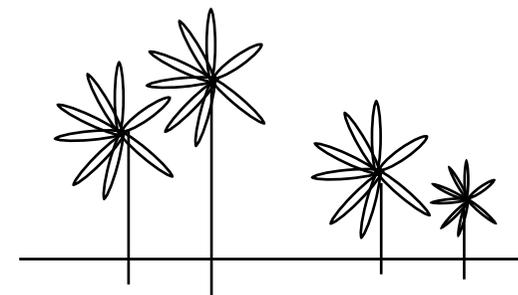




Ballarat
90 Main Road
PO Box 1757
Ballarat Mail Centre 3344
1800 013 432 or 5332 9477

Horsham
5a Firebrace St
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www.whg.org.au

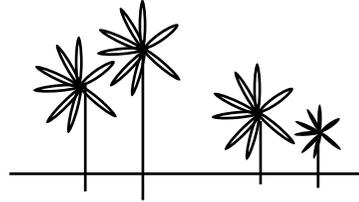


women's health grampians

annual report

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women's health grampians



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

financials

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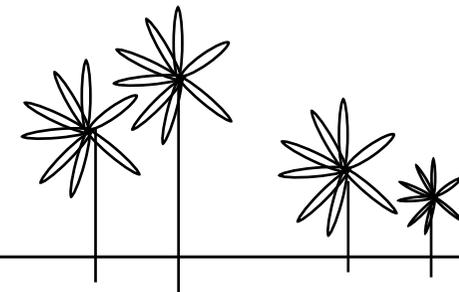
As I write this report, on a cold and rainy winter's eve in Ballarat, I have to be reminded that the region is in the grip of one of the most devastating droughts experienced in years. Whilst those of us living in urban centres may bemoan the inconvenience caused by the ongoing water restrictions. We are no longer able to water our gardens and wash our cars at whim. Perhaps however we should spare a thought for our neighbours in the more rural and remote areas of the region. They are bearing the brunt of this drought. The farming families who rely on rain to grow their crops and water their stock. The small businesses in their local towns struggling to survive. Perhaps one positive to come out of this drought may be a future reminder of the precious nature of our most valuable resource – water! May we never waste another drop.

During the last financial year, and my first as Convenor of the Committee of Management, Women's Health Grampians has continued in its vital role of providing support, information and access to health practitioners and services in the region. The staff of Women's Health Grampians continue to work tirelessly and passionately in their ongoing role, preparing and facilitating workshops, seminars, health information sessions and numerous other activities in supporting the aims and goals of the organisation. The staff of Women's Health Grampians continues their dedication and commitment to the promotion of women's health throughout the region. On behalf of the Committee of Management I would like to thank and commend them on their work.

convenor

Staff Professional Development

- Women's Health Promotion Plan Training - Melbourne
- DHS – Health promotion workshop - Ballarat
- Evaluation 1 workshop - Melbourne
- Integrated Health Promotion Workshop Ararat
- Breast Health update - Melbourne
- SAAP – Where's the Evidence? Workshop - Ballarat
- Computer training – Access - ballarat
- Family Violence forum - Horsham
- WHG Planning Day – Ballarat
- Health Promotion Training – 2 staff - Clunes
- Internet Level 2 – Horsham
- Workcover Workshop - Ballarat
- Dealing with Difficult Clients - Ballarat
- DHS Health Promotion Audit Workshop - Ballarat
- PCP – Service Coordination workshop – Ballarat
- DHS – Privacy Training - Ballarat
- Jean Hailes Menopause Training - Ararat
- Evaluation 2 Workshop - Melbourne
- Health Promotion Short Course – 2 staff – Horsham and Ballarat
- Health Promotion Workshop – all staff - Ballarat



staff+volunteers

Current Staff

- Annie Reeve - Chief Executive Officer
- Ilana McLeod - Women's Health Worker
- Sandy Anderson - Women's Health Worker and Nurse
- Jan MacKay - Office Administrator (until May 03)
- Ann Ross - Office Administrator (until April 03)
- Kelly Klowss - Women's Health Worker (maternity leave March 03)
- Melissa Rose - Family Violence Outreach Worker (until July 03)
- Tabitha Winchester - Project Worker (until February 03)
- Elva Cawood - Family Violence Outreach Worker (until Nov 02)
- Michelle Hamman - Women's Health Worker
- Michelle Timson (Miff) - Casual Worker (until February 03)
- Lynette Heenan - Communications/ Publications Worker
- Pauline Ferguson - Library Resource Worker (until August 03)
- Emma Lions - Women's Health Worker (maternity leave replacement commenced May 03)
- Rebecca Bull - Reception/Admin Worker (May-Oct 03)

- Lisa Cramer - Reception/ Admin Worker (May-Oct 03)
- Val Ryan - Casual Worker (Commenced May 03)
- Pat Loughnan - Business Development Worker (Commenced July 03)
- Deb Hopwood - Organisational Development Project Worker (Commenced July 03)
- Amanda Jakiel - Health Promotion Worker Casual (Commenced July 03)
- Julie Moran - Library Catalogue Project Worker Casual (Commenced September 03)
- Leanne Murphy (Commenced October 03)

Volunteers

- Jenny McCracken

Committee of Management

- Gabrielle Rayner
- Heather Davis (resigned December 02)
- Angela Feery-Richards
- Dorothy Henty
- Dianne Hadden-Tregear
- Michelle Boffey (resigned October 02)
- Yael Morris (resigned August 03)
- Gillian Hehir
- Margaret Ryan
- Anne Matthews (elected AGM 03)

The Committee of Management continue to meet regularly, every six weeks in Ararat and via teleconference when required. The Committee of Management Work Plan provides a guiding framework for these meetings and assists with ongoing decision making in all areas of responsibility. The Committee continues to work as a strong, cohesive team, in the areas of planning, evaluation and in the development of policies and procedures relevant to the organisation. This year members of the Committee formed a "Committee Recruitment Working Group" for the purpose of developing a document outlining the expectations of Committee members plus an Information Handbook for prospective new members.

The Committee was delighted to elect Anne Matthews as a new member to the team following the AGM in October 2002. Sadly, we lost a valuable member of the team earlier this year in Yael Morris who relocated with her family to Kyneton in central Victoria.

I would also like to take this opportunity to personally thank the members of the Committee of Management for their support of me as Convenor over the last 12 months and for giving generously of their time, individual talents, experience and enthusiasm. Although geographically distant, the members of the Committee continue to work cohesively and willingly towards effective outcomes for the health and wellbeing of the women in our vast region.

As Convenor of the Committee of Management (WHG), I would also like to thank the members of the Committee for their unyielding support given to Annie Reeve, the CEO of Women's Health Grampians. Annie's strength and enthusiastic leadership of her hardworking team will ensure Women's Health Grampians will continue to grow and blossom in the years to come.

Gillian Hehir

committee

What a remarkable year it has been for Women's Health Grampians.

The financial year commenced with the implementation by the Department of Human Services of a Primary Care funding reform. WHG receives Health Promotion funding and a requirement of this was the development of a Health Promotion Plan, which identified the organisations main priority areas. WHG identified Sexual and Reproductive Health, Mental Health and Capacity Building as the three main priority areas for the 2002 – 2003 year. The Health Promotion Plan was submitted in September 2002 and verbally reported on in January 2003. A final written report was submitted at the end of the financial year.

In November 2002, the Horsham office relocated to a shop front at 5a Firebrace St after eleven years at Darlot St. Whilst there was some reluctance about leaving the familiarity of Darlot Street, there was also excitement at the prospect of a new office space. It took some time to set up the new office, but now it is a warm, friendly space with the potential to attract more passing traffic.

At the same time WHG made a decision to cease auspice of the Family Violence Outreach Program and this was relocated to Palm Lodge (Horsham) with an office remaining in Ararat. Grampians Community Health Centre has now taken on auspice of this program.

Funding received from Central Highlands Primary Care Partnership assisted WHG to provide much needed Health Information sessions and clinics to women in the Moorabool and Golden Plains Shires. The project "Women's Health Women's Way" was a huge success in terms of accessing underscreened and unscreened women within the target shires. Of course, as always with one off funding the challenge for WHG is how to continue to provide this service at a similar level. In addition, Wimmera Primary Care Partnership provided funding to implement the "Walking Wimmera" project.

Sexual Reproductive Health Session

- Women's Health Night - Vic Roads Ballarat (22)
- Women's Health Night - Vic Roads Horsham (17)
- Endometriosis Association Of Victoria information Session Ballarat (16)
- SMB Women's Access Group Ballarat (8)
- Endometriosis and Infertility Evening at Ballarat(20) & Ararat I (15)
- Women's Big Day Out Halls Gap Bus Trip (22)
- Menopause - HRT and Natural Solution Ballarat (93)
- Murtoa Spring Soiree - (28)
- Kaniva Secondary College – school health day (15)
- Health session - Rainbow Secondary College Yr 9 & 10 contraception(12)
- Balancing Your life Rupanyup and Minyip (40)

Mental and Emotional Health

- SMB Women's Access Group (8)
- Girl's Night (Puberty)- Rainbow (32)
- Girl's Night (Puberty)- Nhill (60)
- Being Beautiful Nhill Neighbourhood House (6)
- APROTCH Women's Group Colour session (9)
- Women's Well-Being and Activity Day (16)
- Women On The Move (8)

Other

- International Women's Day Breakfast Ballarat

Professional Education

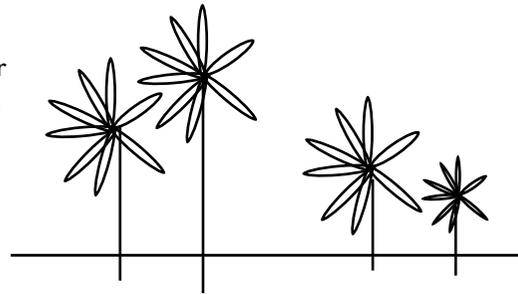
- Familial Bowel Cancer Training (10)
- Turning Points Body Image – Horsham (4).
- UFS Pharmacy staff training Ballarat on QUIT Smoking (13)

Special Thanks

To all community organisations, groups and individuals who have supported WHG through the various efforts and contributions.

well women's service

The Ballarat office has open a weekly Well Women's Service which provides options for women accessing cervical screening (Pap tests), breast health screening, continence advice, and other health information. The service works closely with the women's own general practitioner and provides a low cost choice for women to access a women's health service.



A major achievement this year has been the development of the Women's Health Grampians web site. The web site features links to organisations offering information and support on a wide range of health issues. As part of our commitment to the Grampians Breast Service Enhancement Program, we are also hosting the web site developed by this program. In addition, new services have been introduced including a Well Women's Clinic and Counselling being offered from the Ballarat office.

The partnership agreement between Women's Health Grampians and Women's Health Victoria was evaluated in January. The evaluation report found that the partnership was based on genuine collaboration. A new partnership agreement was developed which aims to build on the successes of the previous agreement.

Women's Health Grampians continues to be represented on a number of committees, including BreaCan Steering Committee, Breast Services Enhancement Program Advisory Committee, CASA Consultative Committee and also the three Primary Care Partnerships within our region. As a member of Women's Health Association of Victoria (WHAV) we receive support from Women's Health Services and are fortunate to be involved in collaborative work.

My thanks to the Department of Human Services Regional office for their assistance and support. A special thanks to Allison Doodt.

We are privileged to have an active committee who have shown enormous commitment throughout the year. A special mention to both Gabrielle Rayner and Gillian Hehir who have led the committee with enthusiasm and provided guidance to me during their term as Convenor.

Once again, I am astounded by the work capacity, dedication and passion of staff and I thank them. It is a pleasure to be part of this team.

Annie Reeve

displays & service talks

Displays

- NADOC week Display Ballarat and District Aboriginal Co-Operative
- Rural Week Safety Day Buninyong Town Hall
- Rainbow Secondary College Community Expo
- Horsham Show
- Nexus Youth Services youth health expo-Horsham
- Health Bones Week Horsham

Service Talks and agency visits

- CASA Over 50's Support Group – Ballarat (4)
- The Annexe – Ballarat (2)
- Polish Club Multi-Cultural Group Ballarat with Working Women's Health (40)
- SMB Women's Access Group Visit Ballarat (9)

special events

Walking Wimmera

The Walking Wimmera program commenced in September 2002 with the assistance of the Wimmera PCP and Vic Health. The program aims to reduce the risk of Cardiovascular Disease within the Wimmera region and to promote the benefits of regular physical activity. The Walking Wimmera program encourages members of the public to walk regularly either alone or as part of an established walking or sporting group. Participants record the number of kilometres they walk in a week and these are then given to our Horsham office and the total is displayed in the window of our office. We currently have a number of groups and individuals walking with us and are always looking for more.

Exercise Alternatives (30)

A women's health night was held in Dimboola by Community Health Nurse Karen Werner. The night aimed to provide the women in attendance with information about stress and depression and the ways these can be reduced in daily life. As part of the night, Women's Health Grampians presented a 30 minute interactive discussion on exercise alternatives for rural women which focused on exercises that could

be done around the home for those who don't have the time, access or desire to attend the gym.

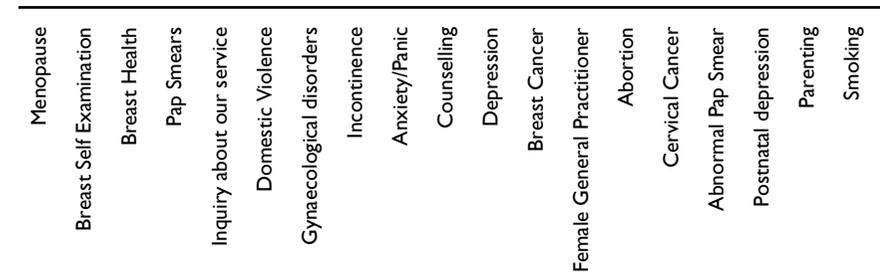
Yoga

A four-week yoga program was conducted by Women's Health Grampians in June at the Harrow Bush Nursing Centre with 6 women attending. The program aimed to increase people's awareness of yoga and the ideas behind it while at the same time increasing their participation in physical activity. Some of the topics covered in the program included the history of yoga, basic principles of yoga, basic postures and sequences and simple ways of incorporating yoga into everyday life. Enjoyed by all and much positive feedback was received.

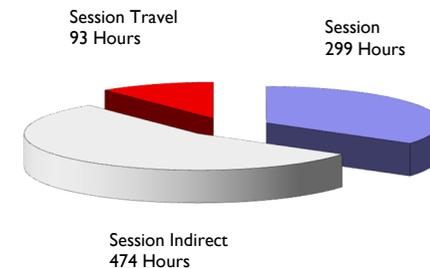
Wimmera Machinery Field Days

The Wimmera Machinery Field Days is a major event each year for the Horsham Office and is a great way on making contact with a large number of women and promoting health issues. This year our display focused on cancers in women, walking Wimmera and a competition to promote our library service. We had many entries that all went into the running for a gift voucher from Bellcourt Books

Reasons For Visit

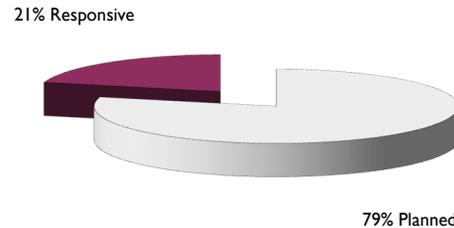


Health Promotion Sessions

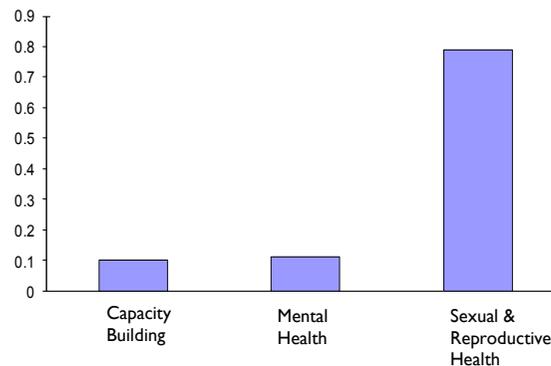


statistics

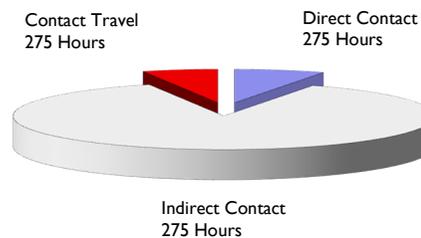
Health Promotion



Planned Health Promotion Priorities



Health Promotion Contacts



Horsham. Over 270 women stopped at our display over the course of the three days with many walking away with health information provided by us.

International Women's Day

Our annual International Women's Day celebration was a remarkably good breakfast with fantastic company and sumptuous food, at The Turret Café, on the 7th March 2003. The women's singing duo Hip-Popatamus provided entertainment that kept us toe tapping to some creative tunes. The morning was thoroughly enjoyed by the forty plus women who attended. Funds raised from the event were donated to the International Women's Development Agency.

Migrant Support Group

Women's Health Grampians also did a service talk at the Multicultural Women's Migrant Support Group at the Polish Club in Ballarat. The talk was part of a community workshop program provided by Working Women's Health in Ballarat. Trained Community Health Educators conducted three workshops in the Ballarat area providing health information in English, Italian, Farsi,

Tagalog, Chinese, Thai and Arabic. Topics included, menopause, osteoporosis, hormone replacement therapy, pelvic floor, endometriosis, mental health including stress and anxiety.

Celebrating Motherhood Mums and Nan's to Be

This Central Highlands Primary Care Partnership funded fun and informative five week course held at the Little Clinic in Ballarat for young pregnant women and their mothers to learn to discuss challenges and feelings of the up coming pregnancy. The sessions included topics such as aromatherapy, body image, belly dancing, massage, mosaic tile creation, card making, communication, stress and sleeping strategies.

Killara Residential Supported Accommodation Delcombe - Information Session (14) Clinic (7)

An information session on breast health and cervical screening was presented to women with complex and multiple needs who are residents at Killara. A Well Women's Clinic was provided following the day. This program was funded as part of the Community Connections program run by CentaCare.

special events cont.

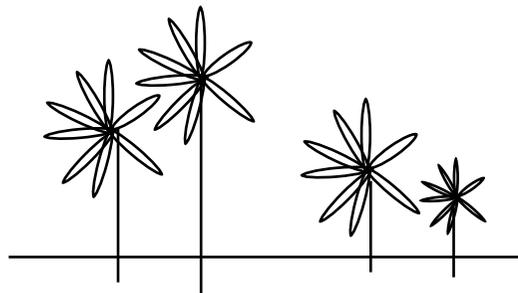
Women's Feista PCP Project

This Central Highlands Primary Care Partnership funded "Women's Big Day Out" bus trip from Wendouree West Community House to Halls Gap was an informative fun filled day addressing cancers in women for women from the local area. Presentations were made on the travelling bus on topics of breast screening, breast health, pap smears, skin cancer awareness and cancer risk identification. Show bags with a variety of health information and giveaways were given to the women. Prizes for

"the entertainment on the bus was great."

(Yet it was not entertainment but rather health promotion).

quizzes and games were a favourite part of the day. Several of the women on the bus had never been on a bus trip like this, had not eaten out in a restaurant, nor been part of a group of women having a fun, social outing. Great feedback from the women, they learnt a lot, enjoyed the day and made new friends.



professional education

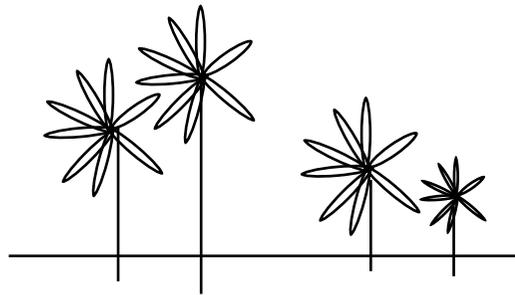
Familial Bowel Cancer Training (7)

A familial bowel cancer workshop was held at our Ballarat office which was attended by health professionals including district nurses, registered nurses and community health workers. Facilitated by Ilana McLeod, Women's Health Grampians, Mr Ivan Macciocca a genetic counsellor from the Genetic Health Services Victoria, Royal Children's Hospital and Dr Mac Gardner, Clinical Geneticist based at the Royal Children's Hospital. The evening provided clarification of a patient's risk of familial bowel cancer and explained the concept of risk in an easy to understand manner.

G.O.L.D

Growing Older and Living Dangerously (GOLD) women's group:

The GOLD (Growing Older Living Dangerously) women shared information about cervical screening with local women in their community. The group met monthly over five months to develop to develop their skills as peer educators. Over the five month project the seven GOLD women talked to 114 women about the need for cervical screening. The women ranged in age from mid 30s to 82 years of age and lived in the Wendouree West area (which is a recognised area of low socio-economic status). All the women in the group developed confidence and skills during the project.



“When women ask about the GOLD group badge it makes it easy to raise the subject of Pap tests. When men ask I tell them it is secret women's business.”

rural health innovative project



The project funded by the Department of Human Service aimed at providing health information to women across the region where the availability of information is usually limited. Thirteen portable brochures stands were located in each of the local government areas within the Grampians region. Every three months the stands were moved to a new town so the information can be accessed by a new group of women. This process will continue in the coming year.

WHG will ensure the sustainability of this project by continuing to maintain the resource stands throughout the region.

SHIRE	LOCATION
Yarriambiack	Warracknabeal Neighbourhood House Murtoa SLAMM Neighbourhood House
Hindmarsh	Dimboola Medical Centre
Horsham Rural City	Horsham Plaza Natimuk Health Wise Pharmacy
West Wimmera	Shire Offices - Edenhope Harrow Bush Nursing Centre
North Grampians	Stawell Neighbourhood House Shire Offices - St Arnaud
Ballarat	Ballarat Library Sebastopol Library
Ararat Rural City	Ararat Library
Pyrenees	Beaufort Library Avoca Library
Hepburn	Creswick Library Clunes Library
Moorabool	Maternal & Child Health Centre Bacchus Marsh Library
Golden Plains	Shire Offices– Linton Hesse Rural Health Service Rokewood

paps its time

This project in the Wimmera region provided access to women for cervical screening.

Woomelang - Information session (34) two follow up clinics (16)

The information evening included session's on menopause, HRT, belly dancing, cervical and breast Health.

Dimboola - Information session (30) follow up clinics (15)

The information evening included sessions on cervical health, menopause, HRT, Bra sizing and fitting.

Horsham Neighbourhood House - Information session (4) follow up clinic (5)

This project goal was to provide access to cervical screening for women of low socio-economic status. Part of this included an information afternoon with free lunch provide and presentations on cervical health, osteoporosis, breast health, self-defence and safety. A range of health information was displayed at session and women received a Commonwealth Carelink showbag with information.

Horsham Working Well Women's Women Clinic (8)

“Excellent service should be more.”

“Much needed wonderful for women”

“Great to have these services in our small town”

A clinic was held for working women at Women's Health Grampians into the

"Very relaxed and informative. Felt at ease with women who understood and have the time to discuss details without interruptions" (Bacchus Marsh).

- Women Pap Its Time afternoon – Meredith Community House (12)
- Women Pap Its Time - Bannockburn Hall (4)
- Women's Health afternoon- Bacchus Marsh Golf club (12)

Peer Education Program

This program is aimed at girls aged between twelve and eighteen who are interested in learning about body image, breast, cervical, lung and bowel health and teaching their peers. Focus groups at Smythesdale and Bacchus Marsh Secondary College with 42 girls contributed to the development of program. The education program was piloted with 15 girls from Ballarat Group Training and Optimal Learning. The peer education resource kits including a “With the Girls” training manual for organisations to train peer educators and a workbook for peer educators. Sixteen teenage girls from Mt Clear Secondary college underwent the two day training to become peer educators. It is hoped in the coming year to provide a trainer for organisations wishing to train peer educators.

Women's Health Clinic

A total of seventy-two women attended the ten women's health clinics held over the twelve-month period. The clinics were well received by women and childcare and transport were provided as required. Women who are busy

women's health women's way

The Shire of Golden Plains & Moorabool were the target of the Women's Health – Women's Way project (funded by the Central Highlands Primary Care Partnerships). The project has kept the Ballarat office staff very busy over the last twelve months. The program goal was to increase the awareness of four types of cancer (breast, cervical, bowel and lung) and early detection strategies using a combination of methods: a pre and post community survey, health education session, women's health clinics, training health professionals and a peer education program.

Pre-project and post Survey

A total of 965 pre-surveys and 960 post-surveys were distributed to women in the shire of Moorabool and Golden Plains. The surveys showed the most important thing for women attending a clinic was a female doctor or nurse, privacy, cost, childcare and comfort. The steps that women found most difficult about a pap smear was deciding to have the test, choosing a practitioner, the physical discomfort, embarrassment and lack of female doctor.

Women's Health Sessions

A total of eighty two women attended the ten women's health information session held over the ten month period. Staff from Women's Health Grampians provided information on cancer, risk factors, cervical screening and bowel cancer. Central Highlands BreastScreen, BreastScreen Geelong and North West BreastScreen talked about breast health and BreastScreen.. The sessions concluded with an interactive belly dancing session and or information on aromatherapy. Information around cancer and women's health issues were available at each session.

Information Session (numbers attended)

- Wine Women and Well Being evening - Haddon Community House (5)
- Women's Wellbeing and Activity evening – Ballan Mechanic Institute (22)
- Women's Wellbeing and Activity afternoon – Gordon Public Hall (15)
- Women Pap Its Time afternoon - Hesse Rural Health Service Rokewood (5)
- Women Pap Its Time evening - Blackwood Hall (12)
- Women Pap Its Time evening - Mt Wallace Public Hall (4),
- Women Pap Its Time evening – Linton Bowls Club (4)

This project provided opportunities for unscreened and under screened women to access information about the need for cervical screening and clinic opportunities. The aim was to recruit women, focusing particularly on women over the age of fifty years of age, to participate in regular cervical screening. The project targeted women who are isolated through living in a rural environment by increasing their access to cervical screening especially for those who have travel and childcare requirements. It was wonderful to have the specific funding to undertake such enjoyable and yet challenging projects. The projects in Wendouree West and with women living with mental illness were challenging, rewarding and

issues about cervical screening. Recently PapScreen Victoria has profiled the "Paps We Will" project as one of ten projects over the state to be best practice models in the community.

Wendouree West Community House - Information session (12) follow up clinic (4)

This part of the project was for women who experience low socio-economic status. An information session was provided on cervical screening and self-defence, at which the the peer education group (GOLD women) was launched.

"I now know that I need to book in for a Pap test"

innovative in their approach to reach women. The women living with mental illness provided a way for practitioners to hear directly women voices on their

paps we will

paps we will cont.

Adult Psychiatric Rehabilitation Program Of The Central Highlands (APROTCH) Information Session (23) Follow up clinic(5)

Women who live with mental illness from the Ballarat and surrounding area, Ararat and Melton attended the day which included presentations on: SunSmart, breast health, relaxation, cervical screening, and a belly dancing workshop. A focus group activity was held to determine the barriers and issues for women living with mental illness in accessing cervical screening. The focus group was jointly undertaken by Women's Health Grampians and the Ballarat and District Division of General Practice (BDDGP). The results were published in the BDDGP Division newsletter as well as the Women's Health Nurse Association of Victoria newsletter.

“I have enjoyed the day and I found that a lot of people who attended got to talk to different people, open up to other people and confide in each other on the different topics. I learnt heaps - lets do it again next year.”

Waubra - Information session (7) follow up clinic (3)

The information evening included presentations on cervical screening, breast health, natural therapies and belly dancing, and a great supper supplied by the Waubra Recreation Committee Ladies. Until this event no women's health activities had been held in Waubra, which added to the challenge.

“I liked having the Pap test in my own town, my ability to travel during business hours is limited.”

Snake Valley - Information session (16) follow up clinic (4)

The information evening included presentations on cervical screening, breast health, menopause, hormone replacement therapy and belly dancing. A great supper supplied by the Snake Valley Rural Fire Brigade Ladies. Until this event no women's health activities had been held in Snake Valley, which added to the challenge however the great work of several local key women resulted in the great attendance.

“Thank you for coming to Snake Valley”

Beaufort Information session - Information session (10) two follow up clinics (19)

The information evening included session's on cervical screening, familial risk of cancer and positive mental health as we age.

“It was a great service”

