



Immigrant Women's Health Service

2005/ 2006 Annual Report



To cement a new friendship, especially between foreigners or persons of a different social world, a spark with which both were secretly charged must fly from person to person, and cut across the accidents of place and time.

Cornelia Otis Skinner

The service is funded by NSW Health through the Sydney South West Area Health Service.

IMMIGRANT WOMEN'S HEALTH SERVICE
ANNUAL GENERAL MEETING MINUTES
Friday November 4th 2005

Present: As per attendance sheet available at the organisation for your perusal.

Apologies: None

Minutes of Previous AGM

The minutes of the previous AGM were accepted as a true and accurate record.

Moved: Audrey Lai

Seconded: Clair Chammas

Carried.

Business Arising from Minutes

There was no business arising.

Presentation of Annual Report.

The Annual report was tabled.

Claire Chammas spoke to the Chairperson's report, and thanked all the staff, funding body, group facilitators and management committee members for their work.

Eman Sharobeem presented Service Report

Presentation of financial report

The audited financial statement was tabled and discussion invited.

Both Annual Report and Financial auditor report be accepted

Moved: Anh Tran,

Seconded: Dalila Peredo

Carried

Nomination of Auditor

Moved that Sandra Grollmus continue as auditor

Moved: Mira Mitrovic
Seconded: Donna Audrey Lai
Carried.

Election of Management Committee

Noha Gabriel, as returning officer, declared all positions vacant and called for nominations to be received for the 10 positions on the Management Committee.

The following nominations were received:

Claire Chammas, Svetlana Maric, Audrey Lai
Alaisi Iosefa, Dalila Peredo, Anh Thu Tran,

All nominations were accepted and duly elected.

General Business:

Acceptance of Form 12 to be sent to the Department of Fair Trading.

Moved: Claire Chammas

Seconded: Audrey Lai

There was no other business

Meeting closed.



Chairperson message

Immigrant Women's Health Service continues to be at the forefront in the development and provision of gender specific service. The organisation has grown stronger and gone from strength to strength as it embraces the many challenges that have confronted it.

IWHS has responded to over 8000 enquires for assistance from CALD women. These included counseling, referrals and information services. The organisation had continued to work in partnership with government and non government based agencies highlighting the specific needs and gaps in service delivery as well as encourage services to undertake outreach projects so that no member of society is excluded from accessing vital service.

During this year, the organisation has been well supported by the Board of Management despite the often compelling demands placed on them by work, families and studies.

I would like to extend our appreciation to each of them for the contribution and welcome all the newly elected members to a vibrant and dynamic organisation whose existence to serve and provide a better health for women and their families.

Our deepest appreciation is extended to NSW Health Department, for their ongoing support in meeting the needs of Women of diverse background in New South Wales.

Last but not least I wish to acknowledge the fabulous work of our staff for their commitment, contribution and support to the organisation and its goals. To all of the staff, volunteers, group leaders, I extend my personal thanks and look forward to a very exciting year ahead.

Claire Chammas
Chairwoman

MANAGEMENT COMMITTEE MEMBERS

Claire Chammas	Chairperson
Dalila Peredo	Treasurer
Anh Thu Tran	Secretary
Alaisi Iosefa	Member
Svetlana Maric	appointed member
Audrey Lai	appointed member
Juliana Nakrumah	appointed member



STAFF

<i>Eman Sharobeem</i>	<i>Manager</i>
<i>Marie Abboud</i>	<i>Secretary/ part time</i>
<i>Watfa El-Baf</i>	<i>Secretary/ part time</i>
<i>Luong Chan</i>	<i>Cabramatta Project Coordinator</i>
<i>Hancy Mathew</i>	<i>Women' Health Educator</i>
<i>Thi BT Le</i>	<i>Cabra Admin assistant</i>
<i>Marie Abboud</i>	<i>Arabic group facilitator</i>
<i>Thi Hanh Tran</i>	<i>Vietnamese group facilitator</i>
<i>Wai Lin Argat</i>	<i>Chinese group facilitator</i>
<i>Nava Malola</i>	<i>Swahili group facilitator</i>
<i>Yolla Shalala</i>	<i>MESG group facilitator</i>
<i>Jessie Gerges</i>	<i>MESG group facilitator</i>
<i>Najah Zakhary</i>	<i>Book keeper</i>
<i>Manal Awrham</i>	<i>Children minder</i>
<i>Evelyn Gorgees</i>	<i>Children minder</i>
<i>Sok Chin</i>	<i>Children minder</i>

SERVICE REPORT

Immigrant Women's Health Service has grown as an organization in the last year. We have continued to run our existing programs and have added new programs to our work with women. We have been involved in an exercise that clarified what we were doing and where we were going. We have finalized our policy and procedure manuals. These developments placed our organization in a better position to respond to the many needs and challenges faced by our members, other stakeholders, and the community of which we are all a part.

We have done all this on top of the normal everyday work of each of our projects. Sometimes it seemed that we were almost too busy and too involved in the day-to-day running of our projects, which work with over 5000 women and their families in a year, to sit back and consider where we were heading and how we could get there. I think it is a testament to this grand old organization that it has the maturity to see the value in looking forward. An organization that has a sound past and a solid present should look forward to a bright future.

The organization is stable, well managed and fully staffed with the appropriate infrastructure in place to operate effectively. Service management and staff are committed to meeting the needs of women and facing the challenges that lie ahead.

There was a change of management during the year and the new Management Committee is composed of women from various professional and ethnic backgrounds. They have expertise in domestic violence, rural, aged, disability, childcare, employment, training and welfare services. They are experienced in participating in ethnic communities and organizations, and have a good understanding of immigrant and refugee women's issues. They make an invaluable contribution in the governance of the organization and in mentoring and assisting the staff in their various projects. We wish to say goodbye to those who have resigned during the year and we thank them for their valuable contribution. Thank you to those who continued, for their dedication and commitment through the year.

Immigrant Women's Health Service continued to consult with our members and friends to keep their major concerns and hopes as the focus of all our work. We researched the main needs of migrant and refugee women not met by the government and non-government service providers, the major groups that needed to be reached, and the partnerships which we must develop. Areas of concern included:

- Domestic violence,
- Employment,
- Education,
- Racism and prejudice,
- Safety,
- Isolation, and
- Services for asylum seekers and holders of Temporary Protection Visa.

The need for information and referral is still a top priority for women from culturally and linguistically diverse backgrounds (CALD). Throughout this year we worked hard to provide resources and support to agencies and organizations that deliver services for immigrant and refugee women. We have completed training for service providers in prolonged effects of domestic violence and sexual assaults. There were also other forms of support such as auspicing projects for new organizations, writing support letters for funding submissions, advice on establishing new women's organizations and holding group activities to support grassroots CALD women to raise their self-esteem and self-confidence.

During the year the centre was involved in a range of health promotion activities. These included providing speakers on women's health and related topics to a variety of groups of local women, and other agencies. In addition staff conducted groups/workshops on areas of need identified through the centre's services or in response to community requests. The service was also involved in a number of community development projects aimed at promoting good health, building community connections and working in partnership to address health priorities.

Many of the talks and courses focused on promoting women's reproductive health placing an emphasis on preventive health measures, and encouraging women to have regular health checks.

Overall, the estimated number of contacts made with women participating in service health promotion activities was 2540.

Group Education Programs / Workshops

Apart from health talks, the groups also engaged in a wide range of health-enhancing activities. These included baking, fruit and vegetable carving, vegetarian cooking, walking around the community, greeting card making, crocheting, knitting, purse-making, extreme make over , and self-defense sessions.

- Self Esteem -6 sessions
- Parenting - 8 sessions
- Health Matters for Women - 4 sessions
- Meditation - 10 sessions
- Contraception - 2 sessions
- Menopause - 2 sessions
- Stress Management -6 sessions
- Laughter – 4 sessions

Overall 398 women participated in the Group Education Programs/Workshops from 13 cultural backgrounds

One-off Education/Training Sessions

IWHS continued its role in providing single information sessions on a range of women's health issues to various communities. This performs not only a health education training function but also increases referrals and community support. 450 women from 15 cultural backgrounds participated in the one-off Information sessions on topics including:

- Physical health (healthy eating, nutrition, importance of exercise, weight management, food safety)
- Physical illnesses (diabetes, arthritis)
- Women's sexual and reproductive health (preventive tests, menopause, HIV and AIDS)
- Emotional health (stress management, adjustment problems)
- Violence against women (domestic violence)
- Dealing with Drugs
- Dealing with Gambling
- Financial Counseling and Employment
- Mental Health
- Contraception /STDs

- Healthy Bones
- Prolonged effects of DV and SA

Support Groups

In 2004-2005 the following groups met at the Fairfield centre:

- Arabic women's support group
- Assyrian Women's Group
- Spanish speaking women's group
- English classes / TAFE
- English classes for all
- English classes for the protection visa holders
- Samoan women's support group
- New Zealand women's support group
- Sudanese women's group
- Congolese women's group
- Serbian Women's support group
- Turkish women's Group

Overall 350 women from 16 cultural backgrounds attended the groups listed in Table 1: group Participation Fairfield Centre.

A first point of contact with the service is the reception and waiting area, which aims to provide a welcoming environment for women. For staff at times this can be a very demanding and stressful place dealing with busy phones or women walking in off the street. Over the year the centre has continued to be able to meet the level of demand for almost all of its appointment based services.

IWHS had received over than 3000 calls inquiring about various issues such as

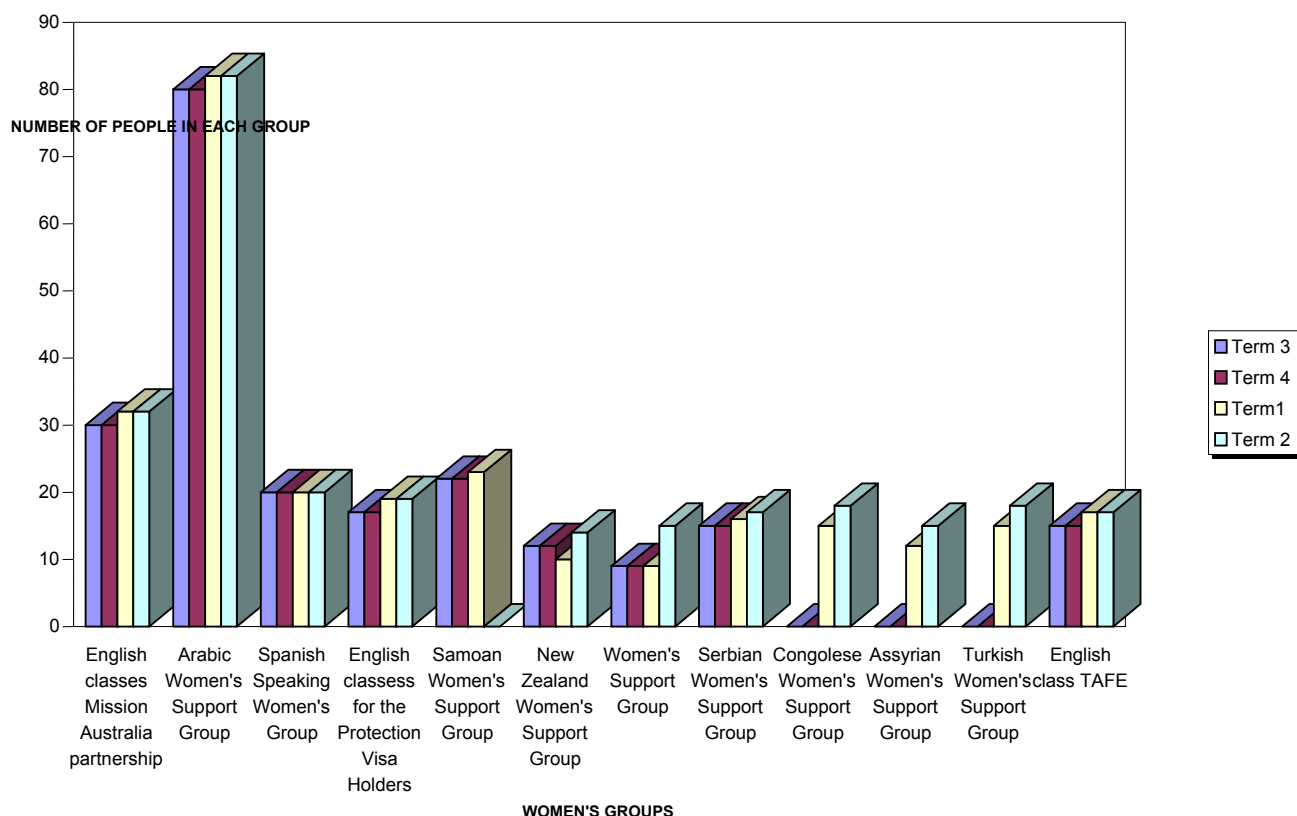
- Abortion clinics in the LAG
- Counseling
- Legal inquires
- Female doctors
- Volunteer work request
- Student placement requirement
- Health and hygiene related information
- DV cases
- Referral from other agencies

- Local service for young mums
- Local service for older women
- English classes

Table 1: Group Participation Fairfield Centre July 2004- June 2005

Groups	Term 3 July – Sept 2004	Term 4 Oct-Dec 2004	Term 1 Jan –April 2005	Term 2 May- July 2005
English classes Mission Australia partnership	30	30	32	32
Arabic Women's Support Group	80	80	82	82
Spanish Speaking Women's Group	20	20	20	20
English Classes for the Protection Visa Holders	17	17	19	19
Samoan Women's Support Group	22	22	23	
New Zealand Women's Support Group	12	10	10	14
Sudanese Women's Support Group	9	9	9	15
Serbian Women's Support Group	15	15	16	17
Congolese Women's group			15	18
Assyrian Women's Group			12	15
Turkish Women' Group			15	18
English Classes TAFE	15	15	17	17

FAIRFIELD TERM 3, 4 OF 2004 AND TERM 1, 2 OF 2005



Through the year, IWHS has successfully addressed the language barrier as a main deterrent to access through various strategies, including the Health Care Interpreter Service .This service has tremendously supported us in the provision of interpreters to a majority of the women who came for consultations.

Childcare

Immigrant Women's Health Service is committed to providing childcare where necessary to enable women to access services. A total of 14 groups conducted at the Fairfield Centre each week required childcare. 32 numbers of children from 15 cultural backgrounds were provided with childcare per each school term.

Health Outcomes

The benefits for women utilizing the service provided include being able to access relevant health information and referrals. In particular they are informed about preventive health measures such as Pap smears and breast checks and other practices for maintaining good health, as appropriate to their needs.

Additional benefits reported by participants in group programs include a reduction in stress, improved flexibility and fitness, improved coping skills and enhancement of self esteem and self confidence. Group leaders always work to promote social networking amongst the participants and hence reduce the sense of isolation experienced by so many women.

Affiliations

Immigrant Women's Health Service is a member of Women's Health NSW a state-wide, peak body organization of community based, feminist non-government women's health centers. The IWHS participates in the quarterly Women's Health NSW conference for members to discuss issues of mutual concern and interest, to exchange ideas, share skills and participate in training.

The service continued to participate in the South West Women's Action Network (SWWAN) which involves the four women's health centers in south west Sydney who are members of Women's Health NSW. This forum has been useful for discussion on developing joint funding submissions, organizing joint staff training and lobbying on issues of joint concern. The Network generally meets 3 times per year and communicates informally on a regular basis.

Staff Supervision, Support and Training

IWHS has an annual staff appraisal system. It is a valuable tool for reviewing staff achievements against plans, skills and the areas requiring further development. The Manager has continued to receive supervision on monthly basis. Many thanks to Margo Moore for her support, skills and motivated thoughts.

Capacity Building activities were organized for staff every quarter to enhance and upgrade the level of skills, knowledge and information. Networking and sharing were also indicated as a strong outcome of the capacity building days. Staff training during 2004-2005 included:

Fire and safety in the workplace
Domestic violence
First Aid
Team work and networking

Student Placements and Volunteers

The service is committed to providing students with a sound training experience and quality supervision. Over the year, the service has also provided information to many students completing assignments.

IWHS recognizes that volunteers make a valuable and vital contribution to the effective operation of community based services and recognizes that, when based on sound principles, volunteering benefits the volunteers, the organization, its projects and the community which profits from these services. Therefore IWHS has developed and endorsed its volunteer policy during this year.

Lobbying and Advocacy

An important aspect of being a health service for immigrant and refugee women is incorporating a social view of health which sees that the way our society is structured has implications for the health of women from CALD communities. This means that not only do we provide individually focused services but that we also actively campaign for social change to improve women's lives generally and prevent individually focused problems from continuing to recur. We use various strategies which could include participating in rallies, organizing public events, responding to local media, collecting signatures for petitions, media releases, and discussion forums

Partnerships

Partnerships approach has been strongly utilized in the overall work of the service. Partnerships produce better outcomes for women, empowerment for staff and optimism about developing new networks.

It is all about sharing knowledge, resources and expertise and the ability to meet goals and need on a larger scale.

IWHS would also like to acknowledge the work of the following women and the support of their organizations:

- Judith Solyom, solicitor from the Women's Legal Services NSW who provided legal advice to women at the service on a fortnightly basis during the year .Many thanks to Women's Legal Services for providing a solicitor on site.
- Bankstown Community Health Centre through the presence of Jeanette Holloway, Women's Health Nurse, who provided fortnightly health checks for women at the Cabramatta office and facilitated the development of this service in spite of lack of ongoing funds
- Mission Australia for providing outreach English language classes at the Fairfield and Cabramatta Offices
- Margaret McCulloch ,outreach coordinator , Wetherill Park TAFE For providing outreach English language classes at the Fairfield Office
- Fairfield Migrant Resource centre, Spanish Speaking Community Settlement Services Project at Cabramatta Office
- Cambodian Australian Welfare Council of NSW for the partnership with Cabramatta office

Networking with Other Agencies

Developing functional and productive networks with agencies with similar or overlapping objectives is an integral part of service provision. Networking facilitates information exchange, sharing of expertise, supports relevant issues and allows for women issues to become part of a public forum. IWHS is fortunate to link with the local communities and ethno specific agencies and would like to extend the appreciation to the following organizations and networks

- Khmer Community of NSW
- Serbian Welfare Association
- Fairfield Community Health Centre
- Cabramatta Community Health Centre
- Fairfield Community Resource Centre
- Spanish and Latino American Service for Social Assistance
- Breast Screen Greater Western NSW
- Fairfield City Council

- Fairfield Youth Accommodation Service
- Liverpool Women's Health Service
- Bankstown Women's Health Service
- Women's Health NSW
- TAFE Outreach, Wetherill Park
- Vietnamese Community in Australia
- House of Welcome
- Multicultural respite care
- Assyrian Welfare Association
- The Education Centre Against Violence
- Fairfield Museum and Gallery
- Turkish Welfare Association
- Mission Australia
- Non English Speaking Women's Housing
- Multicultural Families First
- Fairfield Division of General Practice

Community Events

Refugee Week

In partnership with many organizations, IWHS joined the Family Fun Day celebration (which was organized by Fairfield Immigrant and Refugee Women's network (FIRWN) by hosting the event and having an information stall. The event was held on 7 October 2004, where more than 250 women and their families participated

International Women's Day

The centre celebrated International Women's Day on 9th March 2005. On the day, the program focused on providing women with legal information involving women's concerns such as family law, divorce and domestic violence their rights and legal services which enabled them to seek help when needed. The day was assisted by Heather Nagle, a solicitor from South West Sydney Legal Centre. The session was also useful according to some participants as they felt empowered with confidence and knowledge in regards to legal matters. There were 67 CALD women participating in the discussion.

After the information session, all participants had a multicultural food sharing where food was prepared by different groups: Khmer, Spanish, Chinese, and Vietnamese.

Healthy Heart Week

The service celebrated Healthy Heart Week on 6th May 2005 by providing an information session, in partnership with Fairfield Division of General Practice, on healthy heart practice for the Vietnamese community. The session aimed at raising awareness on keeping healthy hearts, GP check-ups, and the importance of having regular exercise. The session was facilitated by Dr Xuyen Tran where 56 women were present.

Multicultural Health Week

IWHS joined the Multicultural Health Week by presenting a Health Information stall in Fairfield and Cabramatta areas.

Legal Service

The outreach legal service provided through the Women's Legal Resource Centre and commenced operation at the Fairfield office in January 1996.

A female solicitor attends on a fortnightly basis. The clients come from a diverse range of cultural backgrounds including Vietnamese, Chinese, Spanish speaking and Assyrian. The service uses interpreters for most of the outreach visits.

The majority of women who use the service are migrant women with very limited knowledge of the English language and also very limited knowledge of the Australian legal system. Their situations are further complicated by the fact that many of them are unemployed; they are supporting children and may have experienced war, trauma, and torture in their lives. The clients at the service have high needs and the legal support services they can afford to access in the general community are very limited.

The women seek assistance and advice in the following matters:

- Family law including divorce
- Maintenance and custody
- Domestic violence
- Overseas abduction
- Centrelink issues
- Consumer related problems

- Victim's compensation
- Sexual assaults
- Will and probate
- General legal inquiries
- Property settlement
- Debt advice

Acknowledgments

My appreciation goes to:

- ❖ The NSW Health Department and the Sydney South West Area Health Service
- ❖ My colleagues at IWHS and the group facilitators. Surely, I would not have been able to achieve much without them
- ❖ The management committee of IWHS for supporting me and providing guidance to unfathomed mysteries of service management
- ❖ My colleague organizations within and outside the local area.
- ❖ And finally I would like to deeply thank our volunteers and group leaders. These women have kindly donated their time and taken on a leadership role in the groups they are part of. They contact the group at the start of each term and are the liaison person between the workers of IWHS and the group. Their dedication and hard work is greatly appreciated by all at IWHS.

Thank you all. Looking forward to another year of achievements and partnerships.

Dr.Eman Sharobeem,
Manager

PARTNERS FOR HEALTHY WOMEN IN CABRAMATTA PROJECT

1. INTRODUCTION:

Once again this is another challenging and successful year. Partners For Healthy Women In Cabramatta Project continues to coordinate and run health information sessions, talks on community services, gentle exercises, craft, skill sharing, and other activities related women's health and well-being during school terms. The project had helped immigrant women from NESB living in Cabramatta and suburb surroundings enhance their knowledge and understanding of health, education, and mainstream services and increase access to existing services. This report covers activities undertaken at the Cabramatta Centre from July 2005 to June 2006.

2. PROJECT ACTIVITIES

2.1 Women Groups

Cabramatta centre catered 7 support groups known as follow:

Khmer Women's Support Group

Play time for Cambodian Mothers and Children

Multicultural Parenting Support Group

English for ALL

Health Awareness Group for Spanish Speaking Women

Chinese Older Women Group

Vietnamese Women's Health Group

Khmer Women Support Group and Play time for Cambodian Mothers and Children were delivered in partnership with Cambodian Australian Welfare Council of NSW, and facilitated by

Y Huorng Kov and Sarim Chey. The group met every Monday during school term. It had two focuses: conversational English and social group time. The conversational English class, 9:00- 10:30am, provided women with vocabulary and phrases in different topics such as shopping, making appointment, signs, catching a public transports, etc. During the social group time, women shared each other skills especially cooking, cooking demonstration, and participated in health talks and, and other information sessions given by various mainstream service providers. This group does cater women at different age and background. It included young mothers and older women with some are new arrivals and some are already established and well-known to the community.

Multicultural Parenting Support Group

From term 1, 2006 the group, which was known as Vietnamese Mothers and Children Support Groups, had changed to Multicultural Parenting Support Group. It was run in partnership with Uniting Care Burnside, and co-facilitated by Samdedi So and Sokluong Chan with an assistance of childminders Sondary Hy and Van Mai. The group catered mothers and children (0-5 years) from different cultural background. It included activities specifically for children such as free play, craft and group time. Also, once a month, the group had outdoor activities which allowed children to play and experience in different environment. During group time, children enjoyed and had fun with toys, craft work, painting, colouring, music, songs, and stories, while mothers could talk and share each other stories and concerns.

English for All

This is an on-going class delivered by two volunteers, Hong Nguyen and Mua Chen, every Wednesday during school terms from 9:00am to 10:30am. It attracted new learners every term. Since its establishment in January 2006, the number of learners increased sharply from 12 to 23. The class helped enhance immigrant women's English language ability in all four macro skills which addressed their immediate need to communicate with doctors, and other mainstream service providers.

Health Awareness Group for Spanish Speaking Women

This group was run in partnership with Spanish Speaking Community Settlement Services Project of Fairfield Migrant Resource Centre. The group was facilitated by Dalila Peredo, and met every Wednesday following the English for All. In addition to meeting new friends and socialisation, and having information sessions, women in this group loved art and craft works particularly painting and making different types of cards. The group was very happy and keen to share and learn each other's new skills. Lately, it attracted more than 10 new members from different countries but speaking the same language, Spanish.

Chinese Older Women's Group

This group was run by IWHS and facilitated by Wai Lin Argeat and Nyit Chan Hew later in the year. Women participated in the group aged ranging from 60 to 85. They were enthusiastic about meeting and sharing each other stories and concerns. They were also keen on health information related to their aging complication and updated themselves with information from mainstream service providers such as age care and Centrelink, etc. The group met on Thursday and it has the largest number of 50 with an average of 35 participants each day. Regardless of their older age, women in this group were active and enthusiastic about being part of a team and involving in the team activities.

Vietnamese Women's Health Group

This group was also run by IWHS and facilitated by Thi Hanh Tran. The group included mainly older Vietnamese women who had settled down reasonably well in the community. They met on Friday to share and discuss a variety of health topics and information sessions of mainstream service providers. This year in addition to CPR training on drug and alcohol overdose, the group put extra focuses on gentle exercises including breathing exercise and age care related talks and services. The aim was to prepare them and raise their awareness of importance of exercise and age care services and facilities available within the community.

2.2 Programs and Health information sessions

Like every year each term program was very carefully planned and developed according to outcomes of the group consultation and evaluation. The program was scheduled to run for 10 weeks per term during school terms throughout the year. Some groups had specific activities for children especially during mothers and children time. During the year the project had provided participants with a range of health and mainstream service information which empowered them to better access relevant services with confidence. The following were some details of group sessions/activities provided during the year.

Terms	Information Sessions	Other activities
Term 3 2005	<ul style="list-style-type: none"> • Healthy eating- 3 cooking demonstrations • Menopause- 2 sessions • Hearing test • Family allowance • Using medicine wisely • Will, Power of Attorneys and Guardianships • Recycling and reducing waste sessions • Arthritis • Waste Solution-composing • Mental Health for elderly • Centrelink talk - Pension Update • Liverpool Women Health Services information and survey • Environment Energy saving • Home and community care services • Meals on the Wheels 	<ul style="list-style-type: none"> • 3 Outings/excursions • English classes- 16 lessons • 6 Painting sessions • Gentle exercises • Calico Bags-Recycling project • Weekly children activities: Learning English alphabet, naming vegetables, toys, playdough, puzzles, drawing, cutting, etc.
Term 4 2005	<ul style="list-style-type: none"> • Ideas for healthy eating • Environmental Solution- Recycle bins • Menopause • Age pension information • Medicine management • Gardening tips • Diabetes for elderly • CPR first aid training • Stress and Depression 	<ul style="list-style-type: none"> • 4 Cooking demonstrations • English classes- 19 lessons • 2 excursions • 6 craft sessions- Making Christmas Cards and painting • Singing • Weekly children activities: Alphabets, naming recognising, flowers, birds, insects, story telling, music, songs, dance, toys.

Term 1 2006	<ul style="list-style-type: none"> • Ideas for healthy eating • High blood pressure • Low blood pressure • Senior Week Celebration • Osteoporosis • Quality Use of Medicine- Home medicine review • Asthma and chronic lung disease • Tai Chi Beginner- DVD show • Aged Care Services • Immunisation when travelling 	<ul style="list-style-type: none"> • Cooking • 3 outings/excursions • English classes-19 lessons • Valentine card making • 7 Craft sessions • International Women's Day • Pelvic floor exercise and body chart • Clay paper work • Chinese hand massaging • Gentle exercise-relaxation • Thai Chi exercise-DVD • Weekly children activities: play dough, toys, puzzles, craft, songs, stories telling, and outdoor activities
Term 2 2006	<ul style="list-style-type: none"> • Ideas for healthy eating • Low/high blood pressure • Khmer Community services- assistance in form filling • Flower arrangement • Understanding Domestic Violence • Water Saving • Green cleaning-Uses of natural products • Aged care supporting services • Crime prevention for Seniors • Chronic Lung diseases and smoking 	<ul style="list-style-type: none"> • 3 Outings/excursions • Cooking • 4 sessions- Card making • Singing • Yoga exercise • Weekly children activities: Corner play, books, pre-writing activities, baby and toddler toys, story, craft, songs, music, and outdoor play

	<ul style="list-style-type: none"> • Will, Power of Attorney, Guardian ship • Eye Care 	
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2.3. Women participation

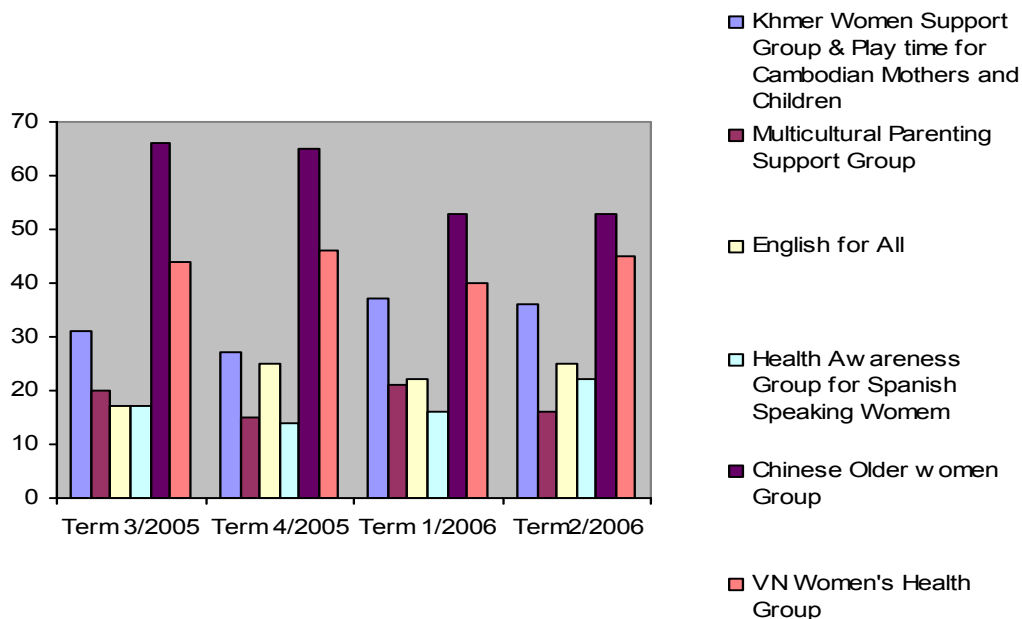
The project had successfully involved a large number of women in its various group activities. Each group recruited new members from time to time. Some long attended members who had fulfilled their objective resigned from regular group activities but remain strongly participated in a special occasion or events upon invitation. The table and chart below describe the number of women and their participation in each group from July 2005 to June 2006.

WOMEN'S ENROLMENT

GROUPS	TERM 3 2005	TERM 4 2005	TERM 1 2006	TERM 2 2006	TOTAL
Khmer Women's Support Group & Play time for Cambodian Mothers and Children	31 (16)	27 (3)	37 (5)	36 (5)	131 (29)
Multicultural Parenting Support Group	20 (22)	15 (16)	21 (23)	16 (19)	72 (80)
English For All	17	25	22	25 (2)	89 (2)
Health Awareness Group	17	14	16	22	69

for Spanish Speaking Women						
Chinese Older Women's Group	66	65	53	53	237	
Vietnamese Health Group	44 (5)	46 (2)	40(2)	45 (1)	175 (10)	

Note: () No. of children enrolled

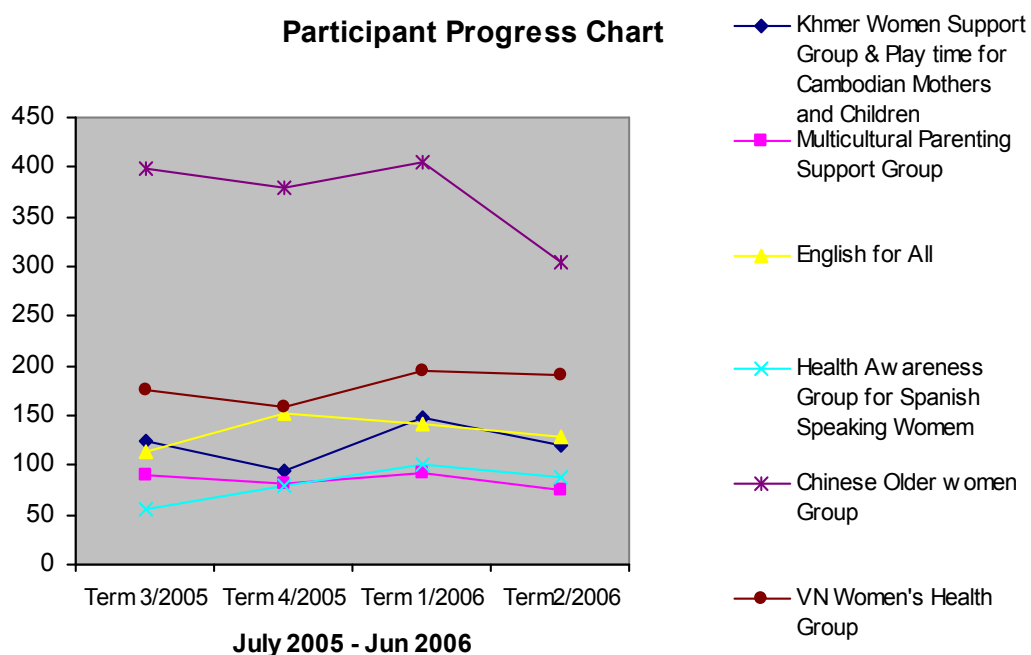


WOMEN'S PARTICIPATION

GROUPS	TERM 3 2005	TERM 4 2005	TERM 1 2006	TERM 2 2006	TOTAL
Khmer Women's Support Group & Play time for Cambodian Mothers and Children	125 (21)	94 (30)	148 (17)	119 (13)	486 (81)
Multicultural Parenting Support Group	90 (100)	82 (87)	93 (101)	75 (89)	340 (377)
English For All	113	152	141	128	534

Health Awareness Group for Spanish Speaking Women	55	79	100	88	322
Chinese Older Women's Group	399	380	404	304	1487
Vietnamese Women's Health Group	175 (10)	159 (3)	195	190 (1)	719 (14)

Note: No. of children's participation



2.4 Clinical Activities

Since May 2005, Women Health Clinic conducted in partnership with Bankstown Health Service, had consulted 68 NESB women. The clinic was run fortnightly by a qualified nurse, Jeanette Holloway. The consultation included breast check, pap tests, continence assessments, advice on pregnancy and pregnancy tests, a check after the baby is born, menopause, contraception, and other related women health issues. The service was free of charge. Also, language

assistance was arranged through an interpreter service for those who needed it.

2. 5 Partnerships and Networking

During the year the project had been working closely with the following organisations.

Cambodian-Australian Welfare Council
Khmer Community of NSW
UnitingCare Burnside, Cabramatta
Cabramatta Community Health Centre
Fairfield Migrant Resource Centre
Fairfield Division of General Practice
South West Sydney Area Health Service
Fairfield City Council
Vietnamese Women Association
Ethnic Community Council of NSW
Cabramatta City Watch Project
South West Vision Institute
Local media

2.6 Other events

Refugee Week

In partnership with many organisations, IWHS joined Family Fun Day celebration which was organised by Fairfield Immigrant and Refugee Women's network (FIRWN). The event was held on 27 October 2005.

International Women's Day

IWHS celebrated the international Women's Day with other network and agencies on 9th March 2006 in Fairfield Community Centre.

Senior Week

Cabramatta centre celebrated senior week on 30 March 2006 with approximately 60 NESB women from mainly Khmer, Vietnamese, and Chinese communities. Two third of them had health check for blood pressure and diabetes test.

Multicultural Health Week

IWHS joined the Multicultural Health Week by presenting a Health information stall on 26th July 2005 at Cabramatta community centre. Calendars and program flyers were well distributed.

3. CONCLUSION AND RECOMMENDATION

Partners For Healthy Women Project in Cabramatta did not only provide NESB women with health information, but also resourced and supported them for a better access to existing services and main stream service providers. The regular group meeting also helped breakdown their isolation and empowered them to think positively about their lives in the new community. On-going recruitment of new members allowed the project to reach a wider NESB women population. In 2006, the project will work with partnership organisations to provide quality services and extend its program such as relaxation and meditation to promote women healthy mind and body.

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