

SUPPORTING THE CENTRE

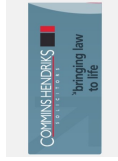


This is Bruce!

"Bruce" weighed in at 458kg when he was auctioned recently on behalf of the Wagga RSL, for \$13,400. Proceeds of the sale are going to Wagga Women's Health Centre to provide further assistance in raising funds to purchase our own premises.

"Bruce" and his half brother "Kevin" were bred by Nicole Rodd, Principal of the Wagga Murray Grey stud. Nicole, her father cattle fitter John Rodd and sister Kimberly, have given up their own time to raise the Murray Grey steers for various charities over a number of years. The proceeds of "Kevin's" sale going to Willans Hill School.

The Wagga Women's Health Centre would sincerely like to thank, Wagga RSL Club, Nicole Rodd and family, International Gaming Technology (IGL) and Aristocrat for their support of the Centre's fundraising efforts.



THE
RIVERINA
HOTEL

Volunteer?

WWHC has just begun a volunteer program and we invite you to apply. Activities may include assistance at the Centre such as bag stuffing, or gardening or you could volunteer to help out with fundraising activities. Please contact the Centre for an application form.

RAFFLE

Win a luxurious hamper of quality cosmetics and perfume kindly donated by Myer Wagga
All proceeds to benefit the
WAGGA WOMEN'S HEALTH CENTRE
(new building project)
\$5 per ticket
Prize drawn on Friday 28 February 2014
Tickets on sale at the Centre
CFN2602

Do you have an idea for a story? Would you like to write a letter to the editor? We welcome contributions from all our readers and supporters!

Please contact us on:

Phone: (02) 6921 3333 Email: wwhc@waggawomen.org.au Web site: www.waggawomen.org.au
Address: 92 Morgan St, P.O. Box 351, Wagga Wagga NSW 2650

Would you like to make a donation to the Wagga Women's Health Centre?
Here's how you can participate!

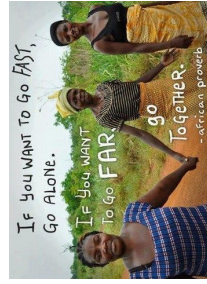
There are a number of options open to show your support for the Centre through a financial contribution.

- ♦ The WWHC New Building Fund committee will be working tirelessly over the next three years to raise funds for a new building. Participating in one of the many fundraising activities is one way you can support the Centre.
- ♦ You could make a donation to support the programs and services offered by the Centre by Direct Deposit, cheque (made payable to the Wagga Women's Health Centre), money order or cash.
- ♦ All the services we offer to women are free, there is never any obligation regarding payment, however we will accept donations at the Centre.
- ♦ The Centre has two large meeting rooms that can be utilised by community organisations for a small fee. Some conditions apply.

The Wagga Women's Health Centre is a registered charity, all donations made to the Centre are tax deductible.

Direct Deposit details.

Name: Wagga Women's Health Centre
Bank: Commonwealth Bank
BSB: 062 600
Acc: 009 021 62



If You Want To Go **FAST**,
Go **ALONE**.

If You Want To Go **FAR**,
Go **TOGETHER**.

- African proverb

Wagga Women's Health Centre

92 Morgan Street, P.O. Box 351, Wagga Wagga NSW 2650
(02) 6921 3333 wwhc@waggawomen.org.au

Support, counselling, health education, groups and referral service
Open 9.30am-4.30pm Monday-Thursday



Issue 7 Summer 2013

Check out our website!
www.waggawomen.org.au



Welcome to our Summer Newsletter!

Summer is finally here and for those of you that love the heat, it's time to shed those winter blues and get some sunshine. A little bit of sun provides us with essential vitamin D but too much can be deadly. The Cancer Council recommends the following guide.

October to March **10 minutes of sun exposure in midmorning or midafternoon.
April, May, August and September **15 minutes in midmorning or midafternoon.
June and July **Southern NSW (eg Sydney, Batemans Bay, Wagga Wagga): 40 minutes in the middle of the day.

Care must be taken by people with very fair skin and/or those at high risk of skin cancer. Always check UV levels in your local area at cancer council.com.au/sunsmartvalent and use sun protection when UV levels are 3 and above.



Current Groups

Women's Wellness group. Social afternoon from 1.30-2.30pm. Group for older women. Mondays Gold coin donation. Ring for more information..

Me Time. This is a weekly drop in **Women's Health Group.** Held Thurs group and is an opportunity to take mornings for women with refugee or some time for yourself. Held every refugee like backgrounds. Starts at Tuesday 10.30am—Midday. 10am. Morning tea supplied.

Tai Chi for Arthritis. Held Thursday



To remove your name from our mailing list, please email us at wwhc@waggawomen.org.au with UNSUBSCRIBE in the title
Questions or comments? Please email us at wwhc@waggawomen.org.au or ring us on (02) 6921 3333.

The Wagga Women's Health Centre acknowledges the the original custodians of this land, the Wiradjuri people. We pay our respects to the Elders, past, present and future and extend that respect to all Indigenous Australians.

WWHC is on Facebook!



At The Blessed Bean we only choose to use 100% high grade Arabica coffee which has a delicacy and flavor that is unrivaled in its botanic variety.

If you love incredible coffee, great service, a warm and welcoming atmosphere AND have an uncompromising passion for a great breakfast or lunch, our menu is prepared using the best local produce fresh each day. We use free range eggs, grain fed beef and organic artisan bread. We care about your experience & hope you enjoy!

10 Best Street
Wagga Wagga
Ph:02 5908 3158

<http://theblessedbean.com.au/>



27th Jan—International Day of Commemoration in Memory of the Victims of the Holocaust
4th Feb—World Cancer Day (WHO)
6th Feb—International Day of Zero Tolerance to Female Genital Mutilation (WHO)
14th Feb—V Day. A global activist movement to end violence against women and girls.

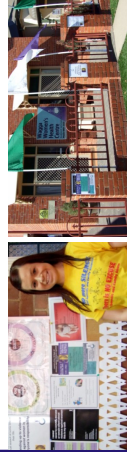
Awareness Campaigns

16 Days of Activism against Violence against Women

On Monday the 25th of November the Wagga Women's Health Centre launched the annual **16 Days of Activism against Violence against Women**. Approximately 50 people from the local community attended the event, to hear guest speakers Colonel David Hay (Commandant, Army Recruit Training Centre), and Kathleen Lindsay (Proprietor of Push Hairdressing) speaking about the role of community in relation to taking a stand against violence against women and children.

The **16 Days Campaign** begins on November 25th, the International Day against Violence against Women, and ends on December 10th, International Human Rights Day. These dates symbolically link violence against women and human rights, and emphasise that such violence is a human rights violation. Over the course of the 16 days the Centre was involved in various awareness-raising activities, including putting posters and flags out the front of the building, using social media to educate the community, and attending other events hosted by organisations of the Wagga Wagga Domestic Violence Liaison Committee.

If you would like to be involved next year or want some assistance to host an event yourself please contact Emma at the Centre.



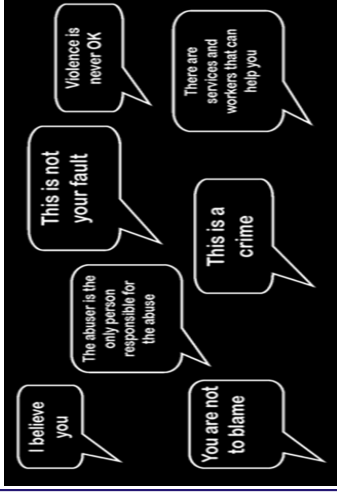
Crimes Amendment (Zoe's Law) Bill 2013 (No.2)

(Taken from Our Bodies Our Choices Fact Sheet)

We acknowledge the significant pain and grief experienced following harm or loss of a foetus; however the Crimes Amendment (Zoe's Law) Bill 2013 (No.2) raises serious legal and ethical questions for the women's sector.

This Bill gives legal personhood to a foetus and if passed will be the first legislation of its kind to pass in NSW. It has the potential to undermine the reproductive rights of women in NSW to access safe, legal pregnancy termination. For more information; <http://www.womenslegalsnsw.asn.au/law-andpolicy-reform/>

What to say to someone who has experienced domestic violence or sexual assault

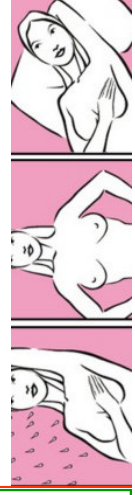


How To Perform a Breast Check

Three easy ways to perform a breast check, as advised by the Sydney Breast Cancer Foundation.

Check your **breasts** at the same time each month. You should check two to three days after your period ends. If you no longer have periods, choose a regular day each month for breast examination. See your doctor if you notice any changes in your breasts.

- 1. The shower:** Put your left hand behind your head. With your right hand, use circular movements to examine your left **breast** for lumps or thickening. Feel lightly, then press firmly, feeling for anything deeper. Next, examine up to the collarbone and out to the armpit. Then do the other side.
- 2. The mirror:** After showering, check your breasts in the mirror with hands by your sides. Look for changes in colour or shape, dimpling of the skin or pulling in of the nipple. Put your hands on your hips and push your shoulders forward to check again, then check with hands raised over your head.
- 3. Lying down:** Lie on your left side with your knees bent; roll your shoulders back so they are flat on the bed. Place your right arm under your head. Your **breast** will now be as flat as possible. Examine your right breast using the methods in step. Reverse the procedure to check your left breast.



Unique Australian Partnership

Taken from Kapooka Chronicle 2013



The Wagga Women's Health Centre (WWHC) and the Army Recruit Training Centre (ARTC) have worked together recently in a number of fields but particularly in the area of support to the families of Defence personnel. Within this relationship both parties hold a clear understanding that with gender equity and equality there is a richness and diversity of ideas and discussion which can only serve to benefit Defence in particular and Australian society in general. WWHC and ARTC are committed to strengthening this relationship so that it may serve to provide a solid foundation to future joint endeavors between the parties.

The **Memorandum of Understanding (MOU)** gives further definition to the commitment of both organisations and arises from an agreement between them to work in collaboration to combat violence against women and assist in further developing a culture where all personnel at ARTC are respected and work in a non-sexist and non-violent environment. A more recent development in the unique relationship between WWHC and ARTC is the advent of the Sexual Misconduct Prevention and Response Office (SeMPRO) within the Australian Defence Force (ADF). SeMPRO arises from the decision of the ADF to shape its response to sexual misconduct from a trauma-informed care approach in alignment with the relevant research and national guidelines.

WWHC will be at the local forefront in providing its expertise and resources to ensure that should ARTC have to respond to a claim of sexual misconduct against one of its personnel, such a response will be in line with a trauma-informed care approach. To date, the parties have worked to ensure a local awareness of the White Ribbon Campaign and more importantly, helped to generate an active 'taking up' of the campaign and its philosophy by significant groups and individuals, particularly men, within the Wagga region. Accordingly, the goals for which WWHC and ARTC strive for within the context of this MOU form part of a much bigger story. They are intertwined with the work of White Ribbon Australia which in turn contributes to the efforts of the International White Ribbon Day Campaign against gender violence.

As part of its commitment to stamping out violence against women in its workplace, the Australian Defence Force in 2012 launched the Pathways to Change initiative which articulates a clear, unambiguous and widely disseminated statement endorsing diversity in the workplace, inclusion and gender equality as well as emphasizing the unacceptability of sexual harassment, abuse and discrimination in the ADF.

The WWHC has been one of the lead community agencies to promote and educate the local community about violence against women and in particular has been active during the 16-Days of Activism Against Gender Violence which commences on 25 November of each year. Consistent with both the stated aims of the SeMPRO and the unique relationship between the WWHC and ARTC, this MOU seeks to ensure that ARTC personnel who are victims of gender based violence, their families and friends, can access the support services provided by the WWHC to facilitate a 'recovery-orientated' response.

Cartoons are more than just entertainment

A recent study found that while many girls are watching cartoons, the lead characters in the shows are males, 2 to 1, which effects both girls and boy views because the characters reflect the expected norms that society would like to continue.

The female characters, when presented, were found to be over sexualized, and fall in to three categories:

- 1. Daydreamers:** Have no goals, and want to be romantically swept away.
- 2. Derailed:** Have goals but get romantically swept away and never return to goals.
- 3. Daredevils:** Have goals and ambitions, not willing to let romance derail them.



What's especially interesting is that while many characters have been designed through a socially conscious lens – research shows that animators still cannot throw a female character into a slapstick skit (think Wile E. Coyote) because females getting run over would simply not be funny to many viewers. Nor would most viewers believe it if a "regular looking" girl were a hero (currently this only happens if the female character is masculine or if she is portrayed as a nerd).

It has been suggested that by leveling the playing field we have the opportunity to see girls and boys as realistic, as opposed to this fantasy of perfection. What do you think?

Sourced from <http://socialjusticefeminist.blogspot.com.au/2009/05/cartoons-are-more-than-just.html>