



Leichhardt Women's
COMMUNITY HEALTH CENTRE

ANNUAL REPORT 2022-2023



Leichhardt Women's Community Health Centre

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Funded by NSW Health



Leichhardt Women's Community Health Centre (LWCHC) acknowledges and pays respect to the Gadigal and Wangal people of the Eora Nation as the Traditional Custodians of the land on which we work. We acknowledge the continuation of cultural and spiritual practices of Aboriginal and Torres Strait Islander peoples. LWCHC supports The Uluru Statement From the Heart.

LWCHC is committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. LWCHC welcomes all women irrespective of ethnicity, mental health, history of suicidality, drug use, faith, sexual orientation, or gender identity.

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OUR VISION

All women in our community are healthy, safe, empowered and thriving.

OUR PURPOSE

Leichhardt Women's Community Health Centre's (LWCHC) purpose is to provide our clients with a choice of high-quality professional health care, education and support services in an inclusive and safe environment.

OUR VALUES

- Client-centred, trauma-informed practice
- Validating women's stories through empathy, trust and safety
- Working ethically and respectfully, through a feminist lens
- Embracing diversity and inclusivity
- Working collaboratively to build and maintain partnerships
- Championing social justice, equality and equity



ABOUT US

Leichhardt Women's Community Health Centre (LWCHC) is an accredited service operated by women for women. Its gender and trauma-informed primary health care model provides wrap-around health services, support and education to marginalised and financially disadvantaged women inclusive of those experiencing both transgenerational trauma and systemic racism (both First Nations and Culturally and Linguistically Diverse women). All cis and trans women are welcome.

The centre is funded by Sydney Local Health District (SLHD) and is a registered Public Benevolent Institution Charity with the Australian Charities and Not-for-profits Commission (ACNC) and has been endorsed as a Deductible Gift Recipient (DGR) since 2001.

Leichhardt Women's Community Health Centre is a multidisciplinary health centre with over 17 staff speaking several community languages, who provide health care, support and education across the inner city, inner west and southwest suburbs of Sydney. We emphasise preventative health and empower women to participate in their own informed health care and related life decisions. Services comprise bulk-billed medical clinics with highly skilled and experienced general practitioners specialising in women's health, women's health nurse clinics, acupuncture and naturopathy clinics, generalist and drug & alcohol counselling, on-site and outreach health education programs, dance movement therapy groups and, community support

and health education programs specific for Vietnamese women.

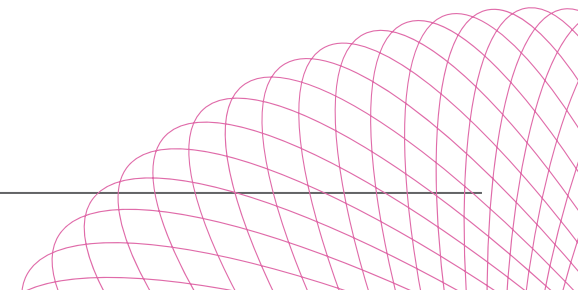
Our specialised state-wide service called Women Partners of Men who have Sex with Men offers counselling and group support for women whose male partners are same sex attracted. This service also provides capacity building and training for other health professionals and is funded by Population Health, SLHD.

LWCHC specifically focuses on NSW Health Women's Health Indicators (2019). This critical framework places women at the centre of decision making for their own health. While the framework is for all women, priority groups including Culturally and Linguistically Diverse Communities and First Nations Women are identified to improve health outcomes and social impact by guiding targeted service delivery and increased performance measurements.

LWCHC promotes collaboration with government, non-government and business, health, welfare, education, and housing sectors to assist women to thrive and have meaningful fulfilling lives.

WE PROVIDE:

- General Practitioner Clinics
- Women's Health Nurse Clinics
- Acupuncture and Naturopathy Clinics
- Drug & Alcohol Counselling – with a focus on women affected by their addiction, or someone close to them from a harm minimisation perspective
- Counselling – relationship issues, family and domestic violence, grief, self-esteem, and counselling for adult survivors of childhood sexual assault
- Counselling for women partners of same sex attracted men
- Health Education groups – including relaxation, yoga, meditation, art therapy, dance and movement
- Health Education Sessions - menopause, osteoporosis, menstruation, anxiety, depression, healthy relationships, ageing with health and vitality, healthy heart, breast examination and cervical screening, emotional wellbeing
- We are also able to run a variety of groups with the Vietnamese community in language.



OUR FOCUS:

- **Sexual and reproductive health** – cervical screening, breast checks, contraception, safe sex, sexually transmitted infections, all options pregnancy counselling and referrals, menstruation, menopause, polycystic ovary syndrome, thrush, fibroids and continence.
- **Mental and emotional health** – depression, anxiety, social isolation, domestic and family violence, relationships, trauma and complex trauma including intergenerational trauma.
- **Other health matters including** - sexuality, LGBTQIA+ community health concerns and complex chronic health needs.

Wrap-around care for clients is also supported by our solid external pathways to community GPs, medical specialists, hospital outpatient clinics, affordable allied health providers, counsellors and psychologists, BreastScreen NSW, sexual health clinics, other women's health centres, supported housing services, family support services, women's drug and alcohol residential services, refuges and support services for financial, legal, employment and education assistance.

Our in-house partnerships include a registered psychologist and counselling for adult survivors of child sexual assault in partnership with Full Stop Australia.



CHAIRPERSON'S REPORT

This financial year has been a time of reflection for the service through planning and accreditation processes. The changes and growth in our online presence and expansion of services show a thriving organisation. The Board met 11 times during the financial year and a smaller Financial Subcommittee started to meet monthly (10 times) which has streamlined financial processes.

- **Chairperson:** Judy Tonkin
- **Vice Chairperson:** Lyn Bearlin
- **Treasurer:** Victoria Thompson
- **Secretary:** Rochelle Gould
- **Ordinary member:** Julie McLean Murray
– resigned in November 2022
- **Ordinary member:** Martha Vasquez
– commenced in October 2022
- **Ordinary member:** Michelle Tobin
– commenced in June 2023
- **Manager:** Dr Ses Salmond

Thanks to Julie McLean-Murray who left the Board in November 2022 for her two years of membership on the Board and her support in accreditation processes. Rochelle Gould has worked closely with staff on risk management processes which has led to many changes. Lyn Bearlin applied to be the Board's representative on the Board of the Women's Health Resources Foundation Board which manages our building and has also reviewed key performance indicators and targets. Both Martha Vasquez and Michelle Tobin joined this year and these women bring great new skills to the Board membership, Martha for her nursing expertise and cultural background and Michelle as a proud Aboriginal woman who has worked extensively in HIV/AIDS prevention and support. The Board has worked to increase representation of a

variety of skills and discussed extending the number of members further to allow this to occur. Thanks to all the Board members who have given up their personal time and used their skills and expertise to bring direction and oversight to LWCHC.

In June 2022 we welcomed a new Manager, Dr Ses Salmond who brings with her 30 years of service with the organisation and she has very capably led the staff and the organisation to emerge from the challenges of a global pandemic and boom of technological change. The technological skills of all staff have improved and benefits have been seen in client services and service growth. Thanks to all the staff for their commitment and skills in providing services to local women.

Together, the Board and staff have developed a new strategic plan which informs the direction for the service over the coming five years. Preparation for strategic planning involved consultation with a wide range of stakeholders and this has provided a document which reflects the organisation's values, the needs of the local women and the issues affecting women across the state. It gives us a way forward and provides us with the capacity to measure our effectiveness.

Funding for solar panels and a sustainable energy system was received in March 2022 both from our local member, the Prime Minister, Anthony Albanese with assistance from the Inner West Community Energy and FJC Studio. The installation of panels, heat pump and battery finished in late 2022 and the centre now has sustainable power and significant cost savings.

Work on AGPAL Accreditation commenced in August 2022 and as a result many policies have been updated

by the staff and reviewed by the Board. Accreditation always gives organisations an opportunity to review their current practice and look for better practices and this has occurred as part of the accreditation process. The centre was granted accreditation in March 2023 until June 2026.

We have again used the Australian Charities and Not-for-profit Commission (ACNC) self-evaluation tool to assess if we are meeting our obligations and have the correct skills and experience to support the work of the organisation. Thanks to Victoria Thompson for leadership on this work.

Staff and the Board have looked to a future celebration of the 50th anniversary of the opening of the first Women's Health Centre at Leichhardt in 1974 on International Women's Day. We have worked with students from the University of Technology Sydney (UTS) through the Shopfront Project to develop events and exhibitions in the coming year to celebrate the proud feminist history of the centre.

Thanks to our funders, the NSW Ministry of Health and staff of the Sydney Local Health District (SLHD) and Primary Health Network (PHN) for their invaluable assistance through the year. Thanks also to the Population Health Unit, HIV and Related Programs (HARP) team who fund the Women Partners Service and have helped with the restructure of this important service. Thanks also to Richard Francis-Jones of fjcstudio who continues to provide donations to the Lisa Macdonald Learning Fund which supports learning for both staff and clients. Richard has also been working with staff looking at solutions for our premises needs. The centre also enjoys a close relationship with Inner West Council.

Judith Tonkin, Chairperson

MANAGER'S REPORT



The Centre has gone from strength to strength in the last financial year thanks to our dedicated staff and Board (Management Committee) who continue to provide high quality trauma-informed multidisciplinary services to clients as well as responding to community need and governance respectively.

ACCREDITATION

The Centre achieved accreditation with Australian General Practice Accreditation Limited (AGPAL) against the Royal Australian College of GP Standards 5th Edition 2022 - 12 June 2023 until 12 June 2026. Leichhardt Women's Community Health Centre (LWCHC) met all standards and received commendations in the areas of:

- **Respectful and culturally appropriate care** – “This practice is highly commended for their special focus on making female patients feel welcome, safe and cared for in their practice ... the care, kindness and acceptance of patients, community and all staff, is clearly built into the foundation, ethos, and all aspects of practice.”
- **Work health and safety** – “The practice is commended for their many strategies to ensure safety, health and wellbeing of staff for the duration of their employment.”
- **Quality improvement** – “The practice is commended for the wide range of improvements that have been made over the last three years in response to patient and staff suggestions, risk analysis and business planning initiatives.”

STAFFING:

New staff that joined the organisation included:

- Sonya Byron, Naturopath (July 2022 – current)
- Rachael Roberts, Drug and Alcohol Counsellor (August 2022 – May 2023)
- Dr Melissa Tang, General Practitioner (November 2022 – current)
- Lara Goulding, Counsellor (Generalist and Women Partners) and Program Coordinator, Women Partners of Men who have Sex with Men service (March 2023 – current)
- Jenni Harrison, Women's Health Nurse (March 2023 – current)
- Freya Pattinson, Drug and Alcohol Counsellor (June 2023 to current)

STUDENT PLACEMENTS:

In the past financial year, we had eight student placements:

- Four medical student placements – two students from Sydney University and two students from Western Sydney, one of which included an allied health placement with the Acupuncturist. Thanks to Dr Frances Chen (GP) and Ida Cheng (Acupuncturist).
- Four Bachelor of Health Sciences/Clinical Nutrition/ Naturopathy student placements from Torrens University. Thanks to Sonya Byron (Naturopath).

FOOD SCARCITY AND POVERTY

Cost of living pressures have meant that there is more demand for Oz Harvest services at LWCHC and more food vouchers are being dispensed to women at risk of homelessness or fleeing domestic and family violence.

WE TURN 50 IN 2024!

In preparation for our 50th anniversary in March 2024, the Centre applied for an Inner West Community Grant to host an art exhibition at Leichhardt Library to showcase the work of LWCHC in the Inner West community over the past 50 years. This exhibition will honour our legacy of 50 years of empowering women and changing women's lives.

WOMEN'S HEALTH NSW BUSINESS CASE OCTOBER 2022

The peak body of the 20 NGO Women's Health Centres, Women's Health NSW, commissioned a report, *Sustainable Investment in NSW Women's Health Centres for the Women's Health Program* with funding from NSW Health to outline how sustainable investment in women's health centres was urgently needed to continue to offer high quality healthcare services. This excellent articulation of work that the Women's Health Centres do and the savings to the Health budget led to an election commitment to increase funding to Women's Health Centres by \$100 million over 5 years.

Thanks to the unwavering support of the Women's Health NSW CEO, Ms Denele Crozier, who continually advocates for the work of the Women's Health Centres.

CULTURAL AWARENESS TRAINING

"Basic protocols for becoming an ally to Aboriginal people" was conducted by Ashlee Donohue on 3 November 2022. Thirteen staff attended and found it informative, useful and inspiring.

THANKS

We are grateful to the Inner West Council for its support of the work of Leichhardt Women's Community Health Centre. We are also thankful for the corporate support received from Blackmores, Vital.ly, BioMedica and Torrens University.

Richard Francis Jones and Elizabeth Carpenter from fjcstudio are our principal corporate donor through the Lisa Macdonald Learning Fund. FJC Studio have agreed to assist the centre in the architectural redesign of our group room space into two versatile rooms to meet our increased need for space to provide additional services.

I would also like to thank Full Stop Australia who provide Healing and Recovery for Survivors (HeRS), counselling for Adult survivors of Child Sexual Assault in our centre two days per week, and also Madhu Misra, registered psychologist, who provides clients with Victims Support Counselling and mental health support at the centre one day a week.

Thanks to the exceptional staff for their committed and professional work with clients and our community partners. Thanks to the dedicated Management Committee (Board) for their tireless service to ensure

governance and oversight of the organisation is met. I would particularly like to thank Judy Tonkin for her 10 years of Board service, as Chairperson for the past two years and Board member for eight years, for her considered and enthusiastic support for the organisation and mentorship of myself as a new Manager to the organisation.

Dr Ses Salmund PhD
LWCHC Manager



OUR FUNDING – SYDNEY LOCAL HEALTH DISTRICT

In the 2022-23 financial year our funding was provided by Sydney Local Health District (SLHD), under the NSW Ministry of Health NGO Grants Program, for the following programs:

- Women's Health,
- Alcohol and Other Drugs, and
- Population Health (HIV/AIDS).

In addition, Leichhardt Women's Community Health Centre (LWCHC) runs GP clinics funded through Medicare bulk-billing.

Independent income received from donations, and one-off grants support enhanced service delivery through brokerage and continuing education and training for staff and clients, as well as directly subsidising some of the group programs.

WOMEN'S HEALTH PROGRAM

In 2022-2023 there were 5,282 occasions of service and community health education provided to a total of 1,469 clients in the Women's Health (WH) program.

Client demographics:

- 46% of all women were from CALD backgrounds.
- 8% identified as Aboriginal and/or Torres Strait Islander women.
- 65% of women were on pension/benefits.
- 90% of clients are currently residing in the SLHD.
- 43% of our clients are over 55 years and among this percentage the highest proportion are aged 60-69 years (22%). In the younger cohorts 12% are aged 25-29 years.
- 98% of our clients have complex chronic health care needs.

Practitioners in the WH funded clinical and counselling services recorded 21,634 presenting issues in the WHNSW Database. The highest presenting issues in WH sessions was emotional/mental health (34%), followed by physical health (32%), relationships (13%), gynaecological/urogenital (5%), social/cultural issues (4%), violence/abuse (4%) and legal/financial issues (4%).

There were 2,090 individual nursing, GP, health promotion activities and case management episodes of care. There were 1044 naturopathic and acupuncture appointments and 387 counselling episodes of care. There were 1,760 community education occasions of service.

ALCOHOL AND OTHER DRUGS PROGRAM

The Drug and Alcohol Counsellor delivers counselling, health education and case management/referrals from a harm minimisation perspective to individuals and in group settings. This work is carried out both at the centre and in residential refuges/rehabilitation services and other NGO organisations.

The demographics of those attending the drug and alcohol service in the past year are as follows:

- 17% of women were from CALD backgrounds.
- 29% identified as Aboriginal and/or Torres Strait Islander women.
- 73% of women were on pension/benefits.
- 80% of clients are currently residing in the SLHD.
- The highest proportion of clients were aged in the 25-29 and 35-39 age bracket at 40%, followed by 26% of the clients aged 20-34 years and 40-44 years.

The two principal drugs of concern used by clients attending the service in the 2022-2023 financial year were methamphetamine (28%) and alcohol (25%).

POPULATION HEALTH (HIV/AIDS) – WOMEN PARTNERS OF MEN WHO HAVE SEX WITH MEN SERVICE

The Women Partners of Men who have Sex with Men Service (WPMSM) is a state-wide service to NSW residents and has been successfully running for over 22 years at LWCHC. The Service provides counselling (face to face, online and telephone), support groups (online), training and resources for many women and health professionals and will endeavour to continue providing this much needed service in NSW.

In the 2022-2023 financial year, there were 89 new clients to the service and 174 counselling appointments in person or via telehealth. There were also five Women Partners support groups held over a period of five weeks.

- The age range of clients attending the WPMSM service was highest at 18% in the 60-64 age bracket, followed by 16% in both the 35-39 and 40-44 age brackets.
- The majority of the counselling clients were born in Australia at 67%, followed by 12% in North America.
- Most clients resided in the North Metro area at 26% followed by the Sydney LHD at 19%.

There were 1,722 presenting issues canvassed in the counselling sessions: 48% were emotional and mental health issues and 39% were relationship issues.

The Women Partners of Men who have Sex with Men Service continues to touch the lives of women throughout New South Wales and beyond, when they find themselves struggling with relationship changes they weren't expecting and don't know who to turn to.



WOMEN'S HEALTH PROGRAM



Over
5,282
occasions of service
to at least
1,469 clients

ALLIED HEALTH



1,044
naturopathic
and acupuncture
appointments

PRESENTING ISSUES



21,634
presenting issues in
the centre's statistical
database

COUNSELLING



387
counselling episodes
of care

FINANCIAL POSITION



65% of clients were on pension/
benefit or student

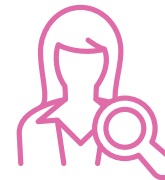


9% of clients had no
personal income



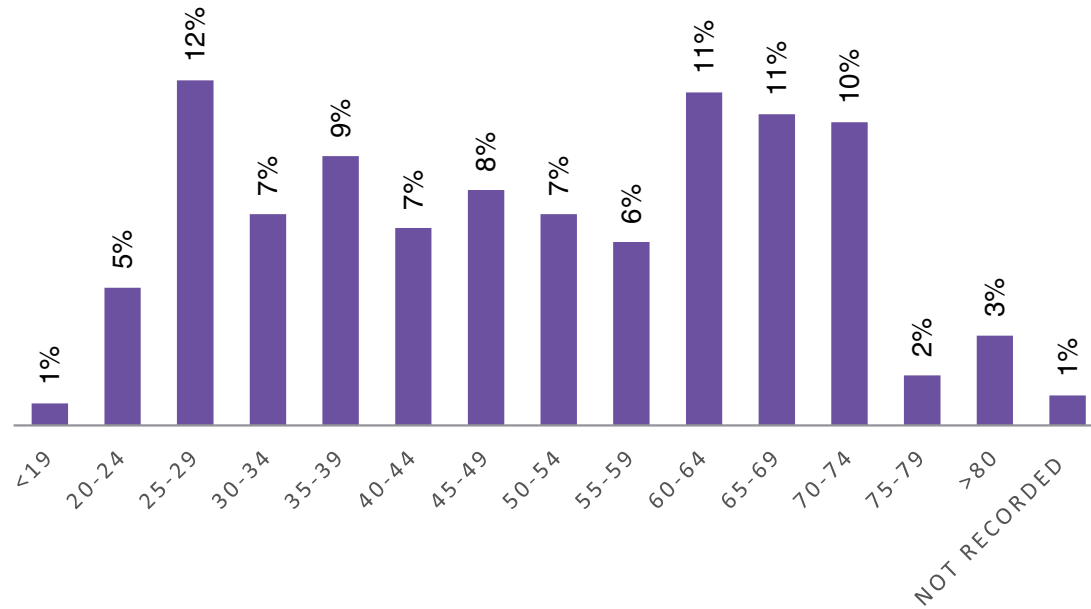
8% were casual or
part time employed

MEDICAL/NURSING

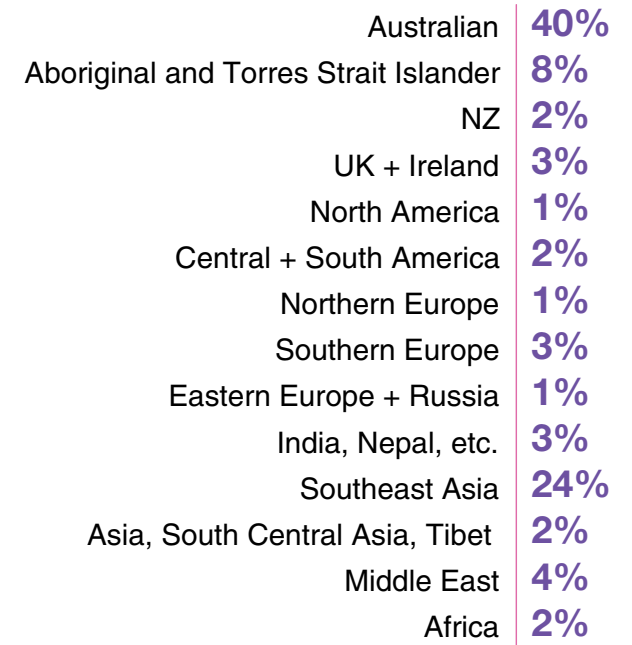


2,090
individual nursing, GP,
and case management
episodes of care

WOMEN'S HEALTH CLIENTS BY AGE GROUP



ETHNICITY OF WOMEN'S HEALTH CLIENTS



DRUG AND ALCOHOL PROGRAM



A total of
94
clients attended
408
occasions of service

OUTREACH



48%
of clients seen were in
residential rehabilitation
settings

FINANCIAL POSITION



73% of clients were on pension/
benefit or student



5% of clients had no
personal income



6% were casual or
part time employed

EDUCATION



103
community education
occasions of service
provided

PRINCIPAL DRUG OF CHOICE

28%
methamphetamine

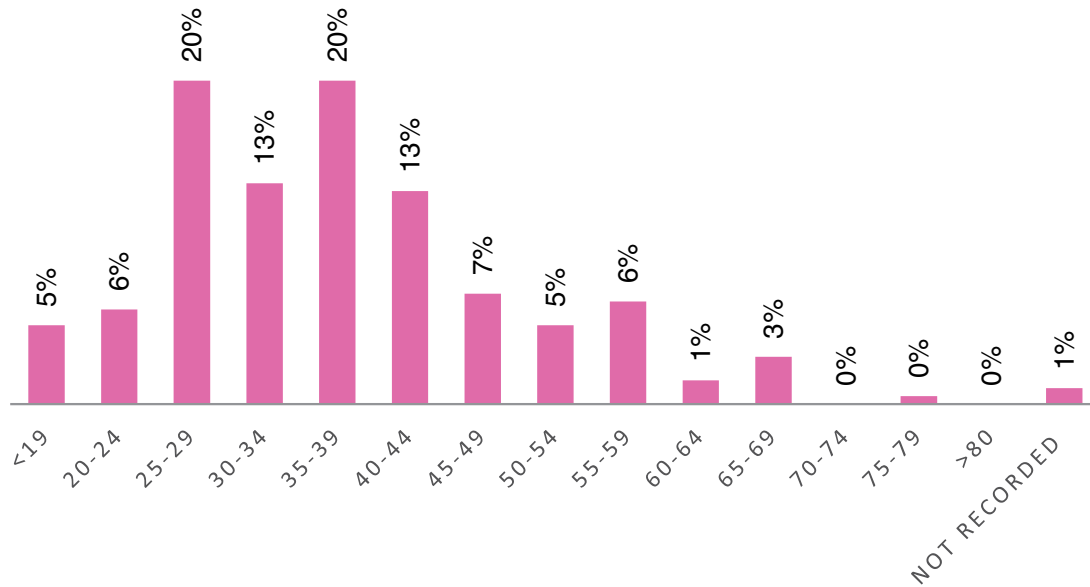
25%
alcohol

PRESENTING ISSUES



6,847
presenting issues in
the centre's statistical
database

DRUG AND ALCOHOL PROGRAM CLIENTS BY AGE GROUP



ETHNICITY OF DRUG AND ALCOHOL PROGRAM CLIENTS



WOMEN PARTNERS OF MEN WHO HAVE SEX WITH MEN SERVICE (WPMSM)

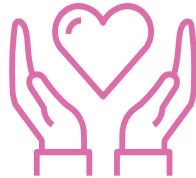
COUNSELLING



174

individual counselling occasions of service

NEW CLIENTS



89

new women accessed the service

SEXUAL HEALTH AWARENESS



100%

of clients reported increased awareness of sexual health and strategies to negotiate safe sex

SUPPORT GROUPS



20

occasions of attendance at support groups

WEBSITE



10,441

website unique visitors



9,229

resources distributed or accessed via the website

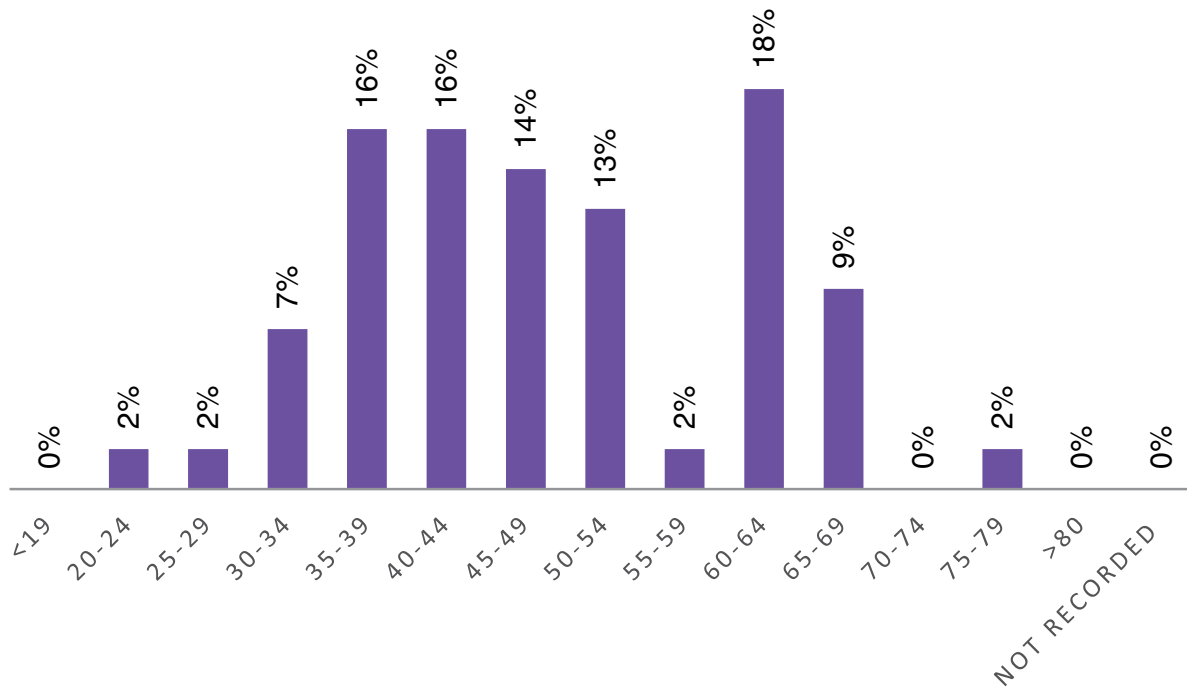
PRESENTING ISSUES



1,722

presenting issues in the centre's statistical database

WPMSM CLIENTS BY AGE GROUP



ETHNICITY OF WPMSM CLIENTS



WOMEN PARTNERS OF MEN WHO HAVE SEX WITH MEN SERVICE

Women Partners of Men who have Sex with Men (WPMSM) Service was relaunched in 2022-2023 to raise awareness of this unique service and increase engagement and connection of women and relevant stakeholders across New South Wales. As a state-based service we provide free and confidential counselling and support groups to women including transgender, CALD and First Nations communities and offer education and training resources to health professionals working with women.

Sydney Local Health District (SLHD) Priority Populations Program has been assisting Leichhardt Women's Community Health Centre (LWCHC) in reviewing content and rebranding of the new Women Partners of Men who have Sex with Men website, communication strategy and referring more women to service.

OUR GOALS

- **Engage** women in safe and supportive counselling
- **Empower** women with knowledge
- **Enable** women to rediscover their identity

OUR ACHIEVEMENTS

Launched our new website

Women Partners redesigned our website to engage potential new clients, raise our profile in the government and non-government sector, reflect our new branding and provide educational resources to both women and professionals.



Designed Professional Development Webinars

In 2023, we launched a series of educational Webinars commencing with our initial two target groups: Social Workers/Counsellors and GPs. Interest in enrolments continues to increase across the health sector and it is exciting to watch our service gain traction.

The Webinar content can be utilised for professional development and CPD points and a certificate is downloadable on our website on successful completion of same.

Staff expansion

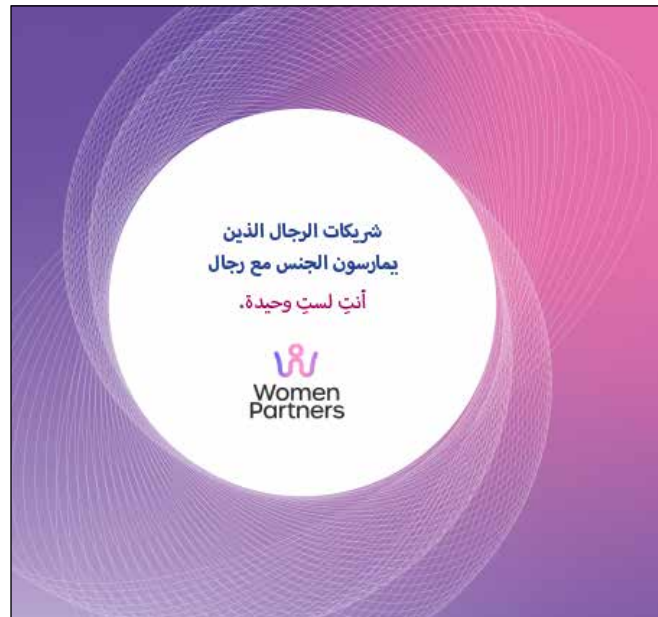
The service employed a new Women Partners Counsellor and joint Program Coordinator to bring the team to full capacity and ensure that the service is reaching its potential in the next few years. With a background in Counselling, Social Work, Women's Community Work and Sexual Health, our small team operates under the guidance of Dr Ses Salmond, Leichhardt Women's Community Health Centre, to continue to modernise and update our service to reflect the changing landscape of the community.

Support groups

The Women Partners team designed a 6-week support group aimed at providing connection and psychoeducation to women peers who are seeking contact outside the service. The first support group successfully ran in May 2023 with 100% positive feedback and the next one is planned to run later in 2023. Women attended virtually to ensure that everyone could access the group across New South Wales.

Media campaign

Women Partners collaborated with Loud Communications and Pink Media and Population Health to work on promotional strategies to raise our online profile. With a rebranding and relaunch of the service in 2023, our new communication strategy includes targeting culturally and linguistic diverse women with the development of an Arabic service brochure, and with the launch of women's stories on social media platforms such as Mamamia, the service moves proudly forward in its goal of empowering women. In addition, an electronic direct mail initiative targeted NSW based GPs, raising awareness of the sexual health and other needs of this cohort of women and encouraging practitioners to complete the Women Partners Webinar for GPs as part of their continuous professional development.



New Brochures

Women Partners have developed new printable and web ready brochures to reflect our new website logo/ colours and truly capture the journey that women find themselves on, their different backgrounds and their unique stories. We are proud to include the first brochure produced in another language, Arabic, in an attempt to engage women from these communities and allow them to get support in a safe environment.

Advisory Committee

The collaboration and consultation with stakeholders enriched the Women Partners Service and we are grateful to the Women Partners Advisory Committee Members:

- Shih-Chi Kao, Director, Priority Populations Programs, SLHD
- Brooke Dailey, Manager, HIV & Related Programs & Pozhet, Priority Populations Programs, SLHD
- Susan McGuckin, Health Promotion Officer, HIV & Related Programs & Pozhet, Priority Populations Programs, SLHD
- Michael Williamson, NUM, Sexual Health, Central Coast LHD
- Loretta Healey, RPA Sexual Health Clinic, SLHD
- WP Team: Lara Goulding, Vanessa Hingston and Ses Salmond

COMMUNITY-BASED HEALTH EDUCATION (OUTREACH)

NURSING OUTREACH CLINICS

Leichhardt Women's Community Health Centre is dedicated to serving women in the Sydney Local Health District. We aim to increase awareness and uptake of cancer screening by taking our clinics to where they are needed in the community. We are lucky to be backed by a supportive healthcare team at our centre, including doctors, counsellors, and other allied healthcare professionals.

The population within the Sydney Local Health District is incredibly diverse, including a high proportion of Aboriginal and multicultural communities and a significant number of socioeconomically disadvantaged women. SLHD remains below the state average for cervical and breast screening; barriers to preventative screening include lack of awareness, difficulties with access, cost, fear, embarrassment, and cultural barriers. We aim to reduce these barriers by offering safe, inclusive, women-centred care in the community.

We currently offer outreach services over ten community locations, including We Help Ourselves New Beginnings, (Rozelle), Newtown Neighbourhood Centre One Stop Shop, Waterloo Community Centre, Common Ground, (Camperdown), Canterbury City Community Centre (4C's) in Lakemba, Dr Ngo's Clinic (Marrickville), Guthrie House (Enmore), Poet's Corner (Redfern) and more.

In partnership with the SLHD Priority Populations Programs, we have integrated self-collected Cervical Screening Testing (CST) outreach clinics. Some of our locations also allow us to offer clinician-collected samples where clinical rooms are available. We are able to incorporate Sexually Transmissible Infection (STI) screening within these consultations. We provide education on breast awareness and breast screening and can help women book breast screening appointments. Continuity of care is achieved through our follow-up of results, clinical reminders, and referral to our LWCHC doctors when clinically indicated.

Our model of care is further strengthened through our community education and health promotion programs. We offer tailored community education sessions on a range of Women's Health topics, and these are often followed up with an outreach clinic. Attending outreach locations alongside cultural support workers and a female Senior Aboriginal Health Worker has enhanced cultural safety and supported patient care.

The outreach program allows us to deliver trauma-informed clinical services to those in most need recognising the long-term impacts of trauma in their lives and coupled with poverty can make it hard to navigate mainstream health services. The self-collection of cervical screening has been a game changer for empowerment of cultural groups often disenfranchised by mainstream services or who may have experienced abuse or trauma. The outreach clinics have meant that

early-stage cervical cancer has been captured and then referred to appropriate medical care. The outreach clinics do save women's lives.



Free women's health checks twice a month with LWCHC Nurse Comfort Danquah and a patient at Lakemba Women's Health Clinic. Source: Canterbury Bankstown Torch, 15 February 2023.

VIETNAMESE SOCIAL SUPPORT GROUPS

Thao Do, our Vietnamese Health Educator provides specific community support groups for Vietnamese women. These groups are offered in different locations including Camperdown, Marrickville, and Wiley Park.

The Vietnamese Women's Support Group and the Vietnamese Women's Wellness Group, working in partnership with Community Cultural Connections Inc., enhance Vietnamese women's skills and builds knowledge to achieve personal goals. These groups provide health, support and wellbeing activities including self-care, healthy lifestyle choices, stress management, preventative health care, communication which helps break down social isolation and fosters connection with others with similar experiences.

The Vietnamese Qigong Group showed that through enhancing physical activity through group activities and support, Vietnamese women who experience social isolation or who do not access mainstream health services, can feel supported, make connections and be referred to relevant services.

Through active participation in these groups, referrals are also made for Vietnamese women to access Medical, Naturopathic and Acupuncture health services at the Centre. There has been an increase in Vietnamese women using the Centre services as the result of attending the above groups.



Vietnamese Women's Support Group at Camperdown



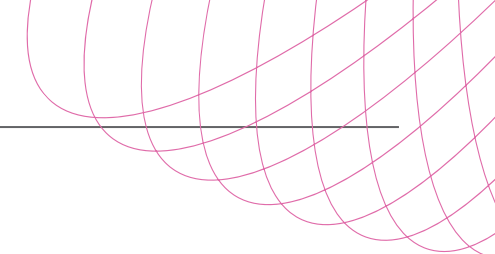
Vietnamese Women's Wellness Group at Marrickville

"Từ khi được bạn giới thiệu tham gia nhóm, tôi thấy rất vui, bớt cô đơn, sức khỏe tốt hơn vì ăn được, ngủ được và tập thể dục đều đặn. Tôi cảm thấy mình quý/ trân trọng cuộc sống hơn."

"Since my friend introduced me to join the group, I feel very happy, less lonely, my health is better because I eat well, sleep well and exercise regularly. I feel more appreciative of life."

"Tự tin và lạc quan hơn trong cuộc sống và sức khỏe thể chất và tinh thần được tốt hơn."

"I am more confident and optimistic in life and my physical and mental health is better."



COMMUNITY-BASED HEALTH EDUCATION (OUTREACH)

DANCE MOVEMENT AND PARTNERSHIPS TO IMPROVED WELLBEING

Sharon Todd-Miller, our Health Educator, continues to improve the wellbeing of women through dance movement therapy programs and the joyful movement of Nia classes.

In 2022-2023, seven two-hour dance movement therapy sessions at the WAGEC refuge (Women and Girls Emergency Centre), were part of the "All of You" program, designed to increase women's confidence, connection and emotional intelligence skills.

Dance therapy sessions for residential Substance Dependence Programs support women in recovery, with special emphasis on partnerships with New Beginnings (WHOS) with 23 sessions, and two five-week sessions for Kathleen York House and one five-week session for Detour House.

Dance Therapy Client Quotes:

"This has helped my recovery and I now have new skills to take into my life after the program"

"My stress and anxiety lowered, my depression lifted, I felt more connected and cared for and better able to manage my physical pain"



Nia Class at Annandale Community Centre

Nia classes continue to grow at Annandale Community Centre providing a welcoming, safe space for women to connect to others and make friends, express themselves through movement and also includes learning choreography to stimulate the mind.

Nia Client Quotes:

"Helped me connect to other people, makes me feel happy"

"I believe I'm happier throughout the week due to the class"

NATUROPATHY

Leichhardt Women's Community Health Centre has offered uniquely affordable and accessible naturopathic health care services and community health education in the form of naturopathy workshops for our clients since 1974. Naturopathy is a personalised and integrative health care system that employs a range of evidence-based modalities, such as dietary and lifestyle advice, and herbal and nutritional medicine, to support the health of the whole person. It's been shown to prevent and support the management of some of the most common medical conditions by integrating the best of traditional healing methods with modern medical science. With an emphasis on prevention, education, and addressing the underlying causes of disease, naturopathic health care helps to empower our clients to improve their health and their lives.

In the 2022-2023 financial year, there were 294 naturopathic health care consultations (235 in clinic, 58 via telehealth) provided for a total of 112 clients.

- 29% of these clients were from CALD backgrounds.
- 5% identified as Aboriginal and/or Torres Strait Islander women.
- 49% of these clients were on pension/benefits.
- 12% were casually employed, and
- 6% reported no personal income at all.

With increasing costs of living over the past financial year and a corresponding increase in the number of clients reporting food and housing insecurity and living in poverty, the centre was pleased to be able to provide many of our clients accessing the naturopathy service with personalised herbal and nutritional prescriptions free of charge. A number of generous individuals and

institutions contributed to this effort, and we would particularly like to thank Beverley Morrison and John Baxter for donating their herbal dispensaries, and Torrens University Australia and Vital.ly for their regular and ongoing donations of herbal and nutritional supplements.

Group workshops providing community health education offered by our naturopath this year included:

- fermenting, pickling and preserving food
- herbal home remedies
- ageing with health and vitality
- workshops addressing specific health issues such as menstrual/menopausal health and celebrating the holiday season.

We hope to expand on all these naturopathic offerings and outreach opportunities in the coming year.



CENTRE VISITS

Queensland Health delegation visit

Leichhardt Women's Community Health Centre (LWCHC) hosted an onsite delegation visit by Queensland Health on 31 May 2023. The delegation's aim was to gain an understanding of the models of women's health centres in NSW, as Queensland were looking to establish hubs in the areas of women's health, families and children, ageing and disability.

The Queensland Health delegation consisted of:

- Tricia Matthias, Executive Director, System Policy Branch
- Belinda Lewis, Director, Domestic and Family Violence and Women's Health Reform, System Policy Branch
- Rachael Beswick, Director, Models of Care, Reform Office

Denele Crozier, CEO of Women's Health NSW (WHNSW), provided the history of Women's Health Centre's funding through the Whitlam government and an update on the Women's Health NSW Business Case which outlines the models of care and range of multidisciplinary service provision across NSW.

LWCHC (Judy Tonkin, Chairperson; Ses Salmond, Manager; Freya Pattinson, Drug and Alcohol Counsellor; and Lara Goulding, Counsellor and Women Partners Program Coordinator) and WHNSW discussed referral pathways, domestic violence screening tools, child sexual assault counselling in

Women's Health Centres and responding to emerging community needs and that the key was community engagement.



LWCHC Board & Staff with Queensland Health Delegation and WHNSW CEO - 31 May 2023

Left to Right: Judy Tonkin, Ses Salmond, Rachael Beswick, Belinda Lewis, Freya Pattinson, Lara Goulding, Tricia Matthias, Denele Crozier

Eileen O'Connor Catholic College visit

Leichhardt Women's Health Centre (LWCHC) hosted a site visit from five Year 11 and 12 girls with mild to moderate intellectual differing abilities from Eileen O'Connor Catholic College on 6 December 2022.

The visit involved an introduction to LWCHC's services, movement for wellbeing with Sharon Todd-Miller, Dance Movement Therapist and sexual health education from LWCHC Nurse Comfort Danquah, and GP Dr Shyamala Hiriyan, and a shared lunch with staff.



Eileen O'Connor Catholic College Counsellor and Students outside Leichhardt Women's Community Health Centre - 6 December 2022

INNER WEST COUNCIL – FREE PERIOD PRODUCTS

Leichhardt Women's Community Health Centre (LWCHC) attended the Inner West Council's launch of Free Period Products at Ashfield Aquatic Centre on 14 December 2022. Deputy Mayor, Philippa Scott launched end period poverty with free period products being dispensed from community venues such as aquatic centres and libraries.

LWCHC congratulated the Inner West Council on this initiative which acknowledges that period products are not luxury items, but everyday necessities which ought to be free for the local community. This will make a difference in women's lives in balancing household budgets so money can be spent on other necessities such as food.



LWCHC Staff with Inner West Council (IWC) at Launch of Free Period Products – 14 December 2022

Left to Right: Megan Hunt & Ses Salmond from LWCHC, Philippa Scott IWC Deputy Mayor, Darcy Byrne IWC Mayor

FINANCIAL SUMMARY



Victoria Thompson,
Treasurer

The financial records for Leichhardt Women's Community Health Centre have been prepared as at 30 June 2023.

The special purpose financial statements have been prepared to meet the reporting requirements of the Australian Charities and Not-for-profits Commission Act 2012.

The financial statements have been Audited by Byrons and reviewed by the Board.

No unadjusted audit issues are noted by Byrons.

Leichhardt Women's Community Health Centre Incorporated Financial report for the year ended 30 June 2023

Statement of Profit or Loss and Other Comprehensive Income

Figures in Australian Dollars	Notes	2023	2022
Income			
Grants received	2	1,259,906	1,003,314
Services income	2	142,323	92,434
Other income	2	85,303	8,168
Interest income		22,314	133
		1,509,846	1,104,049
Expenses			
Employee benefits expense	3	962,759	814,677
Administrative expenses	3	162,614	128,644
Depreciation	3	45,432	46,425
Contractors and consultants		229,554	35,895
Insurance		32,751	25,304
Medical/Clinical Supplies		10,848	10,126
IT cost		47,389	43,648
Low value equipment		9,744	15,814
Repairs and maintenance		11,642	9,189
		1,512,733	1,129,722
(Deficit) before tax		(2,887)	(25,673)
Tax expense		-	-
(Deficit) for the year		(2,887)	(25,673)





Leichhardt Women's COMMUNITY HEALTH CENTRE

Leichhardt Women's Community Health Centre

Email: info@lwchc.org.au | Website: lwchc.org.au

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55 Thornley St (Cnr Thornley & Cary St) Leichhardt NSW 2040

Funded by NSW Health | We are a Public Benevolent Institution and donations are tax deductible



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