

annual report



2003 – 2004

Our Mission

To provide a quality, multi-purpose women's health service in the Grampians region.

We are committed to promoting and advancing the health and well being of women in our region, in all their diversity, throughout the journey of life.

Our Vision

To improve the health status of women in the region.

To assist women to make informed personal decisions on health issues.

To assist women to have more control over their lives.

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Convenor's Report—Gabrielle Boermans

The year has flown and it is time again for reflection on achievements and progress made by Women's Health Grampians for 2003 - 2004. There is an air of expectation and challenge for the Board, as it begins a new era embracing the true role of governance. This evolutionary process has been emerging slowly over the past two years and now moving ahead as members participate on various levels in governance training. The first full day workshop on Strategic Directions for the Board of WHG was held and facilitated by an external consultant recently. The day was attended by current members of the board and was certainly successful in that it clarified for us the role of the Board and the decision making framework required for us to move forward and fully embrace our future positively.



The last financial year for the Board of WHG, has again, been one of evolution, goal setting, productivity, and achievement. Strategies have been initiated to promote the professional development of Board members by clarifying the role and functions of the Board. A clear understanding of rural governance issues will pave the way for members to contribute positively to planning, sound policy development and decision making which will provide guidance for Annie Reeve (CEO) and her team in achieving effective outcomes for ongoing health and wellbeing for the women in our region.

Furthermore, the Board, with the generous assistance of the CEO, has made significant progress in its deliberations through the use of the work plan, and the development of confidentiality and security documentation. The Board continues to work on policy documents related to responsibilities of Board members in relation to financial matters, ongoing recruitment strategies and successor planning. Earlier in the year, opportunities were made available for members to attend professional development seminars and these included "Perspectives on Leadership" forums held at The Melbourne Museum. Guest speakers have been of excellent calibre and included inspirational speakers such as John Thwaites, Fay Marles and Dr. Norman Swan.

During the last financial year, the Board regretfully said farewell to Dorothy Henty, and Gillian Hehir and welcomed a new member, Ingrid Bode. On behalf of the Board, CEO and WHG, I would like to extend sincere thanks again to our former members for their contribution to the Board and the organization.

WHG Board meetings continue to be held six weekly either in Ararat or via teleconference and although a full complement of members eludes us, the Board is functioning with vigour and commitment. As volunteers and otherwise busy women, the members of the Board, give generously of their time and energy to demonstrate their commitment and ongoing concern for the health and wellbeing of women in our region, for this, I offer a note of appreciation and gratitude.

To Annie (CEO) for her leadership and ongoing enthusiasm and support, and to her team for their tireless enthusiasm and commitment, I, on behalf of the Board of WHG, extend my sincere thanks.

Ceo's Report—Annie Reeve, Chief Executive Officer

I am pleased to have the opportunity to present this report. It is a culmination of a year that has been very productive and at times challenging. Conversations with colleagues throughout the year support the perception that workloads have increased and "quiet" times are a thing of the past.

As I reflect on the year, I realise how proud I am of the work that Women's Health Grampians does and how privileged I am to be part of the team of women who deliver the programs. As a region wide service with limited human resources the level of service we provide never ceases to amaze me. It would not be possible for us to achieve what we do without the dedication, capacity and willingness of these passionate women. They are an inspiration and I thank them.



Health Promotion Plans have become an integral part of Women's Health Grampians planning and reporting process and the second health promotion plan was submitted in July 2003. Women's Health Grampians embraces the planned approach to integrated health promotion as it endorses the way we have always approached the delivery of our services. The priority areas identified by Women's Health Grampians for the 2003 - 04 year were Sexual & Reproductive Health, Mental Health, Cancers in Women, Capacity Building in Health Promotion and Cardiovascular Health. In addition we continue to respond to and meet women's needs in a wide range of health issues. A written report was submitted to the Department of Human Services at the end of the financial year.

In July 2003, we began a concerted effort to prepare our organisation for the accreditation process. Our policy and procedures are being reviewed and a new handbook developed. As part of this we have implemented work safe practices into our regular staff workforce development.

July was also the time when the Grampians Breast Service Enhancement Program (GBSEP) website, which is hosted by Women's Health Grampians, was launched. The GBSEP was completed in June 04 and in the future will be part of the Cancer Services Framework. As a long term member of the GBSEP Steering Committee I would like to congratulate Chris Birrell on her achievements during her time with the project.

Women's Health Grampians continues to be represented on a number of committees including the CASA Consultative Committee, BreaCan Steering Committee, Grampians Post Natal Depression Reference Group and maintains membership of the three Primary Care Partnerships within the Grampians region. Our membership of Women's Health Association of Victoria (WHAV) provides opportunities for collaborative work and a platform for Women's Health Services to have a stronger voice as well as being a support.

During the year we have attracted small funding for specific projects including funding from the Central Highlands Primary Care Partnership to conduct the Women Knowing How project in the Golden Plains Shire. We continue to seek other funding opportunities which

Ceo's Report—Annie Reeve, Chief Executive Officer *continued*

enable us to provide additional programs in isolated and less serviced areas of our region.

A major review of the Constitution was carried out and was certified in May 2004. This process was made easier with the support of Women's Health Victoria who we continue to have a close working relationship with, strengthened by our partnership agreement.

The Board has been closely involved with the preparation for accreditation and the constitution review and have themselves continued to develop their skills by attending Governance training opportunities provided by the Department of Human Services. I would like to thank Gabrielle Boermans, Convenor of the Board and Board members for their commitment, leadership and support.

As we move into the next financial year, I look forward to a positive future for Women's Health Grampians.



What we've achieved...

Poly Cystic Ovarian Syndrome (PCOS) Information Evening

19th May 2004

As result of interest from our members we held an information evening on Poly Cystic Ovarian Syndrome (PCOS) at Sebastopol Community Health Centre. The session involved three speakers giving information on PCOS and was attended by twenty four (24) females and two (2) males.

Rosie Bonnes, President of the Polycystic Ovarian Syndrome Association of Australia (POSAA), outlined her personal experience with PCOS. Dr Russell Dalton from Ballarat IVF (In Vitro Fertilisation), gave an excellent PowerPoint presentation about what PCOS was, the symptoms (irregular periods, excess body hair, excess weight, mood swings, acne and difficulty getting pregnant), it's treatment and it's effects on fertility. Bronwyn Morton, a local dietitian, spoke on health eating, hunger scale and the use of low glycaemic index foods.

"The whole evening was useful in increasing my understanding of my PCOS and how it affects my body"

"Rosie's story was very interesting"

"useful start to looking at diet issues"

Women's Health Information Session

10th & 18th September 2003

Mt Clear Secondary College Year 10 female students. Speaker: Amanda Jakiel. Amanda discussed different forms of contraception, S.T.I's and safe sex. All students thought their level of knowledge increased from the session. Feedback was very positive.

"I thought it was very informative, thank you for the talk"

"I thought it was very interesting and helpful thanks"

Endometriosis Enlightenment With A Touch Of The Exotic

17th March 2004

A Endometriosis information evening with three different presentations was held at Ballarat Health Community Centre and twenty-two (22) women attended. Dr Russell Dalton from Ballarat Endometriosis Clinic, presented photos of what endometriosis looks like, information on the symptoms and surgical and medical treatments for endometriosis. In addition, he explained about the IVF (In Vitro Fertilisation) process and procedures.

Susan Dean (Herbalist and Naturopath) outlined certain foods, vitamins, minerals and

herbs that can assist with the management of the symptoms of endometriosis. She also discussed the usefulness of exercise in helping with depression and other symptoms of endometriosis and particularly how belly dancing improves circulation to pelvic region. Question time was valuable for all those in attendance.

Selina Buckingham, a belly dancer, explained how belly dancing makes a woman feel better about herself and can assist with the management of pain associated with endometriosis. Selina performed some belly dancing routines. She then demonstrated some simple belly dancing moves and those that were game joined in. As to be expected there was lots of laughter.

“Understanding of endometriosis and ways to help reduce its effects “

“Very informative & enjoyable”

Life Beyond Menopause Exploring Your Options

25th May 2004

This fun and informative menopause evening at Saxon House City Oval Ballarat was attended by Nine-seven (97) women and one man.

Dr Philip Hall, a local gynaecologist, presented information on the menstrual cycle, the symptoms, diagnosis and medical treatment for menopause, and the use of phytoestrogens in relieving menopausal symptoms. Dr Paul Ghaie, a medical acupuncturist, explained the use of acupuncture in treatment of menopausal symptoms and gave a demonstration of acupuncture. Mary Darcy, a local psychologist, discussed negative and positives aspects of menopause and how to cope with the negatives. She had everyone laughing with some funny poems about life. Plenty of time for questions. A delicious supper and time to mingle was enjoyed.

“Excellent overview of signs and symptoms, treatments plus psychological aspects - rather than a narrow focus”

“Great session, I gained a great deal of information ”

“Feel more informed about hormones replacement and acupuncture”

Belly and Below Evening

22nd October 2003

A fun information evening was held in **Ararat**, celebrating our cervixes and addressing concerns about continence (which affect 50% of women). The question being answered - do I need a Pap test? The evening concluded with a belly dancing session giving women the opportunity to wiggle their cares away. The evening was attended by eight women and the evaluation identified that all the women attending increased their knowledge about continence and cervical screening.

“very informative, need to have more notice so that more people hear about these information sessions and well done”

'Strong Koori Women' Positive Mental Health Day

March 2004

There was an excellent response to the day with eighteen women of all ages attending. The day was held in partnership with the Ballarat and District Aboriginal Co-operative. Michael Constable spoke on the affects of childhood abuse on mental health. Monica Maud discussed ways to deal with emotional and mental health issues. Selina Buckingham finished the session with a belly dancing routine and a short tutorial for the participants to have a go. There was plenty of time for questions to be answered. great feedback.

"It's been a great day, great to see all the girls together, should be more"

Surviving Life's Challenges - an International Women's Day Event

25th March 2004

A very motivational evening was held in **Beaufort** where sixty-six (66) women were captivated by inspirational presentations by Susan the Hope Clown and Fran Harrison, a breast cancer survivor. The evening was held over an enjoyable diner at the Beaufort Golf Club.

"tonight was most interesting, you did a great job organising this"

"the venue and speakers were fabulous and inspiring, thank you"

Lesbian and Gay Domestic Violence Forum

29th October 2003

A forum was held, as part of Week without Violence, for health professionals in the Ballarat area and Sandy Anderson gave a presentation on lesbian domestic violence to the twenty five participants. A radio interview was also given by Sandy on Regional ABC on the morning of the forum.

"relevant, ground-breaking material and extremely valuable to raise these issues and discuss"

"breadth of knowledge was fantastic"

"very supportive environment and generally very good, challenging and provoking"

Cancer Awareness Evening - Breast and Bowel

10th September 2003

To help spread the word about breast and bowel cancer, The Cancer Council Victoria teamed up with Women's Health Grampians, City of Ballarat and members of the local community to host a special Cancer Awareness evening on which was attended by forty three (43) women and seven (7) men.

Councillor Dianne Hadden welcomed those attending and started the evening. The evening featured a team of health professionals - Dr Michael Condous, Breast cancer specialist, Dr Bruce Stewart, Bowel cancer specialist and Ms Rebecca Russell, Cancer Education Project Officer at The Cancer Council Victoria. Fran Harrison breast cancer survivor spoke about her experiences.

The forum aimed to provide information and support to people with cancer and their families. It also encouraged them to find out more about breast and bowel cancer, and also to become aware of the networks that are available.

“Good informative speakers and one person who has their own story”

“Both breast and bowel cancer was spoken about so openly and there was a lot of information that is not normally spoken about”

“I think these nights should be more frequent and made compulsory!”

Department of Sustainability & Environment Professional Education - Female Staff

16th October 2003

A women's health session, organised by St John of God Healthcare, was held for female staff at Department of Sustainability and Environment, Ballarat. The session was attended by 15 women. Gillian Hehir from BreastScreen spoke on BreastScreen and it was followed by a short session on what cancer is, what risk is and a pap test quiz that had everyone in laughter.

Women Growing Older and Living Dangerously (GOLD)

The GOLD women peer education group, which successfully worked with women in the Wendouree West area to raise the need for cervical screening, was identified as an award winning project by *PapScreen Victoria*. The GOLD women, who worked with Women's Health Grampians, raised awareness of the need for pap tests with 114 women in their area over the six month project. The Cancer Council Victoria, and as a result the GOLD women's work, was profiled in the Community Grants Storybook which was distributed to health workers across Victoria as an example of **best practice**. Well done GOLD women.

Centre Against Sexual Assault (CASA) Support Group

29th July 2003

A women's cancer information session was given to CASA -Ballarat support group and was attended by six (6) women. The topics included: what cancer is, risk factors, screening and bowel cancer.

Take Off Weight Naturally (TOWN) Club

25th July 2003

A women's cancer information session was given to TOWN club at the Salvation Army Hall in Delacombe to twenty three (23) females and one (1) male. The topics discussed were cancer, risk factors, screening and bowel cancer.

Where to start for a healthy heart

3rd May 2004

Cardiovascular Health Session was held at Wendouree Community House with ten (10) women in attendance. Judy Prendergast discussed diet and its affect on heart health, she did a group nutrition assessment and recommended certain foods to promote healthier diet to those participants. Amanda Jakiel discussed what cardiovascular disease is, the risk factors and ways to reduce your risk. Both Judy and Maree Rootes from Ballarat Community Health Centre did Cardiac Risk Assessments during the day including blood pressure, blood cholesterol and blood sugar along with a survey to determine lifestyle factors that could contribute to increased risk of cardiovascular disease of each of the individuals.

"Very informative session, it gave me a lot of information to help change my lifestyle"

Where to start for a healthy heart

1st June 2004

Cardiovascular Health Session was held at Ballarat Aboriginal Coop Eyre St with eleven (11) in attendance. This session was much the same as the Wendouree Community House session, but some of the information was specific for the Koori participants involved on the day. Judy Prendergast, Amanda Jakiel and Ilana McLeod were the presenters on the day. Ilana discussed the affects of smoking and ways to help smokers quit.

"Whole session was great"

Northway Pharmacy — Professional Education Staff Quit Training

28th July 2003

A training session endorsed by Quit was provided to thirteen (13) staff from David Collins Northway Pharmacy regarding strategies for helping their customers to quit smoking.

"I thought it was a good presentation with a vast amount of information thank you very much for sharing your knowledge"

International Women's Day

5th March 2004

A sumptuous breakfast was again provided at The Turret Café to celebrate International Women's day. Pam Farey, artist from 'Peacock Cottage' Linton was guest speaker. Pam, who has over come illness and is a mouth painter, was very inspiring to listen to. Over forty five (45) women attended the breakfast with proceeds being donated to the International Women's Development Agency.

Well Women's Service

Women's Health Grampians has identified the need to provide women of all ages with access to a low cost cancer screening service. The service also gives women an opportunity to access information related to other sexual and reproductive health issues.

The service primarily is run weekly from the Ballarat office but also provides rural clinics and home visits for women living with a disability. The service is provided by Sandy Anderson and Amanda Jakiel who are specially trained nurses. During the year the total number of women accessing the service was seventy nine (79) - the reasons for their visits were; 61 women for a Pap test, 51 women for breast awareness information and clinical breast examination, 27 women for continence information, 22 for menopause information, 12 women wanting information on sexually transmitted infections and also other requests on a range of other health information.

The service also provides nurses training for this role to access clinical preceptorship with an experienced women's health nurse.

Women Knowing How Project

Funding provided by Central Highlands Primary Care Partnership, supported four clinics within the Golden Plains Shire. The aim of the outreach clinics was to increase women's access to Well Women's services and increase knowledge regarding sexual and reproductive health and cancers in women.

Haddon Clinic 2nd June 2004 - 4 women attended.

Dereel Clinic 9th June 2004 - 7 women attended.

Linton Clinic 21st June 2004 - 5 women attended.

Bannockburn Clinic 28th July 2004 - 3 women attended.

*"Very thorough and easily accessible"
"Increased my knowledge, and is accessible because it's nice and easy,
practically at my back door"*

The second part of the Women Knowing How project, 'Golden Loos News' will continue into the next year, its focus creates a unique opportunity for young women 12-18 years of age to understand the impact of smoking and sun exposure on their health and appearance through having fun with fashion.

This creative group of young women from the Golden Plains Shire will also have the opportunity to produce a poster to be displayed on the back of toilet doors that will carry on these health messages.

Keep Those Bones Healthy

6th August 2003

As part of Health Bones week Ilana McLeod provided an information session on Osteoporosis at Meredith Community House. Eight (8) women over 50 attended the session. The first hour outlined what osteoporosis is, the risk factors and prevention through diet and exercise. A healthy lunch was provided Joan Brick Coordinator of the community house. The session after lunch involved everyone participating in gentle weight bearing exercise.

WHG Resource Stands

The Women's Health Resource Project was originally funded by the Victorian Department of Human Services Rural Health Innovative Practice Fund. The Women's Health Resource Project initial goal was to develop a women's health resource that would outreach to women in rural communities within the Grampians region. The project placed portable Women's Health Grampians Resource Stands in local community settings enabling women greater access to women's health information. Women's Health Grampians acknowledges the value in continuing to maintain this service. The Women's Health Resource Project has now been renamed Women's Health Grampians Resource Stands. The resource stands have been revamped and new resources have been added. Women's Health Grampians has a commitment to continue to place and maintain the resource stands in communities within the Grampians region.

On the Road to Accreditation

Women's Health Grampians is committed to quality management & service delivery, improving planning & evaluation with consumer & community involvement. To achieve and maintain this standard WHG has commenced the accreditation process through QICSA (Quality Improvement & Community Services Accreditation).

Endorsement by a licensed national accreditation program ensures that WHG is able to access the support of QICSA so it is acknowledged for its service achievements and commitment to continuous quality improvement.

We are currently revising all policies and procedures to ensure that they reflect the way in which WHG continues to provide its own standards and a program of continuous quality improvement.

The process looks something like this -

- a. WHG approaches QICSA to commence accreditation process
- b. WHG completes self assessment workbooks
- c. WHG prepares documentation for meeting essential requirements
- d. QICSA conducts on site inspections with staff and Board
- e. Draft report is received by WHG
- f. WHG responds to draft report and submits relevant documentation
- g. WHG receives final report
- h. QICSA & WHG negotiate continuous improvement goals & targets
- i. WHG updates self assessment workbooks ensuring that Continuous Improvement goals and targets are met

It is anticipated that WHG will have undertaken accreditation by QICSA in 2005.

Displays

Wimmera Machinery Field Days – Horsham

2-4th March 2004

A site at the Wimmera Machinery Field Days was shared with Wimmera PCP. WHG had a display stand with information on various women's health issues. A self-assessment survey was also handed out to women who visited the site to gauge information and knowledge of local region and where WHG services could be utilised.

Youth Health Expo – Horsham

19th May 2004

WHG display was at the annual Youth Health Expo at NEXUS Youth Place in Horsham. The static display included information on STI's, puberty and adolescence brochures and details about WHG services.

NADOC day

9th July 2003

A WHG service display was set up at Ballarat & District Aboriginal Cooperative as part of NADOC week celebrations. Amanda Jackiel and Ilana McLeod were available to speak to women about their health issues and the types of service Women's Health Grampians provides.

Health Bones Display— Wendouree Village

14th August 2003

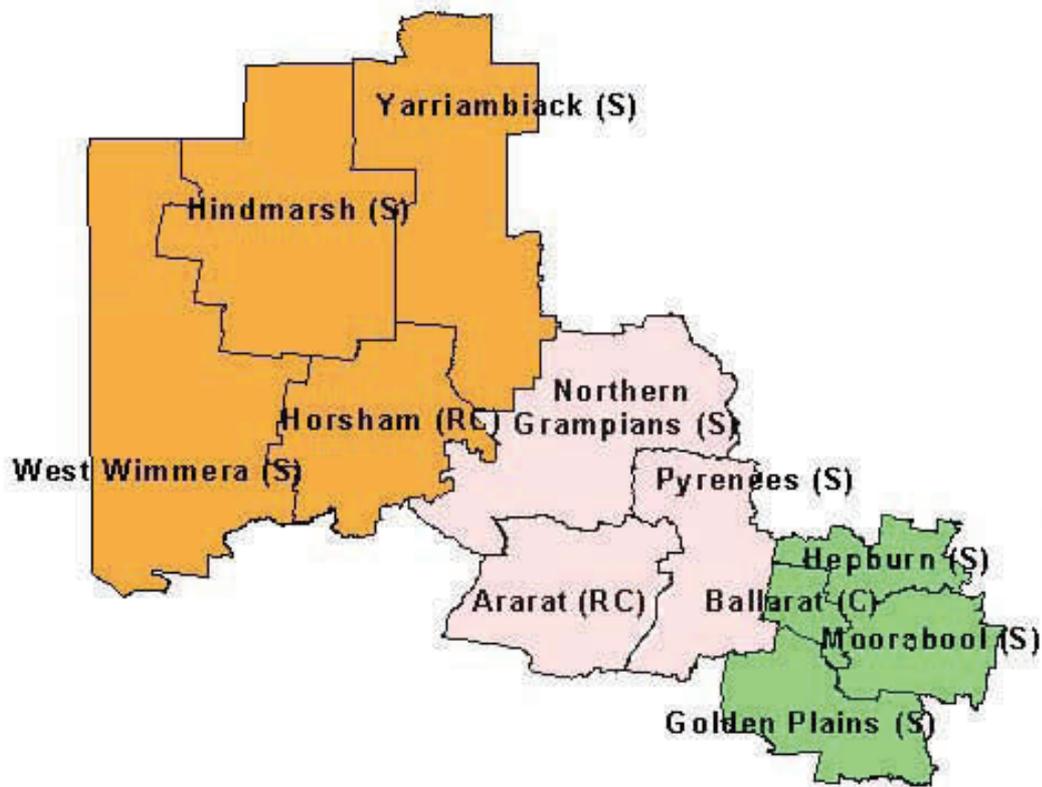
A display that outlined what osteoporosis is, the risk factors, what lifestyle factors assist with prevention of osteoporosis was set up at Wendouree Village. Amanda Jakiel was available to speak to shoppers about osteoporosis. A quiz highlighting the risk factors for osteoporosis was available and participants received prizes provided by QUIT— as smoking is one of the risk factor.

Service Talks

SMB Women's Access Group Visit, 20th October 2003, Service talk to 9 women

SMB Women's Access group, 17th May 2004, Service talk to 4 women

The Region we work in



Local Government Areas

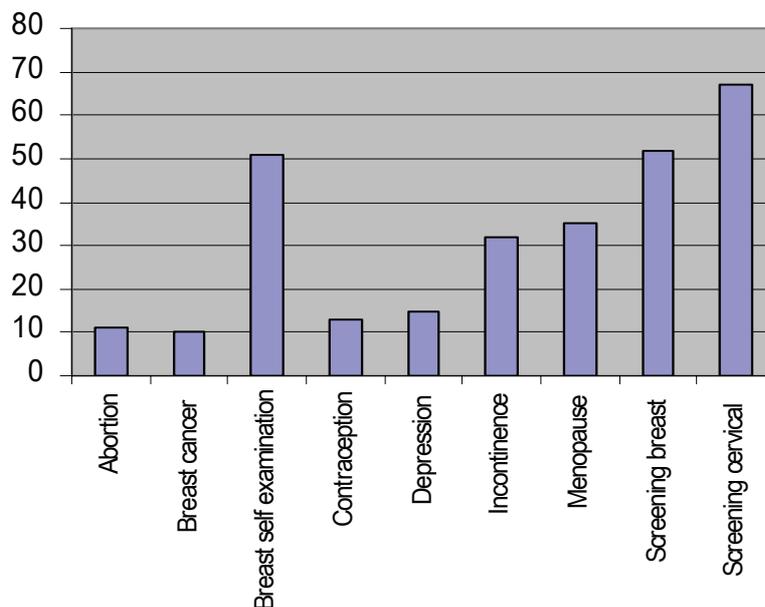
Yarriambiack
Hindmarsh
West Wimmera
Horsham

Northern Grampians
Ararat
Pyrenees

Hepburn
Ballarat
Moorabool
Golden Plains

Statistics

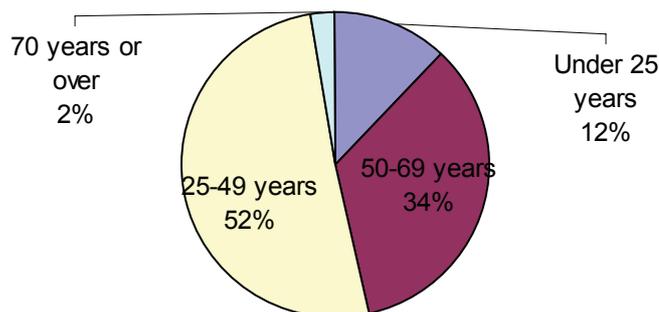
Reasons for visit



Well Women's Service ages of clients and screening status

- 86% of the women indicated that they would like their next Pap smear at a Well Women's Clinic
- 77% of the women indicated that they would choose a Well Women's clinic because it was done by a women.
- 76% of the women were unscreened or under screened
- 5.% of the women this was their first Pap smear
- 100% of the women expressed satisfaction for the time taken for the examination
- 99% of the women identified they were given the right amount of information
- 99% of the women expressed that they were conformable with the physical examination and of those 71% indicated that they were very comfortable
- 94% of the women had been to their doctor within the last 2 year but had not had a Pap smear

Age of women attending the Well Women's Service



The Board and Staff

The Board

Gabrielle Boermans
Angela Feery-Richards
Anne Matthews
Dianne Hadden-Tregear
Ingrid Bode (elected AGM 2003)
Dorothy Henty (resigned February 04)
Gillian Hehir (resigned April 04)

Staff

Annie Reeve	Chief Executive Officer
Sandy Anderson	Health Promotion Worker — Women's Health and Nurse
Ilana McLeod	Health Promotion Worker — Women's Health
Amanda Jakiel	Health Promotion Worker — Women's Health and Nurse
Pat Loughnan	Business Development Worker
Deb Hopwood	Organisational Development Project Worker, Casual
Leanne Murphy	Reception/Administration Worker
Val Ryan	Data input/Reception Worker, Casual
Dianna Heard	Reception/Administration Worker Horsham (commenced October 2003)
Chantal Price	Health Promotion Worker - Women's Health Horsham (commenced March 04)
Helen Pfeiffer	Administration Worker, Casual (commenced April 04)
Emma Lions	Women's Health Worker (maternity leave replacement) (until December 03)
Julie Moran	Library Catalogue Project Worker, Casual (until Jan 2004)
Megan Phillips	Reception Workers, Casual (Feb 2004)
Kelly Klowss	Women's Health Worker (until February 2004)
Michelle Hamman	Women's Health Worker (until March 2004)
Lynette Heenan	Communications/Publications Worker (until March 2004)
Marg Lannen	Health Promotion Worker - Women's Health, Casual (Dec 2003 - March 2004)

Professional Development

During the past twelve months staff have participated in a number of professional development some of which were:

Health Promotion Short Course
Workshops for Workers in Health, Youth & Education
CIMS workshop
DHS Leadership Forum x 3
DHS - Tender Writing Workshop
Sexual Health Update
Health 2004 - International Health Promotion Conference
NOUS Governance Training
Proteus upgrade
Introduction Access
MYOB - payroll
The Bouverie Centre - Single Session Work in Community Health Level 1 & 2
The Cancer Council - Cancer Education Seminar
DHS - Partnership Consultation



Back row left to right: Val Ryan, Annie Reeve, Amanda Jakiel, Dianna Heard
Front row left to right: Chantal Price, Ilana McLeod, Leanne Murphy,
Sandy Anderson, Pat Loughnan, Helen Pfeiffer.
Absent: Deb Hopwood

Financials



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