



CENTRAL WEST

**WOMEN'S
HEALTH CENTRE**

SUPPORT FOR WOMEN & CHILDREN

37TH ANNUAL REPORT

2022/2023



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The CWWHC team with Betty Confetti at our Pride Month Drag Bingo fundraiser, June 2023.

President's Report

During the 2022 to 2023 reporting period, the Central West Women's Health Centre continued its journey of growth and achievement in its service to the community. The year was one of change and good fortune for the centre and each adaptation contributed to the service's strengths as a resilient and sustainable organisation. The centre moved to its new residence at 7 Lee Street, Kelso, early in 2023. The team worked tirelessly to settle into the new building over March and April, and the premises has proved to be a change for the better with staff and clients enjoying a larger space that is comfortable and welcoming.

I am very proud of Karen Boyde, Centre Manager, who has been successful in obtaining substantial grants over the year, the most of significant of these is the Regional Youth Investment Program – Place2BeWell grant which will operate over two years. This success is accentuated by the NSW Government considerable increase in funding for Women's Health Centres.

The board is grateful for Karen's continuing service to the centre, her dedication to women's health and service delivery to women. Karen's commitment to her staff and her generous style of leadership contributes greatly to the success of the centre.

I would like also to acknowledge my predecessor, Arlia Fleming, who stepped down as Board President in May of 2023. Thankfully Arlia has stayed on as a member of the board, so her experience and knowledge are not lost to us. Margaret Shearer resigned as a member of the board after years of committed service. I am grateful to my other fellow board members - Gerarda Mader who has taken on the role vice President, Anna Lewis (Treasurer), Kymberly Allen (Secretary) and new members Lian Wong and Sharnie Willis.

The Central West Women's Health Centre completes 2023 in a favorable position, the team is dedicated and supportive and the financial status is extremely strong. I look forward to 2024 and the continued success of the centre in supporting women's health.



Dr Donna Bridges, CWWHC Board President

About Us

Our Mission

Central West Women's Health Centre provides a unique, holistic, women-centred preventative and treatment approach to health and well-being.

This approach aims to empower women and children from all cultures, sexual orientation, and gender identity, to make informed choices throughout their lives.

We achieve this by:

- providing a trauma-informed service with a variety of approaches
- educating women and children
- providing a safe place for women and children to access services
- advocating for and supporting women from a feminist perspective

Our early intervention, prevention and treatment approaches assist with reducing future health costs by addressing the many underlying issues that lead to adverse mental and physical health conditions if not treated appropriately.



Services

CWWHC has experienced yet another busy and successful financial year. Along with the move to Lee Street, we have welcomed four additional staff creating a knowledgeable team of eight women.

The Centre continued networking and created new collaborations with relevant services such as headspace Bathurst, Bathurst Regional Council, Saint Vincent de Paul, Denison College of Secondary Education: Kelso High Campus and Relationships Australia, in the delivery of domestic and family violence services, health promotion, events and education.

We were lucky enough to have the wonderful Betty Confetti return for another CWWHC event, where she hosted Drag Bingo at Reckless Brewing & Co. in celebration of Pride Month in June.

We continued to support women with many effective groups, initiatives, and events, including:

- Yoga
- Re-establishment of our Wellness Garden
- Introducing Mindfulness
- Mothers and Daughters: Puberty Matters
- Saint Vincent de Paul Cooking Classes
- Conversation and Craft
- Women's Walking Group
- Parenting with GRIT: Guts, Resilience, Initiative and Tenacity
- Tai Chi
- Together in Grief
- Wellness Seminar for Women 65+
- The M Word: Perimenopause and menopause information sessions
- Get Your Sh*t Together: 'How to Adult' information sessions



Conversation & Craft, Term 2 2023

Our Funding

Funding source	Percentage of total funding	2022/23 Income
NSW Ministry of Health (WLHD)	40.2%	\$280,200.00
NSW Family & Community Services (DCJ)	18.8%	\$131,270.36
Westpac Scale Grant	21.2%	\$147,675.27
Centre Generated	5%	\$35,007.70
Regional Youth & Young People	11.2%	\$77,925.54
Other Income (include SSFT and Together in Grief)	3.6%	\$24,758.24
TOTAL	100.0%	\$696,837.11

Centre generated funds were greatly supported by Senior Counsellor, Lorraine Murphy, providing Victims Service Counselling, as well as Fundraising during Pride Month, June 2023.



Cameron Shaw (local Labour Candidate), Ryan Park MP (Shadow Minister for Health) and Centre Manager, Karen Boyde.

Women’s Health NSW is the peak body for 21 non-government community Women’s Health Centres in NSW.

Women’s Health Centres provide multidisciplinary, primary health care emphasising both wellness, prevention, early intervention as well as immediate and ongoing care including physical health/activity, chronic illness, emotional and mental health, reproductive and sexual health, and the effects of violence against women. WHNSW proactively focuses on priority issues relevant to women’s health, advocating for improved health outcomes and a social model of healthcare designed to meet the health needs of women in a trauma informed, gender appropriate, affordable, and accessible way.

Women’s Health NSW worked tirelessly, lobbying the NSW Government for a greater investment for the sector in the State Budget 2022–2023. Women’s Health Centres in NSW had not seen an increase in funding since 1986.

A detailed Business Case was developed and put forward resulting in success, with the Minister for Health Ryan Park and the Minister for Women Jodie Harrison announcing the 2023–2024 NSW Budget will allocate an additional \$34.3 million for the Women’s Health Centre Program over the next four years.

The new investment will mean our centre will have capacity to:

- Ensure staff job security and increase staffing numbers
- Put downward pressure on the ever-increasing waitlist for counselling appointment
- Offer healthcare and counselling services to more women
- Adjust services to meet emerging demographic trends and population growth
- Adapt services to address the complexity of presenting health issues

This boost in funding will improve access to healthcare for vulnerable women, children and young people in Bathurst and surrounds.



Centre Manager, Karen Boyde, and Senior Counsellor, Lorraine Murphy



Moving into our wonderful new premises at 7 Lee Street, brings in new staff members. **Julia Maher** entered the Community Engagement and Health Promotions role in March 2023, **Lynce Pett** stepped into our Administration role in June 2023, as did **Jessica Hopwood** as our Child and Adolescent Trauma Clinician.



Farewells

This last year along with new staff members, sadly comes farewells of wonderful staff and Board members. Margaret Shearer, who retired November 2022, served in our Board as an Ordinary member, as well as Secretary.

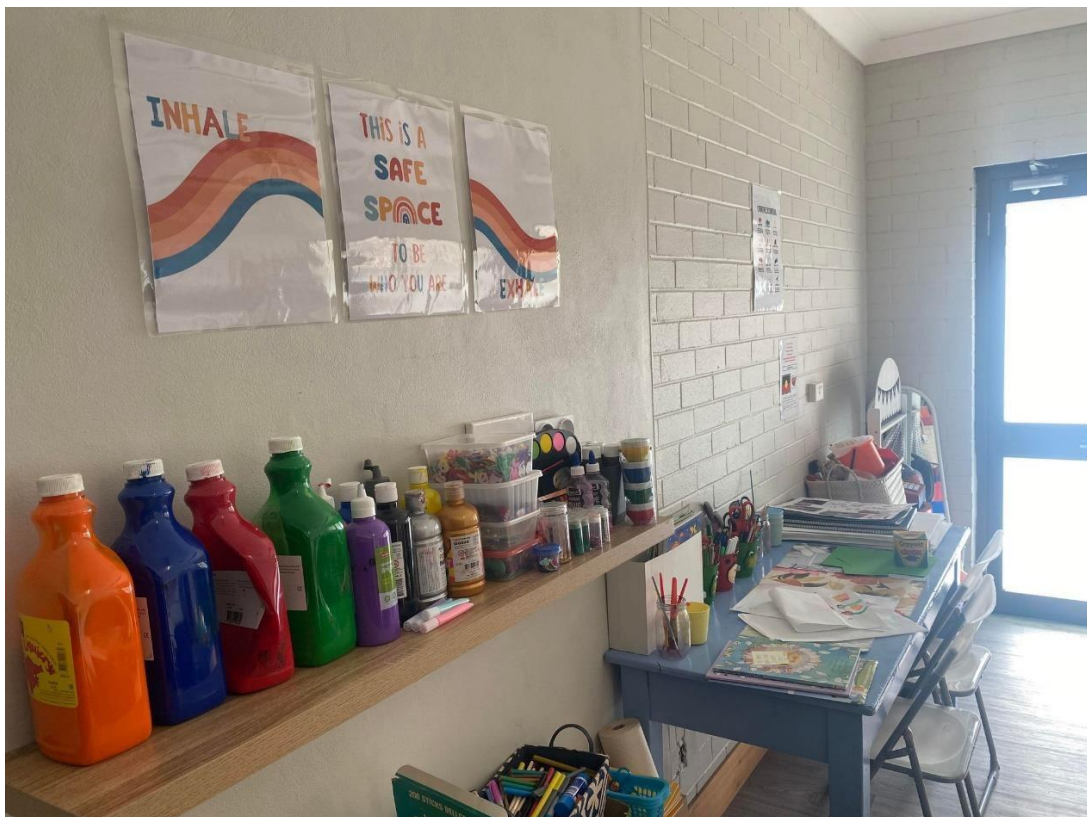
We acknowledge Margaret's longstanding dedication and support.



We also bid farewell to Antonia Ravesi, our Child and Adolescent Trauma Counsellor. Antonia provided excellent service and a plethora of knowledge that will be truly missed. We wish the best of luck to Ant.



A quick glimpse into our new building that allows us more office space for counselling, a durable CATS room for all types of play therapy, and a large Group Room for all our groups.

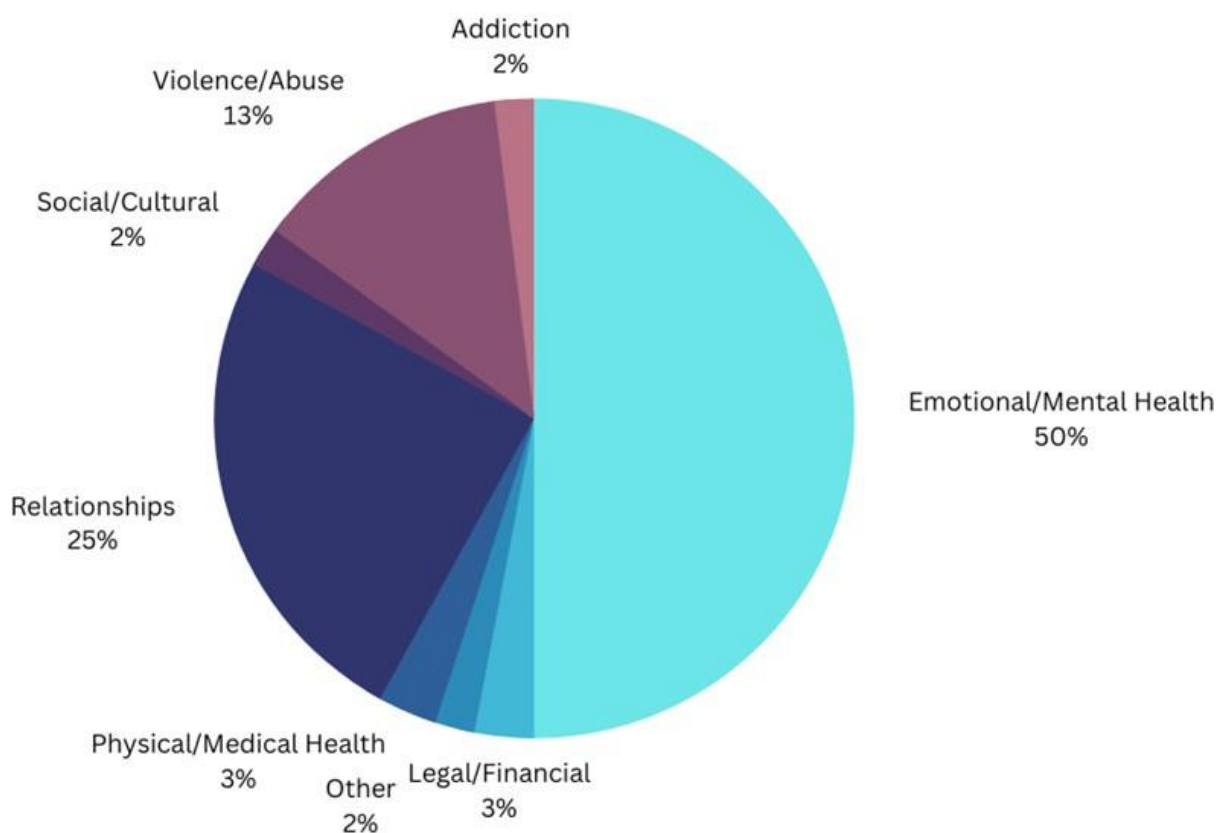


Our Clients

Central West Women's Health Centre uses the Women's Health NSW's statistical database. The database captures client demographics, the range of services and referrals provided.

In 2022/2023 a total of 1190 contacts were recorded by staff providing direct services to clients.

Presenting Issue

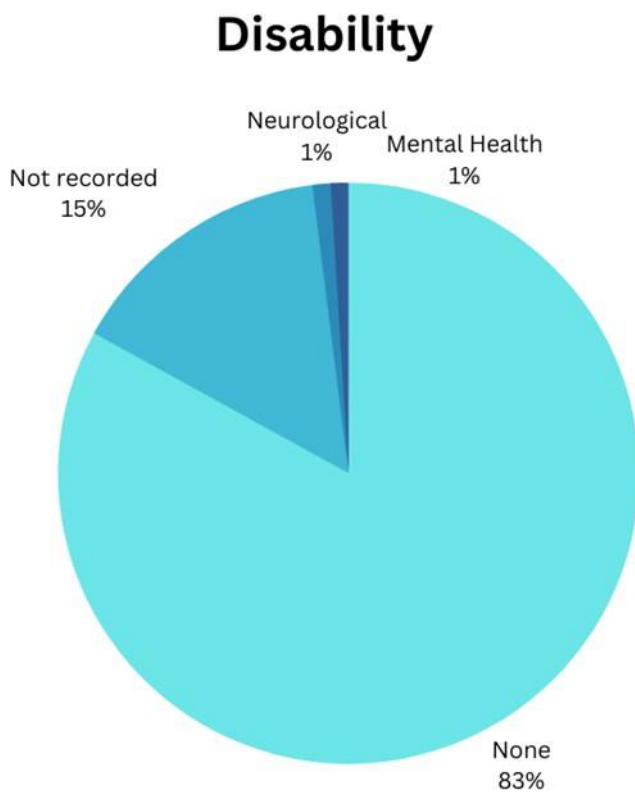
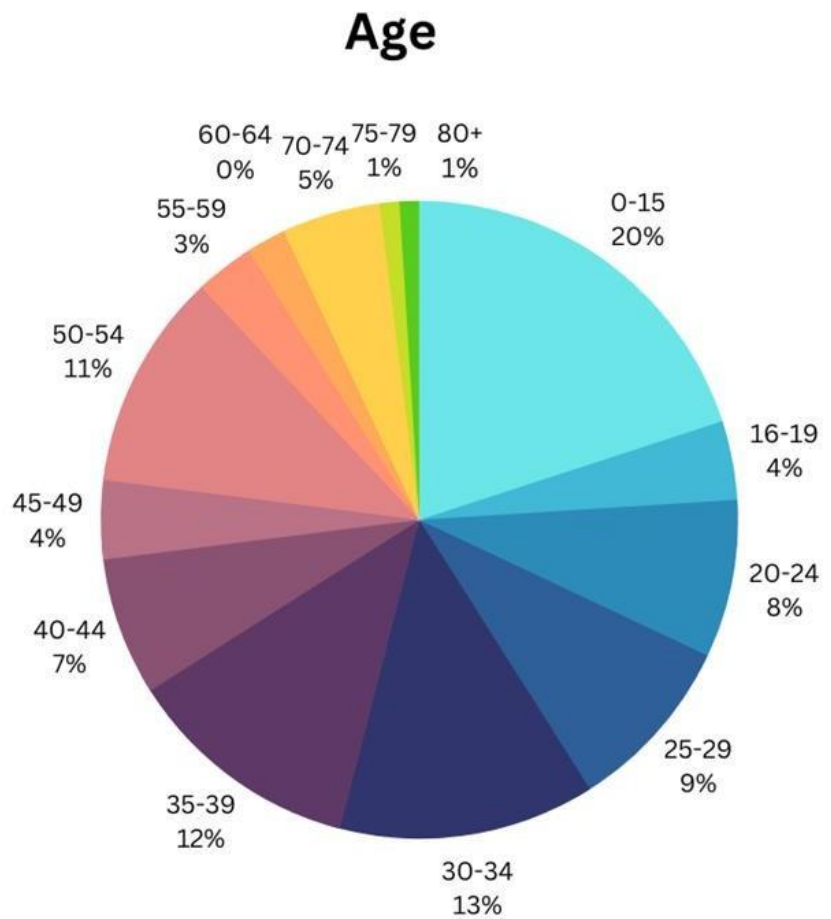


Emotional / Mental health was the highest presenting issue (50%, an increase from 42% last year), followed by Relationships (25%, a decrease of 2% last year), Violence / Abuse (13%) which rose from last year's 11%, and Legal / Financial issues (3%). Physical and Medical Health made up for (3%) of client presentations which reflects the Women's Community Health Nurse service which operated during this reporting period.

Note that clients may present with more than one issue at the same appointment.

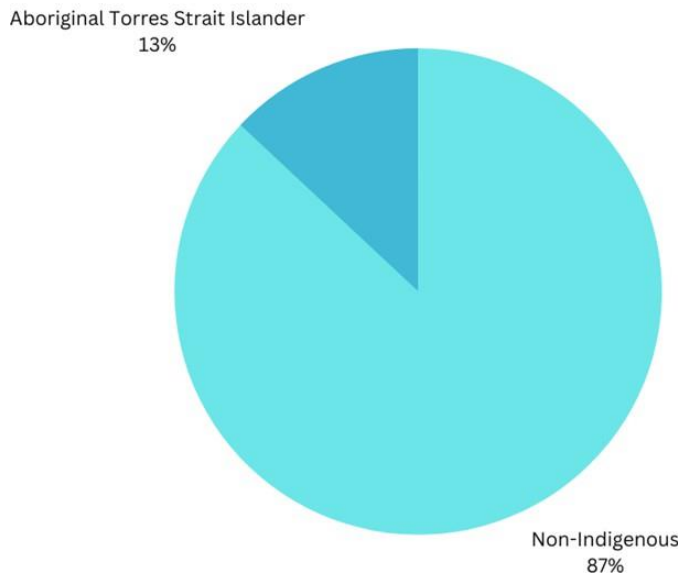
The age range most accessing our services is 0–15 (20%, an increase of 5% from last year) weighted by our Child and Adolescent Trauma Service, as well as the funding and implementation of Place2BeWell.

Women in their 30’s make up our largest adult cohort for a combine total of 25%. Adults 50–54 and those aged 25–29 make up our next largest client group; with both cohorts increasing from last year.



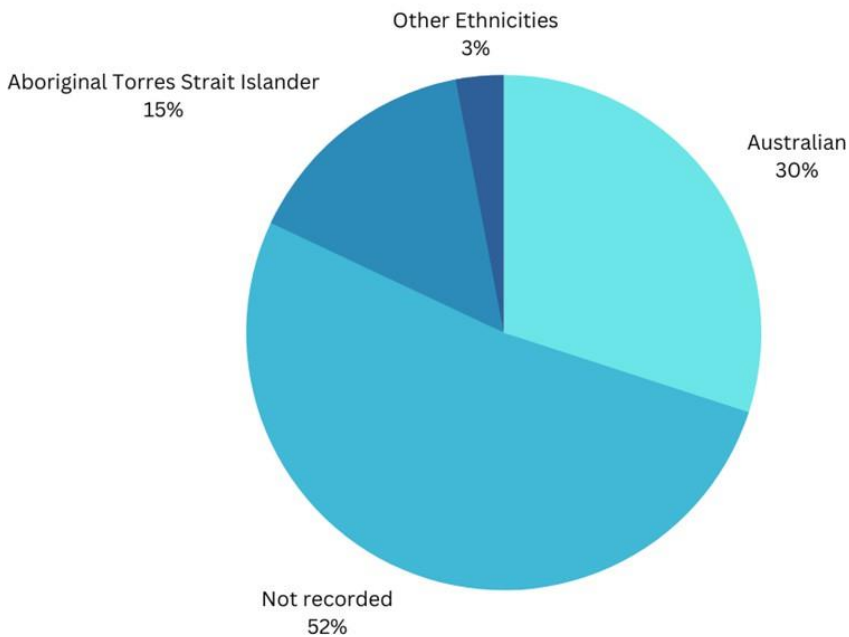
83% of clients reported to not have a disability, and 15% of clients were not captured. Of the numbers recorded to have a disability, certainly decreasing from last year, the most commonly recorded was neurological disabilities.

Indigenous Status



13% of clients identify as Aboriginal/Torres Strait Islander.

Client Ethnicity



43% of clients were able to confirm identification as Australian (including clients who identify as Aboriginal/Torres Strait Islander). This is a reduction of 17% when compared to last years data. 3% of this years data confirms clients from a range of ethnicities.

Employment and Financial Status

Status	Percentage of total
Wage/Salary	3.4%
Wage/Salary – Casual	4.4%
Wage/Salary – Full-time	8.1%
Wage/Salary – Part-time	7.8%
Sole trader	1%
Sole trader – Full-time	1%
Pension, Benefit or Student Allowance	36.3%
Personal Income	2%
Other	4%
None	7.4%
Not recorded	24.7%

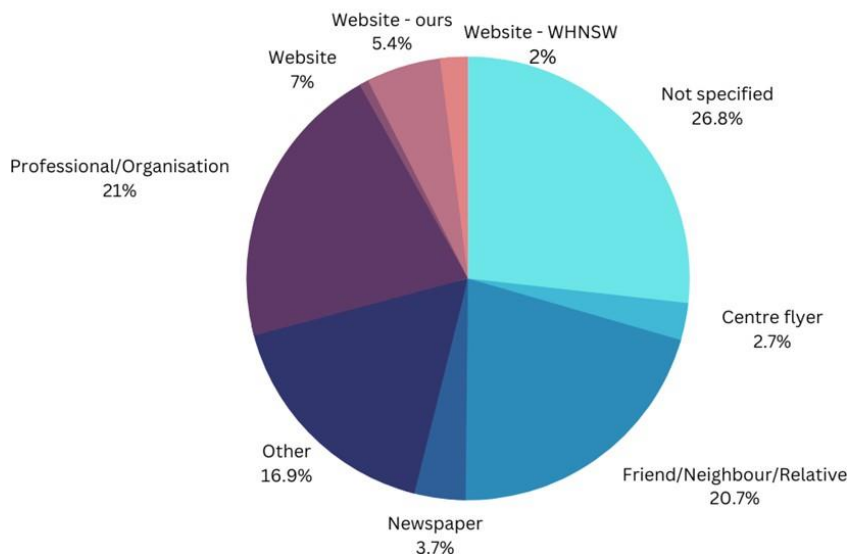
Women working full-time make up just 8.1% of our clients, this is a decrease of almost 5% from last year. The proportion of clients who are considered **financially disadvantaged** is 48% – this includes casual employment, student, pension/benefit, and no personal income. This is a decrease on last year’s figures (58%).

Clients on a pension/benefit/student allowance continue to make up the highest proportion of clients (36%) accessing our service.

How New Clients Heard About the Centre

Of new clients, most heard about the Centre from a professional or organisation (21%), followed by from a friend, associate, or relative (20%).

How new clients heard about the Centre





Women's Walking Group, 2023



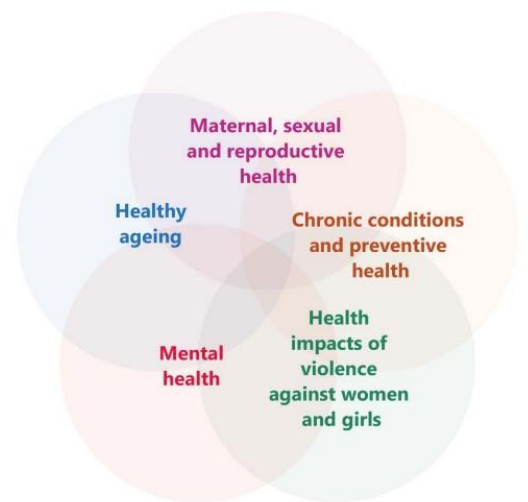
International Women's Day: Held by Bathurst Regional Council

National Women’s Health Strategy

The table below shows how services offered at the Centre fit in with the Priority areas within the National Women’s Health Strategy 2020-2030.

“The Vision of the NSW Women’s Strategy is that women and girls in NSW have full access to opportunity and choice, their diversity is recognised, they are valued for their contributions and are able to participate in all aspects of life freely and safely.”

Health Priority	Services Centre Offers to Meet Health Priorities
Maternal, sexual, and reproductive health	<ul style="list-style-type: none"> • Women’s Health Clinic • ‘Mothers & Daughters - Puberty Matters’ program • ‘The M Word - Menopause, Mood & More’ program • Health promotion activities • Facebook posts
Healthy ageing	<ul style="list-style-type: none"> • Health promotion activities • ‘The M Word - Menopause, Mood & More’ program • ‘Wellness Seminar for Women 65+’ • Yoga classes • Walking group • Facebook posts
Chronic conditions and preventive health	<ul style="list-style-type: none"> • Generalist & CAT counselling • Yoga classes • ‘Introducing Mindfulness’ program • Health promotion activities • Walking group • Facebook posts
Mental health	<ul style="list-style-type: none"> • Generalist & CAT counselling • ‘Parenting with GRIT’ program • Walking group • ‘Youth Mindfulness’ program • ‘Introducing Mindfulness’ program • Yoga classes • Health promotion activities • Facebook posts • ‘Conversation and Craft’ program • ‘Together in Grief’ program
Health impacts of violence against women and girls	<ul style="list-style-type: none"> • Generalist & CAT counselling • Domestic Violence therapeutic outreach group • Health promotion activities • Facebook posts



Working Partnerships

Solid working relationships with partner organisations are one of the keys to the success of the Centre. We acknowledge the working partners who assist with actual delivery of our services primarily through providing direct service delivery to clients, co-facilitation for our group programs, or support through advertising or training.

Organisation	Working Partner
Bathurst Community Interagency	John Kellett & members
Bowman Dental	Dr Kathy Bowman and team
Breast Screen Australia	Samantha Cameron & the Health Promotion team
Betty Confetti	Jonathan Hosking
Bathurst Regional Council	Erin Bender and Hailee Taylor
Bathurst Neighbourhood Centre	Jean Fells
Central Tablelands and Blue Mountains Community Legal Centre	Arlia Fleming and team
Denison College, Kelso High Campus	Lee-anne McMurtrie, Elise Woods and the Wellbeing Team
Lifeline	Central West team
Women's Health Nurse	Kathryn Packham
Yoga Instructor	Summer Wilde
Relationships Australia, NSW	Bathurst team
headspace Bathurst	Sam Bolt, Georgina Carr and team
Cleary Fairbrother Property	
Chifley Police	Senior Constable, Rachael Joyce
Western Advocate Newspaper	Alise McIntosh and team
Radio 2BS / B-Rock FM	Liam and team
Volunteers	Leanne Ryan
Bathurst Young Mob	Shona Kennedy
TAFE, NSW, Bathurst Campus	Rachael Eldridge
Doves and Dimes	E-Man and Miss P
Virginia Field Tai Chi	
Saint Vincent de Paul	Marina Grey and team
Aunty Gloria Rodgers	
Bunnings Bathurst	Matthew Prow and team
Ciara Kearns Physiotherapy	
Pilates 44 Studio	Simmons Cser-Pratzky
Mary Mackillop Today	

Our Effectiveness

The Centre continues to maintain certificate level accreditation under the Australian Services Excellence Standards and is committed to delivering the highest quality of service with all areas of service provision being monitored regularly.

The Centre is using an online model for evaluation surveys for client counselling appointments.

Health promotion group programs delivered during this year were:

Mother's & Daughters – Puberty Matters; Introducing Mindfulness; The M Word – Menopause, Mood & More; Health & Wellness Seminar for Women 65+; Walking Group and Parenting with GRIT; Vinnies Cooking Classes; Together in Greif.

Professional registrations - staff maintain professional registrations with Psychotherapy and Counselling Federation of Australia (PACFA) or the Australian Counselling Association (ACA). To maintain these registrations staff are required to attend a prescribed minimum amount of professional development and supervision annually.



ACON delivering PRIDE Training to staff during Pride Month, June 2023. Allowing staff to make inclusive decisions and actions as professionals delivering to the LGBTQIA+ community.



CWWHC marked the occasion of **Reconciliation Week, 31 May 2023.**

We extended an invitation to the community to gather around the fire with **Aunty Gloria** as she warmly welcomed us all to our new premises at 7 Lee Street Kelso and bestowed individual blessing.

It was a truly remarkable and meaningful way to unite as a community.



Key Performance Indicators 1 July 2022 to 30 June 2023

Objectives		
<ul style="list-style-type: none"> • To promote Healthy Relationships by engaging with women and girls to ensure healthier relationship choices. • To encourage Healthy Minds through informing, supporting and empowering good mind / mental health • To encourage Healthy lifestyles by promoting good nutrition, encourage physical activity and promoting awareness of the risks of chronic disease. • Advocate for Safety for Women and girls through provision of information, support, and referral. • To enable Integrated Care through creating a no wrong door approach to accessing health (physical, mental, sexual, and emotional) services 		
Key Performance Indicator	Target	Result
# Individual occasions of service for individual counselling	360	526
# Individual occasions of service for Women's Health Clinic	66	27
# Individual occasions of service for Allied Health and Complementary Health	110	0
# Yoga sessions	80	17
# Walking Group sessions	48	45
# Health Promotion/education activities	36	42
# Participants attending Health Promotion/education activities	409	189

Health Promotions activities and events experienced lower statistics due to the Community and Engagement and Health Promotions Officer role being vacant. This aligned with the minimal Group Room space in Boyd Street and affects from COVID-19.

With this role now occupied, we strive to meet targets for next year, as we also continue into the new financial year with a consistent Yoga instructor.

Organisational Structure



Alison Browett, Family Clinician.

During 2022-23, the Child and Adolescent Trauma Service underwent a transformation, leading to a new name and operational framework.

Now referred to as Kids Matter, this service mandates parental involvement with the Family Clinician during their child's therapy sessions.

This approach has demonstrated enhanced results for children, as therapy extends into the home environment. Alison Browett transitioned from her role in Intake and Family Support to become a **Family Clinician**, following the successful completion of her Diploma in Counselling.



Central West Women's Health Centre Inc Organisational Structure																	
Board																	
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President																	
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Vice President Gerarda Mader	Treasurer Anna Lewis	Secretary Kimberly Allen	Ordinary Member Arlia Fleming	Ordinary Member Lian Wong	Ordinary Member Sharnie Willis												
Centre Manager and Public Officer																	
Karen Boyde																	
Practitioners					Health Promotion												
Snr Generalist Counsellor Lorraine Murphy	CATS Clinician Jessica Hopwood	Family Clinician Alison Browett	Generalist Counsellor Bre Carmody	Generalist Counsellor Paula Cahill	Health Promotion Officer Julia Maher												
Visiting Practitioners			Administration														
Women's Health Nurse Kathryn Packham	Yoga Instructor Summer Wilde			Administration/ Client Support Lynece Pett													

Consolidated Balance Sheet

	2023 \$	2022 \$
Current Assets		
<i>Cash at Bank and On Hand</i>	581,968	247,775
<i>Investments</i>	2,000	191,340
<i>Accounts Receivable</i>	1,116	960
<i>GST Receivable</i>	0	0
<i>Other Assets</i>	0	225
<i>Prepayments</i>	1,501	0
Total Current Assets	586,585	440,300
Non - Current Assets		
<i>Fixed Assets</i>	3,776	1,322
<i>Formation Expenses</i>	0	78
Total Non-Current Assets	43,398	1,400
Total Assets	\$633,759	\$441,700
Current Liabilities		
<i>Trade Creditors</i>	4,449	2,143
<i>Unearned Income</i>	291,740	91,149
<i>Accrued Expenses</i>	21,122	43,428
<i>GST Liabilities</i>	326	3,593
<i>Payroll Liabilities</i>		14,633
<i>Employee Leave Provisions</i>		17,438
<i>Finance Lease Liabilities</i>		0
Total Current Liabilities	\$347,490	\$172,384
Non-Current Liabilities		
<i>Employee Leave provision</i>	15,757	0
<i>Finance Lease Liabilities</i>		840
Total Non-Current Liabilities	15,757	840
Total Liabilities	\$363,248	\$173,224
Net Assets	\$270,512	\$268,477

CENTRAL WEST
**WOMEN'S
HEALTH CENTRE**
SUPPORT FOR WOMEN & CHILDREN



**Funded by NSW Ministry of Health
(WLHD) & NSW Family & Community
Services**

PO Box 674, Bathurst, NSW 2795

7 Lee Street, Kelso, NSW 2795

T: (02) 6331 4133

F: (02) 6332 4310

E: reception@cwwhc.org.au

www.cwwhc.org.au

