$15 concession