



the Women's Centre Newsletter

Mar-Apr-May 2010

Funded by Queensland Health and Department of Communities

**Seeking Support following
Sexual Assault**

**Recycling your Mobile Phone
can raise money for the
Women's Centre - Read how**

Up For Rent Programme

**Groups at the
Women's Centre -
What's Going on?**



The Women's Centre

North Queensland Combined Women's Services Inc

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Aitkenvale
Qld 4814

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Newsletter

Hello Women

Welcome to the New Year although it feels like we are already well into it.

We have three new staff Theresa, Vicki and Toni. It is great to have them on board.

It has been a busier than ever start to the New Year with approximately 3,500 women coming to the Centre so far. This has meant that many women have had a long wait to see the duty counsellor. This has been an unavoidable delay as we have no extra resources to cope with the increase in numbers. The drop-in centre side of the Women's Centre has been extraordinarily busy with many more children at the Centre on a daily basis.

The Women's Centre is a multi-programmed funded centre which allows us to provide many and varied programmes to you all. However, the resources are limited and much of my time lately has been writing funding submissions to support the current activities.

We continue to strive to gain new premises but no final decisions have been made yet. I hope next newsletter I will be able to make announcements and talk about future plans.

Many of our networks are back and working hard. Amanda (Health Promotion Worker) is on the Seniors Advisory committee for the Townsville City Council and I am on the Women's Advisory committee.

The Red Cross funding for the Up for Rent programme ceases in June. Unfortunately, at this stage we have not been able to gain other funds to keep the programme running. This programme

has been hugely successful. In 18 months 345 women have been seen of those 126 have been housed, that is, 36.5%.

Recently, we had the opportunity to speak at the University of New South Wales about Up For Rent. It had been identified as a programme worth replicating and therefore presented to organizations from all over Australia. What a shame the Queensland government can't find the funds to continue this programme.

A respectful relationships workshop was held this week. This was held as a response to the difficulties being had in the drop in area and the way women were responding to each other and staff. It was great to see those that came. At the workshop there were requests to do more around the issues. As a result there will be a protective behaviours' workshop. The time and date are yet to be set. Again thanks to those that participated.

Cathy

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Women's Centre

OPENING HOURS

MONDAY 9AM - 4.45 PM

TUESDAY 9AM - 4.45 PM

WEDNESDAY 9AM - 4.45 PM

THURSDAY 9AM - 12.45 PM

FRIDAY 9AM - 4.45 PM

To All Our Readers:

To save trees and money, The Women's Centre would greatly appreciate your email address so future copies of our newsletter can be sent to you electronically.

Please email us at:
nqcws@thewomenscentre.org.au

Thank you to all those who have already registered for the email newsletter.

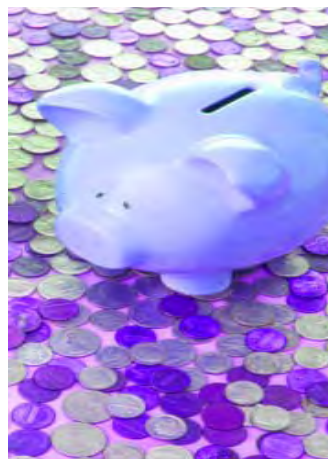
The Women's Centre appreciates your support. We would also be grateful for any financial support you may be able to give to us.

The Women's Centre is currently holding a fundraising drive which is registered at:

http://www.ourcommunity.com.au/giving/appeal_details.form?appealId=1554

You can donate using a credit card online at the above address or you may donate by sending a cheque to:

**The Women's Centre
50-52 Patrick Street
Aitkenvale
QLD 4814**



DUTY COUNSELLING

**IS NOW AVAILABLE ALL DAY
BETWEEN THE HOURS OF
9AM AND 4.45PM MON-FRI
THURSDAYS FROM 9-12NOON**

**To see a counsellor, please make
an appointment with reception.**

Seeking Support Following Sexual Assault

Sexual assault continues to be a serious but significantly under-reported and hidden crime in our community. While the reasons for this are often complex, many victims of sexual assault are deterred from accessing support because of intense fears, shame and humiliation. These issues often contribute to a deepening isolation in the aftermath of the sexual assault(s), at a time when safety and support are so critical. This article seeks to break down some barriers for victims and encourage access to a supportive response.

Many women reading this will have been affected by sexual assault and may still be confronting the emotional turbulence and trauma resulting from this crime of violence, whether the sexual assault was experienced in the past or more recently. As a victim of violence, one of your rights is to receive prompt, sensitive and appropriate support.

The Women's Centre has skilled and qualified sexual assault counsellors to assist you with the issues you identify. Counselling is confidential and offers a safe environment to discuss the ways in which the sexual assault is impacting on your overall health and well being. Sexual assault is a crime of violence and is likely to affect your whole self, including your sense of safety in the world. Due to the on-going false perceptions or myths about sexual assault in the community, many women, as they struggle to comprehend the severity of the crimes to which they were subjected, are confronted by dismissive remarks and blaming comments from others. These experiences further add to the isolation and trauma for many victims. For some women, talking to a counsellor provides the only opportunity to feel supported and validated.

Support from family, friends and partners significantly assists the victim in her healing over time. If you are currently providing support to a loved one about their past or recent sexual assault, you are undertaking a vital role. You will need to be prepared to listen, asking minimal questions, and keep listening with total focus, empathy and patience. You are not expected to have answers but providing a space where the victim can talk about her fears, confusion and fluctuating emotions is really important. If you do ask questions, be cautious about how you express these as they could be interpreted as suggesting the victim did something wrong. The question that is likely to be of most importance is "what do you need right now?"

While this may be difficult for the victim to know or articulate, it demonstrates that you are focused on her needs and that

you can support her as her needs change and shift over time. Be calm, patient and non-judgmental. Try not to allow any anger you may feel to overwhelm her needs and emotions, and be prepared to sit with her throughout intense sadness and despair. However, if you become concerned about depression or suicide, please do not hesitate to access appropriate resources and support, preferably with her consent and participation.

Please be aware that the woman you are supporting may not want you to know the details about the sexual assault(s) which were perpetrated against her. This is not about her being secretive, but is more likely to be linked with intense shame, humiliation and violation that she is experiencing. She may also want to spare you knowledge of disturbing information and protect you from the pain of knowing what she was subjected to. Over time, she may disclose some of this or not, but it is vital that you avoid questioning her for further details. To do so may risk the trust she has in you and the genuine support you are offering. The dynamics of sexual assault mean that she was likely to have been rendered powerless through threats, coercion and fear. A supportive response means that she will be assisted to reclaim her own personal power through being in charge of decisions and choices that affect her life.

Supporting a loved one who has experienced sexual assault is a vital and often challenging role. Acceptance and a belief in her ability to know what she needs, calm and thoughtful care are essential in creating an environment in which the

victim can explore her thoughts and feelings in the aftermath of violence. Safety is paramount and inviting her to talk about how you can support her to slowly re-establish a sense of safety is fundamental to her rebuilding her life. Seek support for yourself too – this will enable you to explore your own thoughts and feelings about how the violence against your loved one is impacting on you, and will help you to stay strong and connected throughout her recovery process. Please avoid making promises you can't keep – above all she needs to know what you are able to offer her, so respectfully let her know of your limitations. Gently encourage her to seek support and counselling being mindful that many women are very apprehensive about this. However, counselling can be very helpful and enables an exploration of her strengths as a survivor as well as acknowledging her courage and resilience.

Having a pivotal role in supporting a survivor of sexual assault can be daunting, so also make some time and space from the intensity of dealing with the impact of the sexual assault(s) to engage in relaxing activities that feel safe, enjoyable and fun.

Please contact The Women's Centre on 4775 7555 for further information if you have experienced past or recent sexual assault or are supporting a survivor of sexual violence.

Dí

Senior Counsellor



The Sisterhood of the Super Wealthy

interview

16 Feb 2010

By Bronwyn Adcock

Bronwyn Adcock meets Helen LaKelly Hunt, a Texan heiress who is in Australia to convince wealthy women to support feminist philanthropy

Just before she married, Helen LaKelly Hunt's father called her fiancé into his study for a two-hour, closed-door meeting. She was told later it was to discuss her "financial situation", something no one had ever spoken to her about. As the daughter of one of America's richest men — Texan oil tycoon H.L. Hunt — Helen says she was expected to be no more than "a southern belle who just smiled sweetly at the smart men who handled the money".

Today, at 61, Hunt is a successful businesswoman, feminist activist, and one of America's leading philanthropists. The pivotal moment for Hunt in breaking out of what she calls her "golden handcuffs" was when she discovered the extent of her wealth by reading about it in Forbes magazine. She also discovered that her money was held in a trust fund controlled by her brother's fraternity "brother". The fight to regain control of this fund was, she says, "radicalising".

Hunt is in Melbourne and Sydney this week to launch the Australian arm of a campaign she started in the United States called Women Moving Millions. It's a sort of sisterhood of the super-wealthy that asks rich women — or "women of high net worth" as they're more delicately referred to in philanthropic circles — to donate a million dollars apiece. The money is then distributed to organisations that support women and children all over the world.

Globally, women still face massive inequality. They are the poorest, the most illiterate and, even in developed countries like Australia, don't have wage parity. Surprisingly, in what could be a boon for women (in the West, at least), they are set to take control of the vast majority of private wealth.

In the United States, women now control the majority of private wealth — just — with 51.3 per cent of it in their hands. That's up from 7.2 per cent in 1860. US research predicts that US \$41 trillion will be passed on through inheritances over the next four decades and says 70 per cent of this money will go to women. In Australia, philanthropic groups expect a similar trend.

Helen LaKelly Hunt describes it as the "women's hour". Speaking with an almost evangelical zeal for philanthropy, she talks frequently about her "awakening".

It's time, she says, for women of wealth to step up and to start giving generously:

"It's the awe of being able to make a difference. It moves women out of their passive role and into an active role where we have agency, where we can make something happen. Everyone is sad about all the poverty in the world, but now there is something you can do about it."

"It's the awe of being able to make a difference. It moves women out of their passive role and into an active role where we have agency, where we can make something happen. Everyone is sad about all the poverty in the world, but now there is something you can do about it."



Helen and her sister Swanee Hunt kicked off the Women Moving Millions campaign in the States with a joint donation of US\$10 million. They've now raised US\$181 million from just 101 donors including two anonymous Australians.

The money is going to women's foundations that support everything from financial literacy skills for young women in California to teacher training in Afghanistan. For Hunt, this giving is about pursuing social change with a feminist agenda.

"We are not just talking about women writing cheques, we are talking about lifting up the values we want in our culture, to bring about the world that we think is best for the future of our children. It's

about funding our right to thrive, our right to express our values and our right to be part of policy-making bodies that are deciding if and how we go to war.

"Women need to show up on congressional votes as well as men and determine the law along with men and it takes money to shift the institutions of a culture so that women can be visible and vocal."

How will this clarion call for women's empowerment sit with Australia's wealthy?

There's certainly a perception that wealth is associated with social and political conservatism. Do any of the well-heeled of Toorak and Vaucluse really want to spend their money on progressive feminist social change? Indeed, one of Australia's most generous female philanthropists, Dame Elisabeth Murdoch, has made a point of saying she "is not a feminist".

Hunt tells me that she was "thrilled" to see how many conservative women in the US became involved in her campaign. She says that in the past women's issues have been "pigeon-holed as left-wing ... but now people on the left and right see it's all about creating an agenda for equality and justice".

Still, women of wealth don't have a great track record for helping out their less well-off sisters — or even for helping themselves. Women have always been generous philanthropists, but they've tended to use their dollars to support the status quo, even if it means perpetuating discrimination. Helen LaKelly Hunt says the suffrage movement is a prime example.

"High-net worth women sat on the sidelines while their suffragette sisters petitioned and marched and were dragged to prison and did hunger strikes and were force fed. The working class women were giving their money and their work and their blood, sweat and tears but the high net worth women were funding the ballet and their husband's alma mater and religious institutions where they had no voice."

To some degree this trend continues today, though, in the last decade, foundations and charities funded by women, for women and children, have grown at a faster rate than the overall foundation sector, suggesting that change is underway.

In some quarters though, the proposition that women's issues be specifically funded rankles. "You really couldn't get more provocative" according to an article in The Age. When Swanee Hunt appeared on American television network CNBC recently the male host seemed shocked, not by the fact that she'd just raised US\$181 million during a severe economic downturn, but that the money would go to women. "I don't mean offence", began his first question, "but why women?"

The Women's Centre 07 4775 7555

Helen LaKelly Hunt says it's because funding women is strategic and successful:

"If a man receives funding, the research shows that he will often better himself, period. But if funding goes to a woman in need, for example if you help a woman get an education, she will make sure her children get educated, then she wants her neighbourhood to get educated. If you help a woman, she gets stronger, her family gets stronger, her community gets stronger, and ultimately the world gets stronger."

It's an observation also made by global investment banking firm Goldman Sachs. In 2008 the Goldman Sachs Foundation announced it was spending 100 million dollars on giving 10,000 disadvantaged women around the world a business and management education. The bank said research shows "this kind of investment can have a significant impact on GDP growth. It also suggests that such an investment in women can have a significant multiplier effect that leads not only to increased revenues and more employees for businesses, but also healthier, better-educated families and ultimately more prosperous communities."

A World Bank study has shown that increasing the share of women with a secondary education by just 1 per cent increases annual per capita income by 0.3 per cent.

So while the philanthropic sector is learning the value of including women, when

will governments catch up?

In late January all but one woman was excluded from the London Conference on Afghanistan — a key meeting of all major players and governments in the Afghan conflict. One of the most important issues discussed at this conference was the setting up of a fund to attract Taliban fighters over to the Afghani Government side.

The fact that women — arguably the half

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and ultimately
the world gets stronger."***

of the population with the most to lose from the Taliban — were not fairly represented at this discussion is short-sighted. Not just because it's not fair, but because evidence shows the more women are included the better the outcomes.

As Arzo Qanih, the only Afghani woman to address the Conference said "Women in Afghanistan are critical partners for peace. Women's engagement is not an optional extra component of stabilisation and recovery: it is a critical precursor to success."

Helen LaKelly Hunt believes that money

is power and by wielding their money in the right way, women can help buy themselves a seat at the table.

As she addresses the launch of the Australian Women Mobilising Millions campaign in Melbourne today, she'll be trying to convince Australian "women of wealth" that it is worth writing the biggest cheque they may ever have written.

For Hunt, giving away money is a joy: "It's like after growing up in a desert, that now there is this oasis, this permission to step over old barriers and start thinking of money and start allocating."

<http://newmatilda.com/2010/02/16/sisterhood-super-wealthy>

Candlelight Ceremony

To remember those who have
lost their lives to domestic violence

**Wednesday May 5th
5.30pm**

**at The Women's Centre
50 Patrick Street
Aitkenvale**

For more information please call NQDVRs on 4721 4888

Recycle your old mobile phone and support the Women's Centre at the same time

The Women's Centre has entered into a partnership with **ARP** (Aussie Recycling Program) to collect and recycle old mobile phones which will raise money for the Women's Centre.

The Australian Mobile Telecommunications Association estimates that there were about 12.8million mobile phones in use in Australia as at the end of 2002.

Research shows that consumers upgrade their phones every 18-24 months. This means that there are 3.5 million phones replaced each year.

It is estimated that there are about 10 million unused mobile phones sitting around peoples homes and offices around Australia.

ARP aims to recycle these, and re-use those which still operate, repair those which are repairable, and recycle the components of those which are left.

Mobile phones and accessories contain concentrations of toxic heavy metals or other metals including cadmium, lead, nickel, mercury, manganese, lithium, zinc, arsenic, antimony, beryllium, and copper.

Metals such as these are considered as:

- Persistent (don't degrade in the environment) and
- Bioaccumulative (build up in fatty tissue to toxic levels over time)

If any of these metals are allowed to leak into the environment in significant quantities, they may leach into the water courses or contaminate the soil. Metals build up in the soil and can then enter the food chain causing health problems.

These chemicals are associated with a range of adverse human health effects, including damage to the nervous system, reproductive and developmental problems, cancer and genetic impacts.

Cadmium for example is considered as the 7th most dangerous substance known to man. It is a toxic heavy metal that can harm humans and animals who ingest it. It is carcinogenic.

To prevent these adverse environmental effects, you can now recycle your old phones safely and easily.

Aussie Recycling Program is a mobile phone take back program designed to raise funds for charity and clean up the environment through the collection of unused mobile phones.

The focus of the program is re-use which is at the top of the environmental hierarchy and too important to ignore.

All phones collected are extensively

tested, repaired if necessary, refurbished and re-sold into developing countries where low cost handsets are needed.

Phones which cannot be repaired, are used as spare parts.

Older phones which are seriously damaged are sent to material recycling, where they will be recycled in an environmentally sound manner.

Materials which can be re-used are extracted to be put back into productive use, with the residual being disposed of in accordance with environmental regulations: none go to landfill.

The Aussie Recycling Program aims to help avoid a future environmental problem being triggered by the dumping of millions of mobile phones (currently being stored in cupboards and office draws), into landfill, by providing a responsible and environmental solution through the highest form of recycling - reuse.

Phones recycled by ARP are exported and help bridge the digital divide, improving local economies and also the quality of life in the developing world by providing affordable, modern communications for many people.

This will create jobs, stimulate business and strengthen communities among the poor in developing countries. The strategy to achieve this is by providing poor entrepreneurs a working solution to their poverty, rather than handouts, by offering them an opportunity to distribute recycled mobile phones.

The program creates new jobs. ARP's aim is to have phones processed at sheltered workshops or employ unemployed labor, providing employment for the needy.

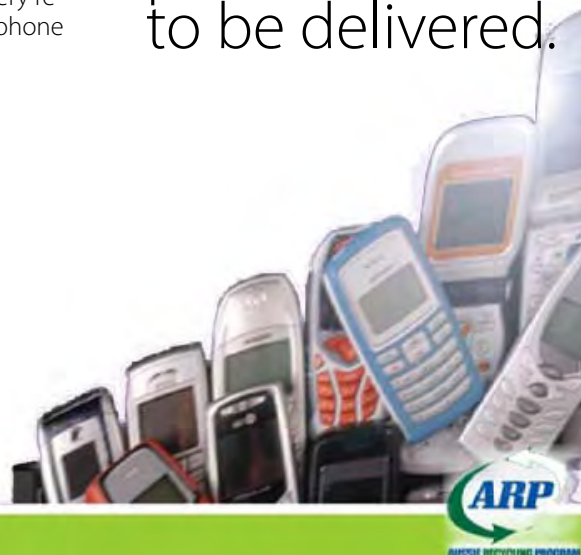
This program also aims to help raise much needed funds for charities and community groups

The Program donates \$5 for every re-useable phone or \$3 for every phone collected.

The Women's Centre is a collection point for old mobile phones.

Please support us and help the environment at the same time by dropping in your old mobile phones at Reception.

If your workplace would like to become a collection point, please call Kathy on 4775 7555 to arrange for an information pack and a box to be delivered.



“Up for Rent” runs out of funding

The Up for Rent Programme, which has been running for 18 months from the Women’s Centre runs out of funding on June 30th.

This has been a highly successful programme. 345 women who are homeless or at risk of homelessness have been seen by the workers, and of those women 126 have been successful in finding secure, safe and independent accommodation. The housing has been found through a mixture of both private rental and Department of Housing.

The 36.5% success rate of this programme is indeed a credit to the hard work of the staff who literally leave no stone unturned to secure a successful outcome for women and their families.

The program offers holistic support with no barriers to access:

- assistance with obtaining identification
- by offering financial support and access to information in order to apply for rentals and Department of Housing.
- providing women with support letters
- linking women with other support agencies to obtain furniture, medical help, and counselling.
- Providing transport, key deposit money, internet, newspaper, telephone to find properties and contact real estate agents
- Assistance to fill in applications and choosing the right people for references.
- Copying papers, supplying with folders/stationery to present documents to real estate agents.
- Assisting women to successful applications by providing practical support such as minding children while women drop off applications or get keys at the real estate,
- Offering women who are living rough the use of our shower and clothes donations in order that they present well for interviews and applications.

The workers have established valuable connections with many government and non-government organisations such as Red Cross, the Baptist church, aged care, FEAT (Family Emergency Accommodation Townsville), Wee care, Dept of Housing, Real Estates, Shelters, tenancy advisory services, Births, deaths and marriages.

The funding for Up For Rent is about to run out, and at this stage we have been unable to secure further funding from the government to continue this valuable service.

At this time, we will continue to work with the women who are already registered with Up for Rent, but will be unable to take on any more clients.

We are continuing to seek funding to keep this programme going.

We hope to bring you good news in the next newsletter.

Women’s Centre outreach dates for 2010

Venue	Place	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Charters Towers	Charters Towers Neighbourhood Centre		15th	15th	19th	17th	21st	19th	16th	20th	18th	15th	20th
Ayr	Ayr Neighbourhood Centre		2nd	2nd 30th	27th	25th	22nd	20th	17th	14th	12th	9th	7th
Ingham	Ingham Hospital Community Health	29th	26th	26th	23rd	21st	18th	16th	13th	10th	8th	5th	3rd

Confidential Professional Counselling is available in Charters Towers, Ayr and Ingham on the above dates. If you are interested in talking to a counsellor, please contact Belinda on 4775 7555 or email: belinda@thewomenscentre.org.au

The Gift of Dadirri



Hi Women

I'm Vicki and I'm a new counsellor at the centre. I am a non-Indigenous woman with a deep interest in culture. Each of us grows up in a certain culture or cultures. We learn about our culture through conversations and interactions with, or simply watching, our parents, other family members, friends, our religious leaders, teachers and so on.

Our culture teaches us a way of looking at the world, tells us what to do and how to relate to others. It gives us answers to some of the questions that are central puzzles in human life: Who are we? Why are we here? What is our purpose in life? What happens when we die? Culture is fundamental to human life.

I have a particular interest in Aboriginal and Torres Strait Islander culture and recently learned about an 'Aboriginal gift'

called Dadirri. Miriam Rose Ungunmerr says it is a special quality: a unique gift of the Aboriginal people. An inner deep listening and quiet.

The principles and functions of Dadirri are: a knowledge and consideration of community and the diversity and unique nature that each individual brings to community; ways of relating and acting within community; a non-intrusive observation, or quietly aware watching; a deep listening and hearing with more than the ears; a reflective non-judgemental consideration of what is being seen and heard; and, having learnt from the listening, wisdom, and the informed responsibility that comes with knowledge.

Dadirri is considered a way of life. It gathers information in quiet observation

and deep listening, builds knowledge through awareness and contemplation or reflection, which informs action.

Dadirri is also about:

- All people matter. All of us belong
- I will listen to you, share with you, as you listen to, share with me. Our shared experiences are different, but in the inner deep listening to, and quiet, still awareness of each other, we learn and grow together. In this we create community and our shared knowledges and wisdom are expanded from our communication with each other.
- Listening invites responsibility to get the story – the information – right. However, listening over extended periods of time also brings the knowledge that the story changes over time when healing occurs as people experience being listened to in Dadirri.

Dadirri is a process of listening, reflecting, observing the feelings and actions, reflecting and learning, and in the cyclic process, re-listening at deeper and deeper levels of understanding and knowledge-building. Dadirri also means listening to and observing the self as well as, and in relationship with, others.

I don't claim to be an expert in anyone's life but my own and embrace the idea that the people and situations that I encounter every day have much to teach me if I allow myself to be open to receiving their wisdom. I hope to practice using Dadirri in my work here at the centre.

Vicki

Hi Women,
My name is Theresa and I have recently relocated from cold, miserable Melbourne to lovely sunny Townsville.

I commenced working at The Women's Centre in early January as a counsellor. I have a background in cognitive behavioural therapy and psychodynamic therapy but I consider myself more of an eclectic therapist.

An eclectic therapist works with the person to determine what is the best approach for the individual and will use techniques drawn from several different schools of thought. This allows me to be flexible, adaptive and helps to avoid forcing treatment into a one size fits all limitation. I am enjoying my time at The Women's Centre and look forward to meeting more wonderful women in the months to come.

Theresa

Well it has been a couple of years since I last walked the hallowed grounds of the Women's Centre and I must say that I am very glad to be back. Lots of changes have been made which have improved the services greatly. It is great to see a few familiar faces still working at the Women's Centre as well as a lot of new ones. It is also great to see lots of familiar faces still visiting the Women's Centre – such an enduring haven for so many women.

Since I last worked at the Women's Centre I have been living in Canberra and working at the Canberra Rape Crisis Centre and have also had a beautiful baby girl.

I am now working as a facilitator at the Up For Rent program although potentially only for a short while as unfortunately the Up For Rent program may be coming to a halt very soon.

It is great to be back.

I hope to see you around.

Anna Loughton.

Oral Health

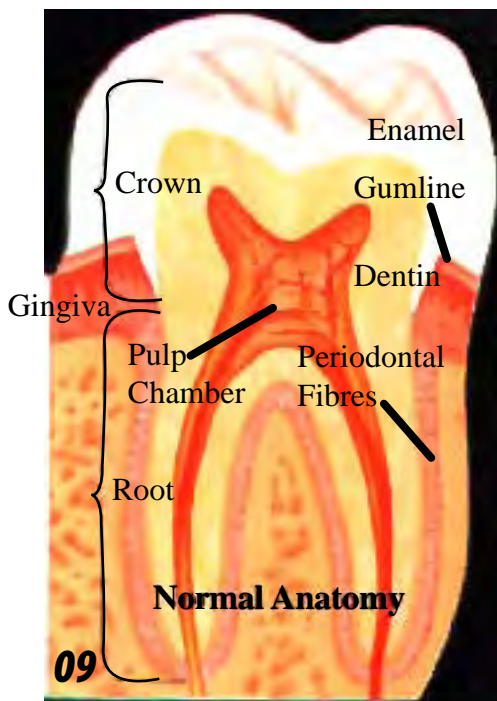
Oral health is described as being a level of health which enables an individual to eat, speak and socialise without active disease, discomfort or embarrassment and which contributes to general well-being. Many people accept oral disease and its consequences (having teeth filled and taken out) as a normal part of life.

Would you feel the same way about having to lose a finger or toe? Dental diseases (caries and periodontal or gum disease) are currently among the most prevalent chronic diseases in Australia and among the most costly to the Australian health system. They are also largely preventable and therefore avoidable.

In a 1999 study, 5-12 yr old Queensland children were found to have the worst teeth (both first or baby teeth and permanent teeth) in Australia. When Queensland has the largest oral health budget in Australia, why don't Queenslanders have better teeth?

The answer lies largely in the percentage of Queenslanders who have access to fluoridated water which the World Health Organization described in 2001 as 'the most effective public health measure for the prevention of tooth decay.'

Most people in Townsville have been fortunate enough to be among the 5% of Queenslanders drinking fluoridated water since 1964, with recent upgrades to the system making fluoridated water available to residents in the newer northern suburbs by the end of this year. Queensland also has a high proportion of people living in rural and remote areas. Our country dwelling residents have been shown to have higher levels of disease (between 4 and 8 times) than their counterparts in urban areas. Access to fluoridated water, affordable healthy food and oral hygiene products, information and support all play a part in this picture.



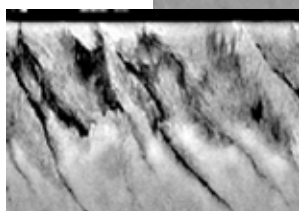
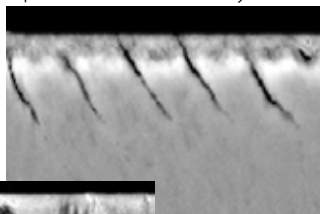
How does decay happen?

Acids in our food or drink, from sugar being broken down in the mouth by bacteria or from regurgitation (indigestion or vomiting) break down the outside surface of the enamel, the hard protective covering of the tooth.

In the early stages, this looks like white patches, most commonly around the gum line and this can be repaired.



If the acid attack is allowed to progress, this demineralisation will cause the enamel to collapse and form a cavity in the tooth.



The cavity may then involve the middle layer (dentine)

which is when the tooth starts to sting with sweet food and temperature changes and finally it may progress to the pulp ('nerve') when a dental abscess is likely to form.



How does gum disease happen?

When starchy food is eaten, plaque is formed. Plaque is a thin, sticky film of bacteria & their by-products which coats the teeth. It is a common cause of tooth decay and gum disease.

If oral hygiene is poor, minerals dissolved in saliva can harden the plaque to form calculus (tartar) which can't be removed with a toothbrush. Plaque in calculus can continue to damage gums, causing inflammation known as gingivitis. With proper care, this is reversible. Untreated gingivitis can progress to an advanced stage of disease called periodontitis where there is inflammation and infection of the tissues supporting the teeth.

Damage to the gums, bone and ligaments that support the teeth may cause tooth loss. Periodontitis is the major cause of tooth loss for people over 30 years of age.

Women need to be very careful with their oral hygiene, because gums may be aggravated by changing hormone levels and inflamed gums are more likely to harbour bacteria.

What Can I Do?

1. Pay attention to a Healthy Diet – including drinks; Breastfeed babies, include low fat dairy foods which provide calcium for growing teeth and neutralize dietary acids and limit the frequency of sugary snacks. The longer the time the sugar is in contact with the teeth, the more damaging it is so people who sip hot, sweetened drinks over a long period may wish to consider using an artificial sweetener. Limit the acid in your diet from soft drinks and undiluted fruit juices & drink alcohol within sensible limits.
2. Maintain good oral hygiene – Brush twice a day with a soft toothbrush and a pea size amount of fluoride toothpaste. The nighttime brushing is the most important, so make sure you floss before you brush and spit (but don't rinse) the tooth-paste from your mouth. Many mouthwashes are alcohol based, drying the mouth and some have been linked with oral cancer. It is recommended that mouthwashes are used only when recommended by your dental professional. Dentures can be cleaned with a soft brush and neutral detergent and soaked to remove stain or calculus once per week. Ask for advice before soaking dentures containing metal as some commercial products may cause tarnishing.

Continues.....

3. QUIT or reduce smoking. Smoking lowers the production of saliva which protects teeth and soft tissues. It also affects the blood vessels which nourish the gums and supporting tissues and is a known cause of oral cancer.

4. Be alert - Is your mouth feeling dry or are you having difficulty swallowing? Many people suffer from dry mouth as a result of dehydration from living and working conditions in North Queensland's hot climate. This condition may also occur as a side effect of some medications. The feeling of dry mouth happens when saliva flow is reduced and it means that teeth will not be protected from acid attack and soft tissues will be more likely to be physically damaged from sharp edges of food. Denture wearers may find that they can't keep their dentures in place. Drink more water and milk (low fat), limit acids and caffeine drinks especially cola drinks, chew sugar free gum after eating and drinking and/or ask your doctor if an alternative medication is available. Artificial saliva substitutes are available in severe cases.

5. Protect your teeth from damage – Use mouthguards when playing contact sports and replace metal back clips of piercing jewellery with soft plastic clips.

6. Visit your dental professional for checkups. Watch for changes in your teeth and gums and show the dental professional when you visit.

Dental and oral health services in Townsville are provided by a variety of professionals including specialists, dentists, final year dental students, oral health therapists, dental therapists, hygienists, prosthetists and technicians in public and private settings.

All students from 4 to 15 years (Grade 10) are eligible for screening and treatment from the school dental service, with schools being visited on average every two years. Holders of Healthcare Cards (not Medicare), Seniors or Pension Cards are also eligible for service from the public health clinics at Kirwan and North Ward. There are waiting lists for routine treatment but eligible clients are able to access emergency treatment through the Call Centre on 1300 300 850, if required.

Acknowledgement: The author thanks Professor Ian Meyers, University of Queensland for his kind permission to use photos and illustrations.

NEW LEGISLATION

From 11 March 2010, it's the law for all children up to seven (7) years of age to be correctly restrained according to their size and age.

The penalty for incorrectly securing a child is: \$300 + 3 demerit points*

***Note: Drivers could receive an additional penalty for each unrestrained or incorrectly restrained child.**

0-6 months(Less than 8 kgs) - Rearward facing baby capsule or infant restraint

6 months to 1 year (8 to 12 kgs) - Rearward or forward facing infant restraint

6 months to 4 years (8 to 18 kgs) - Forward facing child restraint with built-in harness

4 years to 7 years (14 to 26 kgs) - Booster seat with H-harness or a booster seat with a secured adult seatbelt.

It also against the law to smoke in a car while there are children present.

Remembering

By Anna Pickett

About thirty years ago, some women grouped together and started the Women's Shelter. Taking it in turns to be there to answer the phone.

I arrived there about seven. In the centre room was a woman with five children, one a young girl who was crying as if her heart would break. I asked the mother why the girl was crying. She answered;

"My husband has always drank too much and beaten me, today he had too much beer and started on the children, it was the girl's sixth birthday. I had saved and bought her a baby doll. He grabbed it and threw it into the incinerator. She hasn't stopped crying since."

I phoned my husband and told him to bring a doll from the store room when he came to pick me up. The mother and I tried to comfort the child, but she was inconsolable. At ten when my husband drew up outside, he had our daughter with him and in her arms she had her own baby-doll.

Coming up the steps she put the doll in the child's arms, instantly the crying stopped. It was the same doll as the father had put in the incinerator. It was dressed as for a christening, shawl and all. I love to sew.

Anna

Groups at the Women's Centre - what's going on?

Yoga

Yoga with Meredith has been running at The Womens Centre since June 2008. It has become so popular it is now on twice a week: Mondays 12.00-1.15 and Fridays 11.00-12.15, except public and school holidays and if it is raining.

Meredith is passionate about yoga and women's health.

Yoga is a set of theories and practices with origins in ancient India. Literally, the word yoga comes from a Sanskrit word meaning "to yoke" or "to unite." It focuses on unifying the mind, body, and spirit, and fostering a greater feeling of connection between the individual and her surroundings.

Yoga has spiritual roots, with the main goal of helping individuals to realize true happiness, freedom, or enlightenment. Beyond this, however, yoga has several secondary goals, such as improving physical health and enhancing mental well-being and emotional balance.

As interest in yoga has increased in western countries over the last few decades, yoga postures are increasingly practiced devoid of their original spiritual context, solely for physical health benefits. This physical practice of yoga, often called Hatha Yoga, sometimes overlaps or includes references to the other aspects of yoga.

A popular misconception is that yoga focuses merely on increasing flexibility. The practice of Hatha Yoga also emphasizes postural alignment, strength, endurance and balance. Beginner yoga classes provide simple, gentle movements which gradually build strength, balance, and flexibility - all elements which may be especially beneficial for people with arthritis.

From: <http://www.hopkins-arthritis.org/patient-corner/disease-management/yoga.html>

Meredith even brings along mats for new comers to use. Donations are gratefully accepted to keep this activity running.

It is held in the back yard under some orchard and mango trees and is a lovely environment in which to practice yoga.

Mondays 12 noon to 1pm

Tuesdays 11am - 12 noon

except for school holidays

Tai Chi

Beginners Tai Chi with Maria has just begun this year in the form of a 6 week pilot. Maria employs the Sun style of Tai Chi. beginning Wednesday, February 24th to 31st March 12 noon to 1.00pm.

Food Affairs

Commencing in April and in June Food Affairs focuses on healthy eating and cooking. Each week a meal will be prepared with group members preparing, cooking and eating together at the end. This workshop is designed to be fun! Topics such as goal setting, food safety, relaxation and physical activity are included. Classes Start Tuesday April 13th, 20th and 27th and the second lot of sessions on 1st, 8th, 15th and 22nd June from from 10.00am to 12.30pm

Senior Women's Support Group

This group is for women over 50. It is essentially a friendship group with friendship, support, communication and companionship as its core objectives. It is free to attend but some outings may involve a small cost from time to time. Examples of some of the activities of this group are trips to get together for coffee, outings to Pinnacles Gallery and coffee afterwards, guest speakers on a variety of topics from Ikebana to Seniors Legal Info and some weeks simply morning tea and chat. Call Amanda or Mandy on 4775 7555 for more information.

Bead Group

Bead group has been up and running for 6 weeks now and has so far proved to be quite popular. Women have had the opportunity to make different styles of beaded jewellery and have created some fantastic pieces! Feedback from the group so far has been that Bead group is great for learning new skills, concentration, and chatting with other women in a relaxed atmosphere. If this sounds like an enjoyable activity to you, then why not come along and give it a try! Bead group is held every Wednesday morning from 10am - 12pm except for school holidays. and is absolutely FREE!

Craft Group

Craft, create, chat, coffee, cake.

In this group we learn different crafts; this year, we will explore decoupage, drawing and painting, knitting and crochet, flower arranging, patchwork, mosaics, and sewing.

The activities are suited to beginner and experienced levels, and able to be worked on at your own level. Women can attend every week, or just once in a while.

We focus on each activity for a whole month, allowing ample time to complete each project.

All materials are supplied, and the cost is free, however as always, donations of money or materials is appreciated. The Craft Group meets on Friday Afternoons from 1pm to 3.30pm except for school holidays. For more information call Sari on 4775 7555 or sari@thewomenscentre.org.au

Mindfulness Group

Mindfulness is about being focused on the moment without judgement or bias. We all live very busy lives and are often focussed on the past or on the future (or both) and rarely take time to stop and see what is happening right now. Mindfulness can help you cope better, relax more, stress less, and find balance in your daily life. An 8-week course is running at The Women's Centre commencing on the 15th April 2010 and each session is about 2 hours. This is an experiential learning course and you will get plenty of opportunities to take what you learn and use it in your daily life. To benefit from the course you will need to attend for the entire 8-weeks as each weekly session builds on the previous session. If you ever wanted to know and learn Mindfulness this is a great beginner's course that can introduce you to a new way of experiencing life. If you are interested please contact The Women's Centre on 4557 7555 to register your interest. This group will only have about 10 participants. Starting Thursday 15th April until the 3rd of June, 9.30-11.30am.

Music group

The Music Group runs from 2-4pm every Tuesday. There are 3 parts to it which are; learning to play a musical instrument, singing, and writing music. So far we have created one group song about overcoming drug addiction and passing on the wisdom to others who might like to do the same. We hope to write songs for individual women that are engaged in ongoing counselling and record a copy for them to keep. We are also hoping to write more group songs and perform at local events. Donations of musical instruments are needed. Please contact Nyree for further information.

continues next page...

Bingo

We are holding BINGO, every Tuesday morning, 11.30-ish, at the centre. Everyone welcome. Lots of fun and prizes, so bring your coffee and join in. See you here.

Creating Choices

This new group will be held on Tuesday mornings from 10.00am to 12.00pm for women who have experienced domestic violence.

Information sessions will be held on Tuesday 13th and Tuesday 20th April for all women to attend.

The sessions will cover seven topics over a seven week period. These include:

- What is domestic violence?
- Information on services and safety
- The effects on children and significant others
- Self esteem
- Assertiveness
- Creative expression
- Self care

The sessions will run in a seven week loop. Women can begin to participate in any week, and continue until all topics are covered.

If you would like any more information on any of these groups, please call the centre on 4775 7555.



**The Women's Centre strives to
make this a
Safe space
for all Women
and
their children**

**We ask that
all women
work together to be**

**mindful
and
respectful
to staff
and
each other**

Thank you

Townsville's Thursdays in Black - Breakfast meeting

Thursdays in Black is part of an international movement to demand a world without rape and violence. The movement originated from Women in Black groups which became established during the past twenty years in Argentina, Bosnia and Israel to protest against domestic violence, sexual assault, rape, incest, murder, female infanticide, genital mutilation, sexual harassment, discrimination and the trafficking of women and children as part of the international sex trade.

Every Thursday people around the world are encouraged to wear black as a symbol of strength and courage, representing our solidarity with victims of violence and demanding a world without rape and violence.

Wearing black on Thursdays demonstrates that you will not tolerate sexual and other forms of violence in our communities. The Thursday in Black campaign highlights that freedom from sexual violence is a human rights issue and engages in peaceful protest against rape and all forms of sexual violence. At the personal and political levels, Thursdays in Black invites participation in a world wide movement aimed at challenging attitudes and behaviour which contribute to sexual violence, as the demand for a world without rape and violence continues.

References:

www.ncca.org.au/departments/gender/resources

www.salient.org.nz/features/thursdays-in-black-2

All women are invited to be part of the Townsville Thursdays in Black group.

**Next breakfast meetings at
The Women's Centre on
April 8th at 8.00am and
May 13th at 8.00am**

12 www.thewomenscentre.org.au

Please RSVP for the breakfast and for further information contact Belinda or Di at The Women's Centre on 4775 7555



The Women's Centre 07 4775 7555

FOOD AFFAIRS NUTRITION AND HEALTHY LIFESTYLE

First Course: April 13th, 20th and 27th
Second Course: 1st, 8th, 15th and 22nd June
Tuesday mornings from
10.00am to 12.30pm
Where: At The Women's Centre
50 Patrick Street
Aitkenvale

- Week 1 Introduction, goal setting, relaxation technique and cooking a nutritious meal
- Week 2 Goal setting, Australian Guide to healthy eating, stress and relaxation and cooking
- Week 3 Goal Setting, Food Safety, physical activity, relaxation and cooking



FREE legal help

A team of
volunteer female
lawyers
will provide
confidential
respectful
assistance

**every second
wednesday**
9.30 - 11.30am at
The Women's Centre
50 Patrick St Aitkenvale

For appointment phone
4775 7555

A project of
Queensland Public Interest Law
Clearing House

**HOMELESS PERSONS'
LEGAL CLINIC**

for assistance with:

**DEBT
HOUSING
CENTRELINK
GUARDIANSHIP
TICA**

Townsville's Thursdays in Black

Come and Join this activism group to demand a world without rape and violence

Meeting at The Women's Centre for Breakfast:
 April 8th at 8.00am
 May 13th at 8.00am
 Every other Thursday from 9.00am - 11.00am

*To participate in Thursdays in Black
 Wear black on Thursdays.
 printed T-shirts (\$15)
 and Badges (\$1)
 for sale from the Women's Centre*



Free BBQ Lunch



The 1st Friday
of
each month
join us
for a healthy
and
delicious
BBQ lunch

from
12 noon - 1 pm



Bingo & Games

have fun and
meet new people
each tuesday
11.30 - 1.30



WOMEN SPEAK EASY

*At the Women's Centre
we value conversations about
your experiences of coming to
our centre.*

At the Women speak easy group we seek your input about:

- The things we do well but could improve on,
- the things we do that may not be helpful for you and
- things that we do not so at all, but you would like to have available

We aim to provide a safe and welcoming environment so that all women attending can contribute to these discussions.

While we are always going to have needs that we are not able to meet, we would enjoy hearing your ideas about other activities and programs you would be interested in.

we will endeavour to take your ideas on board and hope to be flexible in responding to your suggestions.

Most of all, we value your input, so please come along to The Women's Speak Easy Group on Monday 29th March at 1pm

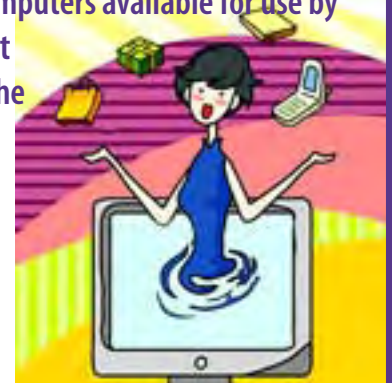


***NO experience necessary**

**Tuesdays from
2pm - 4pm**

Computer Room

The Centre has computers available for use by women. Book in at reception to use the computers for internet access, or writing your resume, etc..





yoga

Yoga with Meredith is now offered twice a week in the garden

Mondays 12.00 - 1.00pm and

Fridays 11.00 - 12.00 noon

Bring a towel and wear comfortable clothing

please note - no yoga during school holidays

This program is free, however, donations are gladly received so we can continue to offer this popular activity.

CRAFT GROUP



Weekly on Fridays

1 - 3.30 pm.

Come to learn new crafts,
talk and laugh
with other women,
and have a cuppa...

All materials supplied



Beading group

Wednesdays 10.00 - 12.00noon

If you like beaded jewellery, this group is for you!

Create different styles of jewellery each week!

Enjoy the company of other keen beaders!

Cost: FREE!!



TAI CHI FOR BEGINNERS

24TH FEBRUARY - 31ST MARCH

WEDNESDAYS - 12.00-1.00P.M

IF THERE IS ENOUGH INTEREST IN
THIS GROUP, IT MAY BE OFFERED ON
AN ONGOING BASIS

Mindfulness

Strive to Focus on the Present

Mindfulness skills are simple to learn

Learn the skills of wellbeing, confidence,
self satisfaction, and joy

Find your way back to yourself and the adventure that is your
life by coping better, relaxing more, stress less and find balance
in your daily life

This is an 8-week course introducing the concept of mindfulness and is
based on the principles of experiential learning

Date: 15th April – 3rd June, 2010

Time: Thursdays 9.30-11.30am

Place: The Women's Centre 50 Patrick St, Aitkenvale

Call The Women's Centre on 4775 7555 to register your interest
– limited places available.



Women's Centre Calendar

monday

tuesday

wednesday

thursday

friday

April 2010

<p>The Women's Centre 50 Patrick Street Aitkenvale phone 4775 7555 www.thewomenscentre.org.au email: nqcws@thewomenscentre.org.au</p>	<p>All Women's Centre activities are FREE, however, donations are gratefully received</p>		<p>9.00 - 11.00 Townsville's Thursdays in Black 12.45 - 5.00 Women's Centre closed</p>	<p>Good Friday</p>
<p>Easter Monday</p>	<p>9.30 - 4.45 Up for Rent 10.00 - 12.30 Food Affairs - Nutrition & Healthy Eating 10.00 - 12.30 Creating Choices - Information session 11.30 - 1.30 Bingo 2.00 - 4.00 Music Group</p>	<p>School Holidays</p>	<p>8.00 - 9.00 Townsville's Thursdays in Black BREAKFAST MEETING 12.45 - 5.00 Women's Centre closed</p>	<p>10.00 - 12.00 Women Beyond 2000 School Holidays</p>
<p>9.30 - 4.45 Up for Rent 12.00 - 1.00 Yoga</p>	<p>9.30 - 4.45 Up for Rent 10.00 - 12.30 Food Affairs - Nutrition & Healthy Eating 10.00 - 12.30 Creating Choices - Information session 11.30 - 1.30 Bingo 2.00 - 4.00 Music Group</p>	<p>School Holidays</p>	<p>9.00 - 11.00 Townsville's Thursdays in Black 9.30 - 11.30 Mindfulness Group - strive to focus on the present, learn to cope better and relax more 12.45 - 5.00 Women's Centre closed</p>	<p>10.00 - 12.00 Women Beyond 2000 11.00 - 12.00 Yoga Craft Group -Cancelled</p>
<p>9.30 - 4.45 Up for Rent 12.00 - 1.00 Yoga</p>	<p>9.30 - 4.45 Up for Rent 10.00 - 12.30 Food Affairs - Nutrition & Healthy Eating 10.00 - 12.30 Creating Choices - Information session 11.30 - 1.30 Bingo 2.00 - 4.00 Music Group</p>	<p>School Holidays</p>	<p>9.00 - 11.00 Townsville's Thursdays in Black 9.30 - 11.30 Mindfulness Group 12.45 - 5.00 Women's Centre Closed</p>	<p>10.00 - 12.00 Women Beyond 2000 11.00 - 12.00 Yoga 1.00- 3.30 Craft Group - Decoupage</p>
<p>Anzac Day</p>	<p>9.30 - 4.45 Up for Rent 10.00 - 12.30 Food Affairs - Nutrition & Healthy Eating 10.00 - 12.30 Creating Choices -What is Domestic violence? 11.30 - 1.30 Bingo 2.00 - 4.00 Music Group</p>	<p>School Holidays</p>	<p>9.00 - 11.00 Townsville's Thursdays in Black 9.30 - 11.30 Mindfulness Group 12.45 - 5.00 Women's Centre Closed</p>	<p>10.00 - 12.00 Women Beyond 2000 11.00 - 12.00 Yoga 1.00- 3.30 Craft Group - Decoupage</p>



NB. All activities are correct at time of printing but may change subject to circumstance



Women's Centre Calendar

May 2010

monday

tuesday

wednesday

thursday

friday

Labour Day
3

9.30-4.45
Up for Rent
10.00 - 12.30
Creating Choices -domestic violence,
Information - Services and Safety
11.30 - 1.30
Bingo
2.00 - 4.00
Music Group
4

10.00 - 12.00
Senior Women's Support Group
10.00 - 12.00
Beadling Group - Make jewellery, chat
and meet new people
5.30-7.30
Candlelight Ceremony
5

9.00 - 11.00
Townsville's Thursdays in Black
9.30 - 11.30
Mindfulness Group
12.45 - 5.00
Women's Centre closed
6

10.00 - 12.00
Women Beyond 2000
11.00 - 12.00
Yoga
12.00 - 1.00
Healthy BBQ Lunch
1.00-3.30
Craft Group - Mother's Day Cards
7

9.30 - 4.45
Up for Rent
12.00 - 1.00
Yoga
10

9.30-4.45
Up for Rent
10.00 - 12.30
Creating Choices -domestic violence,
Effect on children & significant others
11.30 - 1.30
Bingo
2.00 - 4.00
Music Group
11

9.30 - 11.30
Homelessness Legal Clinic
10.00 - 12.00
Senior Women's Support Group
10.00 - 12.00
Beadling Group
12

8.00 - 9.00
Townsville's Thursdays in Black
BREAKFAST MEETING
9.30 - 11.30
Mindfulness Group
12.45 - 5.00
Women's Centre closed
13

10.00 - 12.00
Women Beyond 2000
11.00 - 12.00
Yoga
1.00-3.30
Craft Group - Painting/ Drawing
14

9.30-4.45
Up for Rent
12.00 - 1.00
Yoga
17

9.30-4.45
Up for Rent
10.00 - 12.30
Creating Choices -Self Esteem
11.30 - 1.30
Bingo
2.00 - 4.00
Music Group
18

10.00 - 12.00
Senior Women's Support Group
- women meet to talk and have fun
activities
10.00 - 12.00
Beadling Group
19

9.00 - 11.00
Townsville's Thursdays in Black
9.30 - 11.30
Mindfulness Group
12.45 - 5.00
Women's Centre closed
20

10.00 - 12.00
Women Beyond 2000
11.00 - 12.00
Yoga
1.00-3.30
Craft Group - Painting /Drawing
21

9.30-4.45
Up for Rent
12.00 - 1.00
Yoga
24

9.30-4.45
Up for Rent
10.00 - 12.30
Creating Choices -Assertiveness
11.30 - 1.30
Bingo
2.00 - 4.00
Music Group
25

9.30 - 11.30
Homelessness Legal Clinic
10.00 - 12.00
Senior Women's Support Group
10.00 - 12.00
Beadling Group
26

9.00 - 11.00
Townsville's Thursdays in Black
9.30 - 11.30
Mindfulness Group
12.45 - 5.00
Women's Centre Closed
27

10.00 - 12.00
Women Beyond 2000
11.00 - 12.00
Yoga
1.00-3.30
Craft Group - Painting/ Drawing
28

Closed
31



Candlelight Ceremony
May 5th
5.30-7.30pm at
The Women's Centre

All Women's Centre
activities are FREE,
however,
donations are
gratefully received

The Women's Centre
50 Patrick Street
Atkenvale
phone 4775 7559
www.thewomenscentre.org.au
email: nqaws@thewomenscentre.org.au

NB. All activities are correct at time of printing but may change subject to circumstance



Women's Centre Calendar

monday

tuesday

wednesday

thursday

friday

<p>9.30 - 4.45 Up for Rent 12.00 - 1.00 Yoga</p>	<p>7</p>	<p>9.30 - 4.45 Up for Rent 10.00 - 12.30 Food Affairs - Nutrition & Healthy Eating 10.00 - 12.30 Creating Choices - Creative expression 11.30 - 1.30 Bingo 2.00 - 4.00 Music Group</p>	<p>1</p>	<p>10.00 - 12.00 Senior Women's Support Group 10.00 - 12.00 Beading Group - Make jewellery, chat and meet new people 5.30 - 7.30 Candlelight Ceremony</p>	<p>2</p>	<p>9.00 - 11.00 Townsville's Thursdays in Black 9.30 - 11.30 Mindfulness Group 12.45 - 5.00 Women's Centre closed</p>	<p>3</p>	<p>10.00 - 12.00 Women Beyond 2000 11.00 - 12.00 Yoga 12.00 - 1.00 Healthy BBQ Lunch 1.00 - 3.30 Craft Group - Yarn crafts - knitting/crochet</p>	<p>4</p>
<p>9.30 - 4.45 Up for Rent 10.00 - 12.30 Food Affairs - Nutrition & Healthy Eating 10.00 - 12.30 Creating Choices - Self Care 11.30 - 1.30 Bingo 2.00 - 4.00 Music Group</p>	<p>8</p>	<p>9.30 - 11.30 Homelessness Legal Clinic 10.00 - 12.00 Senior Women's Support Group 10.00 - 12.00 Beading Group</p>	<p>9</p>	<p>9.30 - 11.30 Townsville's Thursdays in Black 9.30 - 11.30 Mindfulness Group 12.45 - 5.00 Women's Centre closed</p>	<p>10</p>	<p>10.00 - 12.00 Women Beyond 2000 11.00 - 12.00 Yoga 1.00 - 3.30 Craft Group - Yarn crafts - knitting/crochet</p>	<p>11</p>		
<p>9.30 - 4.45 Up for Rent 10.00 - 12.30 Food Affairs - Nutrition & Healthy Eating 10.00 - 12.30 Creating Choices - What is Domestic Violence 11.30 - 1.30 Bingo 2.00 - 4.00 Music Group</p>	<p>15</p>	<p>10.00 - 12.00 Senior Women's Support Group - women meet to talk and have fun activities 10.00 - 12.00 Beading Group</p>	<p>16</p>	<p>9.00 - 11.00 Townsville's Thursdays in Black 9.30 - 11.30 Mindfulness Group 12.45 - 5.00 Women's Centre closed</p>	<p>17</p>	<p>10.00 - 12.00 Women Beyond 2000 11.00 - 12.00 Yoga 1.00 - 3.30 Craft Group - Yarn crafts - knitting/crochet</p>	<p>18</p>		
<p>9.30 - 4.45 Up for Rent 10.00 - 12.30 Food Affairs - Nutrition & Healthy Eating 10.00 - 12.30 Creating Choices - Domestic violence - information - services and safety 11.30 - 1.30 Bingo 2.00 - 4.00 Music Group</p>	<p>22</p>	<p>10.00 - 12.00 Senior Women's Support Group 10.00 - 12.00 Beading Group</p>	<p>23</p>	<p>9.00 - 11.00 Townsville's Thursdays in Black 9.30 - 11.30 Mindfulness Group 12.45 - 5.00 Women's Centre Closed</p>	<p>24</p>	<p>10.00 - 12.00 Women Beyond 2000 11.00 - 12.00 Yoga 1.00 - 3.30 Craft Group - Yarn crafts - knitting/crochet</p>	<p>25</p>		
<p>9.30 - 4.45 Up for Rent 12.00 - 1.00 Yoga</p>	<p>28</p>	<p>10.00 - 12.00 Senior Women's Support Group 10.00 - 12.00 Beading Group</p>	<p>30</p>	<p>All Women's Centre activities are FREE, however, donations are gratefully received</p>	<p>The Women's Centre 50 Patrick Street Aitkenvale phone 4775 7555 www.thewomenscentre.org.au email: ncqcs@thewomenscentre.</p>				



NB. All activities are correct at time of printing but may change subject to circumstance