



womens health  
& family services

ISSUE 18 SUMMER 2016

# Rural in Reach Program

## in this issue

Strengths and Challenges of Separation - pg 1

Upcoming Talks - pg 2

CRC article - pg 2

### GOLDFIELDS WOMENS HEALTH CARE CENTRE

15 Dugan Street  
Kalgoorlie WA 6430  
T: 08 9021 8266  
E: [coordinator@gwhcc.org.au](mailto:coordinator@gwhcc.org.au)  
W: [www.gwhcc.org.au](http://www.gwhcc.org.au)

### HEDLAND WELL WOMENS CENTRE

3A Leake St  
South Hedland WA 6772  
T: 08 9140 1124  
W: [www.wellwomens.com.au](http://www.wellwomens.com.au)

### NINTIRRI CENTRE

Centre Rd  
Tom Price WA 6751  
T: 08 9188 0500  
E: [reception@nintirri.org.au](mailto:reception@nintirri.org.au)

### SOUTH WEST WOMENS HEALTH & INFORMATION CENTRE

19 Fielder St  
Bunbury WA 6230  
T: 08 9791 3350 | 1800 673 350  
E: [swwhic@swwhic.com.au](mailto:swwhic@swwhic.com.au)  
W: [www.swwhic.com.au](http://www.swwhic.com.au)

### WOMENS HEALTH & FAMILY SERVICES

227 Newcastle Street  
Northbridge WA 6003  
T: 08 6330 5400  
E: [ruralinreach@whfs.org.au](mailto:ruralinreach@whfs.org.au)  
W: [www.ruralinreach.whfs.org.au](http://www.ruralinreach.whfs.org.au)

## Strengths and Challenges of Separation

Many of us start the new year refreshed after a break with our loved ones. However, for some people Christmas breaks and school holidays can be a particularly stressful time. This is particularly so for families that are going through the process of separation.

Divorce rates for WA remain on the increase despite falling rates in other states. A multitude of factors can contribute to marriage breakdown such as financial stress. With the down-turn in the mining sector, some high income earners have found themselves unemployed and some farmers in rural and remote WA have been battling to maintain their stock and crops during the bushfire season.

Once the decision to part ways has been made there are a great many changes each parent and the children go through. Following separation each parent has housing, financial, social and parenting adjustments to make. In some cases there are also employment considerations and perhaps even overcoming conflict with the other parent and legal issues. Amongst all this change, children are going through their own grief and loss.

Maintaining a strong and healthy attachment to your children during times of change can be a challenge, particularly when the change is also to the family structure. Helping to

build resilience with your children will help them to navigate the changes taking place and develop strengths for challenges they may face in the future.

The first 2016 Community Talk will be 'Strengths and Challenges of Separation'. This talk will focus on both the impacts and supports for adults and children/young people. For more information, please contact Rural in Reach on 1800 998 399 or [ruralinreach@whfs.org.au](mailto:ruralinreach@whfs.org.au)



## Rural in Reach 2015 Reflection

At the end of each year, Rural in Reach checks in with all of our partnering communities to see what has worked well and what can be a future focus in supporting rural WA. Last year was no different and we were overwhelmed with the positive feedback. The program has continued to increasingly support individuals through counselling as well as have high numbers of participants for the Community Talks. There were a lot of great suggestions for the team to consider coming into 2016. Please look out for the Spring edition of the newsletter for another update.



# what's on...



## RinR Community Talks – Summer Series

The schedule for the Summer series of Community Talks is available from [www.ruralinreach.whfs.org.au](http://www.ruralinreach.whfs.org.au)

### Strengths and Challenges in Separation

*Presented by Nicole Gale, Rural in Reach Coordinator and Carol Lacroix, Masters of Social Work student, WHFS*

In 2014, there were 121,197 marriages registered and almost half that number of Australians were divorced (Australian Bureau of Statistics, 2014). This does not take into account people who are defacto or not classed as legally married. Separation affects the whole family (adults and children/young people) in multiple ways such as changes to living arrangements, finances and even changes within yourself. This talk will discuss both the challenges experienced when going through separation as well as the strengths that can help people, regardless of their age, to get through the other side.

Tuesday, 9 February 10.15am - 12.30pm

### Hoarding Explained

*Presented by Aisling Ward, Partners in Recovery Team Coordinator*

Hoarding disorder affects 1 in 20 people (Morgan, 2012). This session will aim to provide a brief overview on hoarding disorder: its history, prevalence, causes and characteristics. It will also provide useful advice and resources including assessment tools, harm minimization, resources, support and recovery options.

Tuesday, 5 April 12.30pm - 2.30pm

*Places are limited for the Community Talks. Please register ASAP by 12pm the day before to secure your place. Some talks are available by webcast, recording or on RinR website.*

*To register your communities interest or provide suggestions for future topics/presenters, please contact your local CRC direct or the Rural in Reach team on 1800 998 399 or [ruralinreach@whfs.org.au](mailto:ruralinreach@whfs.org.au)*

### Westlink Broadcast - Shimmy and Shake it!

Tanja Luck (Health and Well-being Officer, WHFS) has run several Rural in Reach Community Talks on finding the time and space for exercise that you can really enjoy. By popular request she will feature in this broadcast (with special guests) to discuss how to overcome these barriers, learn about the current Australian guidelines and also enjoy a no equipment workout for your buns! Then enhance your wellbeing by feeling divinely feminine through experiencing the ancient art of women's only secret belly dancing. Please refer to the Westlink schedule for March 2016 dates.

## RinR Upcoming talks

Upcoming topics for the Autumn and Winter Series:

- [Methamphetamines Use](#)
- [Mental Health Illness Series](#)
- [Ageing and General Health](#)
- [Post Natal Depression/Anxiety](#)

### Recordings

As a reminder we have the following talks available on the Rural in Reach website [www.ruralinreach.whfs.org.au](http://www.ruralinreach.whfs.org.au):

- *Family and Domestic Violence*
- *The Significant Impact of Hearing Loss: Hearing Loss and Mental Health*
- *Mental Health Challenges for Young People*
- *Alcohol and Pregnancy*
- *Osteoporosis*
- *Menopause*
- *Men's Health Panel Special*
- *Men's Business*
- *Postnatal Depression*
- *Children's Nutrition*
- *Breast Cancer Prevention and Awareness*
- *Resilience: Helping Your Teenager Bounce Back*
- *Women and Ageing*
- *Youth, Drugs and Alcohol*

Some communities have held morning or afternoon tea special event screenings of these recordings. If you decide to do this in your community or even just run something for staff, please let us know. We will then send you out a feedback form as well as see if we can be available after for any topic or program enquiries. Any questions regarding this, please let us know - 1800 998 399

## The Dimensions of Women's Wellness in Kalannie

On March 19th 2016, Kalannie CRC is proud to be hosting the women's festival event 'The Dimensions of Women's Wellness'. This event consists of 11 professional women guest speakers, 5 interactive and informative workshops, a variety of entertainment plus caters for lunch and a 3 course dinner. Women in Kalannie and the surrounding communities are invited to attend this event to learn more about balancing women's wellness. For more information about this event and ticket purchases, please contact Bree at Kalannie CRC on 9666 2194.



womens health  
& family services

### Want more information about the RinR Program?

Why not check out our website! [www.ruralinreach.whfs.org.au](http://www.ruralinreach.whfs.org.au) You can also register your email at [ruralinreach@whfs.org.au](mailto:ruralinreach@whfs.org.au) to receive the RinR quarterly newsletter to keep up to date on RinR community activities and events!

To find out more about all the services and programs at Womens Health & Family Services go to [www.whfs.org.au](http://www.whfs.org.au)