



Midland  
Women's  
Health  
Care  
Place Inc.



# ANNUAL REPORT

2022/2023

A year at Midland Womens Health Care Place

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# About Us

Midland Women's Health Care Place Incorporated (MWHCP) is an inclusive organisation.

We support adult women of all ages from adolescence to later life - through all life stages and events including relationships, motherhood, loss and grief, trauma and ageing.

We support women from all social and economic backgrounds, including Aboriginal & Torres Strait Islander women and women from culturally diverse backgrounds and women identifying as LBTIQA.

We are an accredited provider under the National Standards for Mental Health Services and committed to a philosophy of continuous improvement. Our counselling services are founded on the Recovery Model of mental health which is a person- centred approach to mental health that builds on the person's own life experiences and journey to create and live a meaningful life within the context of their own community.

## Acknowledgment of Country

Midland Women's Health Care Place acknowledges the traditional owners of country throughout Western Australia and recognises their continuing connection to land, waters and community. We pay our respects to them and their cultures, and to elders both past, present and emerging.

*Ngala kaaditj Wadjuk moort keyen kaadak nidja boodja* – We acknowledge the Noongar people as the original custodians of the land on which our office sits.

## Our Vision

Empowered Women, Empowering Community.

## Our Purpose

To empower and improve/ strengthen the wellbeing of all women and families for stronger futures.

## Our Values

At MWHCP our values are the guiding principles that define who we are and how we operate. We believe in fostering a culture of:

### Respect



### Inclusion



### Courage



### Authenticity





## A message from our Patron

This past twelve months has seen Midland Women's Health Care Place finalise its acquisition of a refuge that no doubt will enhance service delivery and positive outcomes for clients.

It's pleasing to see that MWHCP has strengthened its work in Counselling services and is able to continue to support families affected by family and domestic violence.

As we move out of the post emergency period of Covid, it's clear that the focus on client service delivery is still a top priority. For those accessing the service via online appointments, these have become part of the norm for those who cannot venture into the Midland premises. Group sessions have also proved to be popular, connecting women back into their local community.

I'm proud of being able to support MWHCP obtain a grant to improve infrastructure so MWHCP can meet the changing needs of clients; plus having Solar energy to reduce the organisations carbon footprint.

I have had the privilege of attending many community events where MWHCP has also participated, spreading the word about accessible health care options are available to women and how MWHCP can support women in the community. The resounding positive feedback from people I've spoken to about these events instigated by MWHCP and their successes, is pleasing to hear. It means positive impacts are being made and the organisation has a well-deserved presence.

My thanks to the Board members for their endeavours, and of course, to the invaluable staff who are committed to making MWHCP a welcoming, safe space for visitors and clients.

Focussing on the next 12 months, I'm looking forward to what can be achieved.

Hon Michelle Roberts MLA,  
Member for Midland





## Chairperson's Report

2023 marks my fourth year as Chairperson of Midland Women's Health Care Place Incorporated (MWHCP).

MWHCP maintains its commitment to delivering solutions efficiently for clients presenting with a range of needs from counselling, post-natal assistance to domestic violence support as well as a variety of classes in support of our community.

The highlight of this year was the official merger with Nardine Refuge. On 1 July 2023 we officially merged with Nardine in the hope that as an organisation we can provide a wrap around service where the most vulnerable in our communities are supported through some of the toughest times of their lives.

We are continuing to grow as a service through the support of the Mental Health Commission and the Department of Health and now the Department of Communities through the merger with Nardine. This expansion of our portfolio has enabled us to explore other funding opportunities and focus areas to support our clients.

With the merger as our primary focus, the Board's priority this year has been on strengthening core services and integrating best practices across the entire organisation, including Nardine House.

This effort is directed toward ensuring compliance with the accreditation standards set by the Mental Health Commission and preparing for the forthcoming accreditation process by the Department of Health.

We remain dedicated to fostering partnerships throughout the sector, reinforcing our presence in the Women's Health Network, and collaborating extensively with local government entities and affiliated services.

Our collective aim is to fortify the organisation's foundation for future growth. Midland Women's Health Care Place continues to be a trusted institution in Midland and the surrounding regions, and our commitment to expanding outreach services remains unwavering.

In my capacity as Chair of the Board, I extend my heartfelt gratitude to my fellow Board members for their steadfast support, our dedicated CEO, Acting CEO, and the entire staff for their unwavering dedication and hard work throughout the year.

Anna Schwartz

# Chief Executive Officer's Report

This year has marked a significant milestone for growth for Midland Women's Health Care Place. It is with appreciation of the work of staff, supporters and our community that we have navigated a year of challenges with grace and optimism for the future of the organisation and the those we are here to serve.

A pivotal moment was the successful and strategically important merger of MWHCP with Nardine Women's Refugee, a landmark achievement that has forged a powerful alliance. This union has not only amplified our capacity but also solidified a more robust and holistic approach to providing women-centered support services. It's an intersection where our collective efforts are now better positioned to serve those grappling with family and domestic violence, mental health complexities, and the necessity for community-based support programs.

Central to our ongoing initiatives are the counseling and support groups, which are generously funded by the Mental Health Commission of WA. In the fiscal year of 2022/23, our reach expanded exponentially. The number of clients we supported saw a substantial increase, as did the delivery of individual counseling hours and group sessions, marking a significant surge in our impact and outreach.

Significant infrastructural enhancements have been integrated, symbolizing our commitment to inclusivity and accessibility. The recent renovations to the Center's bathrooms have been completed, ensuring enhanced accessibility for clients living with disabilities. Moreover, the lifting of COVID-19 restrictions has reinvigorated the space, welcoming back our staff and clients, infusing the Center with vibrant activity and a sense of community.

I would also like to acknowledge the effort, dedication and commitment of our staff and volunteers. They have gone above and beyond to continue to maintain service delivery during the disruption of the merge and their continued contribution is at the heart of Midland Women's Health Care Place.

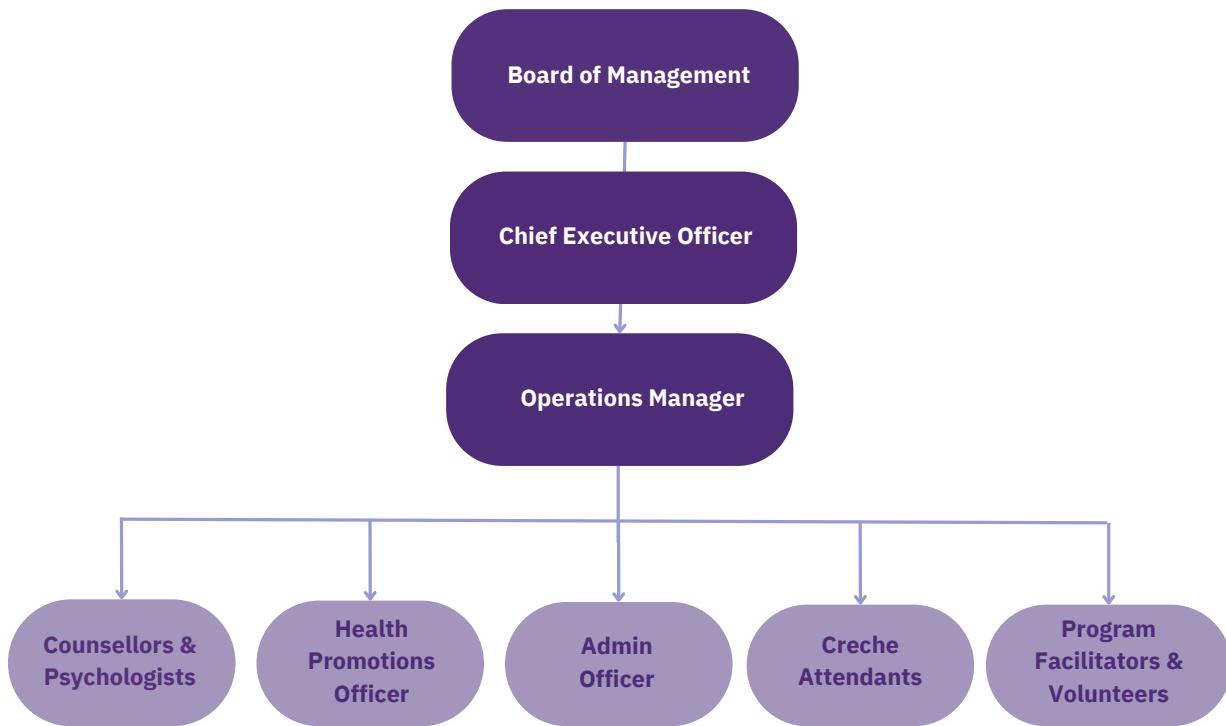
In acknowledging the departing staff members over the past year—Miranda Delaney, Amber Wilmot, Sandra Kubota Iso, Allison De Lima, and Mallory Webb—I extend a warm welcome to our new team members, Erin Hegarty, Tracy Crouch, Irena Quinn, and Deepa Venugopal, who are continuing this vital and valued work.

I express profound appreciation to the Board members who selflessly volunteer their time and expertise. Their guidance in steering the values and strategic direction of our organisation forms the bedrock of our shared journey towards empowerment and support for those in need.

Acting General Manager

Samantha Quach

# Our Organisation



# Our Partners and Supporters

We understand and acknowledge the importance of collaboration to achieve improved outcomes for women in the East Metropolitan region of Perth. We would like to thank all the people and organisations that have provided resources in support of our work over the last year:

Department of Health  
Department of Communities  
Mental Health Commission  
Services Australia  
Lottery West  
Bendigo Bank  
City of Swan  
Hon Michelle Roberts MLA, Member for Midland  
Bunnings Midland  
Perth Airport  
Headspace  
Midland March that Matters Committee  
100 Womens  
Dreambuilders Care

ER Assist – Christine Brown  
Foodbank  
HWL Ebsworth – Rochelle Airey and Erica Hartley  
Relationships Australia  
Midvale Hub  
Nelly's  
Indigo Junction  
Midland Woolworths  
Playgroup WA  
Relationships Services  
Shalom House  
Stockland  
Wisdom Yoga  
Zonta Swan Perth Hills

# Our People

We would not have successfully supported our clients, offered as many programs and or built more connections in the Midland community without the dedication and loyalty of our staff, facilitators and volunteers. Our thanks also to our Board who give of their time to guide our organisation.

## Board Members



**Anna Schwartz**  
Chairperson  
2019 - 2023



**Linda Dawson**  
Vice Chair-person  
2020 - 2023



**Melanie Khoo**  
Treasurer  
2021 - 2023



**Shannon Mony**  
Secretary  
2019 - 2023



**Di Welch**  
Board Member  
2019 - 2023



**Jennifer Gaskill**  
Board Member  
2021 - 2023



**Leah Schwartz**  
Board Member  
2021 - 2023

## Our Staff

Tara Doyle - Chief Executive Officer  
Samantha Quach - Acting General Manager  
Anthea McGuigan - Project Development Officer  
Brenda Downing - Counsellor  
Deepa Venugopal - Counsellor  
Mallory Webb - Counsellor  
Sandra Kabuto - Counsellor  
Alison Delima - Counsellor  
Kate Morse - Creche  
Jenny Rana - Creche  
Amber Willmott - Receptionist

## Our Volunteers

Mikaela Wainwright - Creche  
Tanya Towbridge - Garden Project

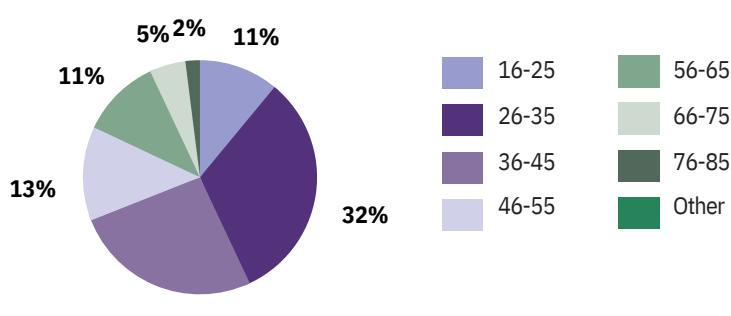
## Our Facilitators

Dimity Gregson - Art Expression  
Emma Harrison - Craft Connection  
Sophia Kalli - Empowering Dance  
Teresa Stokes - Tai Chi  
Susan Hauri-Downing - Craft Connections  
Mallory Webb - Beyond Anxiety  
Alison & Sandra - Circle of Security  
Allison & Brenda - Babies on the Move  
Brenda & Deepa - Strength to Strength  
Sandra Kabuto - Blue Zone  
Jean Byrne - Mindful Mums and Bubs  
Sandra & Alison - Just a minute  
Brenda Downing - Harmony  
Sandra & Alison - Just a Minute

# Making a Difference

At the heart of our organisation is a commitment to make real difference to the lives of women and children in the Midland area. The information below provides an insight into our work over the last year and the number of people we have supported across our groups and counselling services.

## Client Ages

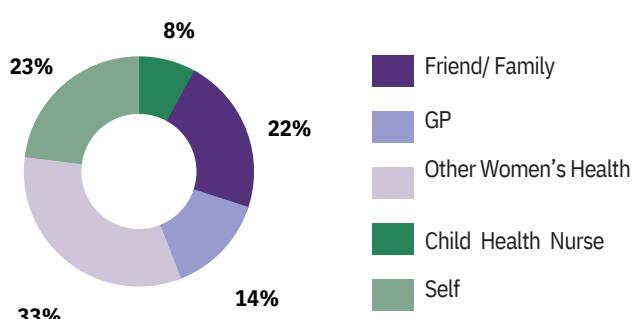


## Total number of clients supported this year

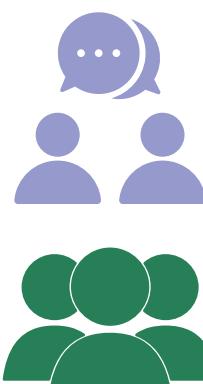


Counselling - 270  
Groups - 189

## Referral Sources



## Mental Health Commission funded programs



1898

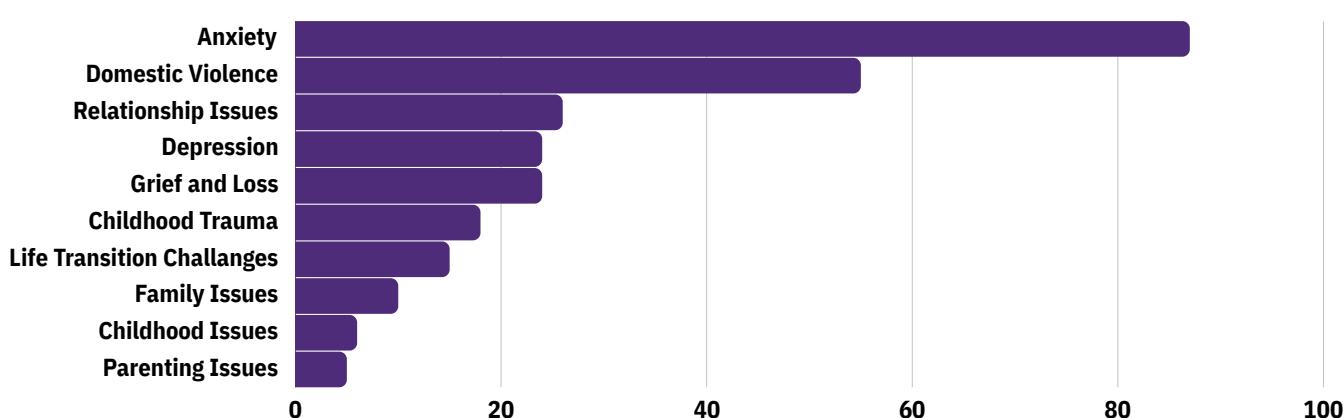
Hours of face to face counselling



529

Hours (Groups)

## Top 10 Counselling Issues



# Our Programs

Our programs and support services are designed for women of all ages across different life stages. During 2022/23, groups have included:

## Women's Wellbeing and Support Groups

Our groups are all about connection and building a community atmosphere. A welcoming smile and support are always on offer. We aim to provide space for friendships to grow and thrive.

- Strength to Strength
- Beyond Anxiety
- Tai Chi
- Art Expression
- Craft Connection
- Empowering Dance
- Women in Art
- Me, Myself and Money



## Mums' Wellbeing and Support Groups

We are proud to continue our commitment to the well-being and support of mothers in our community. Throughout the year, our Mums' Wellbeing and Support Groups have served as a vital source of emotional support, guidance, and camaraderie for countless mothers.

- Mother and Baby Nurture
- Mums and Bubs Yoga
- Babies on the Move
- Blue Zone
- Harmony
- Just a Minute
- Strength to Strength
- Circle of Security

## Specialised Counselling Services

Our 1-on-1 counseling services offer a confidential and personalized space for individuals facing a range of challenges. We believe in the power of one-on-one connections, which can be transformative and healing.

Our highly trained and compassionate counselors specialize in addressing a wide spectrum of issues, including:

- Perinatal depression and anxiety
- Family and domestic violence
- Relationship issues
- Loss and grief
- Experiences of trauma
- Self-esteem and confidence issues
- Life transition issues
- Advocacy, mental health strategies
- and referrals

# Health Promotion

In the past year, the Midland Women's Health Care Place (MWHCP) has been actively engaged in various community initiatives and events aimed at promoting health, well-being, and awareness of critical issues. Below is an overview of some of our notable achievements and activities:

## **September 2022: Crafting for a Cause**

MWHCP partnered with Craft Connections to contribute to a rug-making project for "Reclaim the Void." This collaborative effort showcased our commitment to community engagement and support.

## **October 2022: Addressing Domestic Violence**

Throughout October, MWHCP conducted a series of weekly workshops addressing the impact of domestic violence on children. Our aim was to raise awareness and offer support to those affected by this critical issue.

## **December 2022: Advocating for Women's Voices**

MWHCP participated in the Midland Women's March to raise awareness and march for the voices of women everywhere, highlighting our dedication to women's rights and gender equality.

## **Recipient of the 100 Women Grant**

We were honored to be a recipient of the 100 Women Grant and attended the gala event to receive the grant certificate. The grant has been instrumental in launching our "Strength to Strength" program, which offers crucial support to survivors of family and domestic violence.

## **November 2022: Supporting the "Stop Violence Against Women" Campaign**

MWHCP actively supported the annual "16 Days in WA - Stop Violence Against Women" campaign, where our staff assisted in donations and campaign activities.

## **March 2023: International Women's Day Celebration**

In March 2023, we hosted a high tea in recognition of International Women's Day, inviting the community to attend and enjoy an inspiring talk by the guest speaker, Lauren Crooke.

## **April School Holidays: Bunnings Workshops and Pram Walk Program**

During the April school holidays, Bunnings collaborated with us to run multiple children's workshops, allowing mothers to create plant pots with their children. Additionally, on April 27th, we launched the "Pram Walk Program," motivating mothers to connect and engage in a gentle stroll around Midland Oval with other mothers.

## **April 18, 2023: Heart Beat Club by Royal Life Saving WA**

The Royal Life Saving WA presented the Heart Beat Club at MWHCP, offering a free first-aid course for anyone caring for children aged 0-5 years.

## **May 2023: Mindful Mums Session in Bullsbrook**

This five-week program provided a safe space for mothers to share experiences and connect with others facing similar situations.

We are committed to our mission of enhancing the health and well-being of women and their families, and these activities reflect our ongoing dedication to this important cause.



## Client Feedback

We are only successful if our clients succeed. We value their feedback, celebrate their stories and embrace their progress.



### Beyond Anxiety

“It was a very rewarding group and helped me learn and cope with my anxiety”

“Mallory was amazing, The Group gave me a safe place to share and learn.”

“This was the first group setting I’ve attended and would recommend to anyone. I felt incredibly supported and motivated, allowing me the opportunity to contemplate and absorb the knowledge I gained.”



### Mother and Baby Nurture

“This group provided a safe, confidential space for me to connect with other moms and receive expert guidance on early parenthood.”

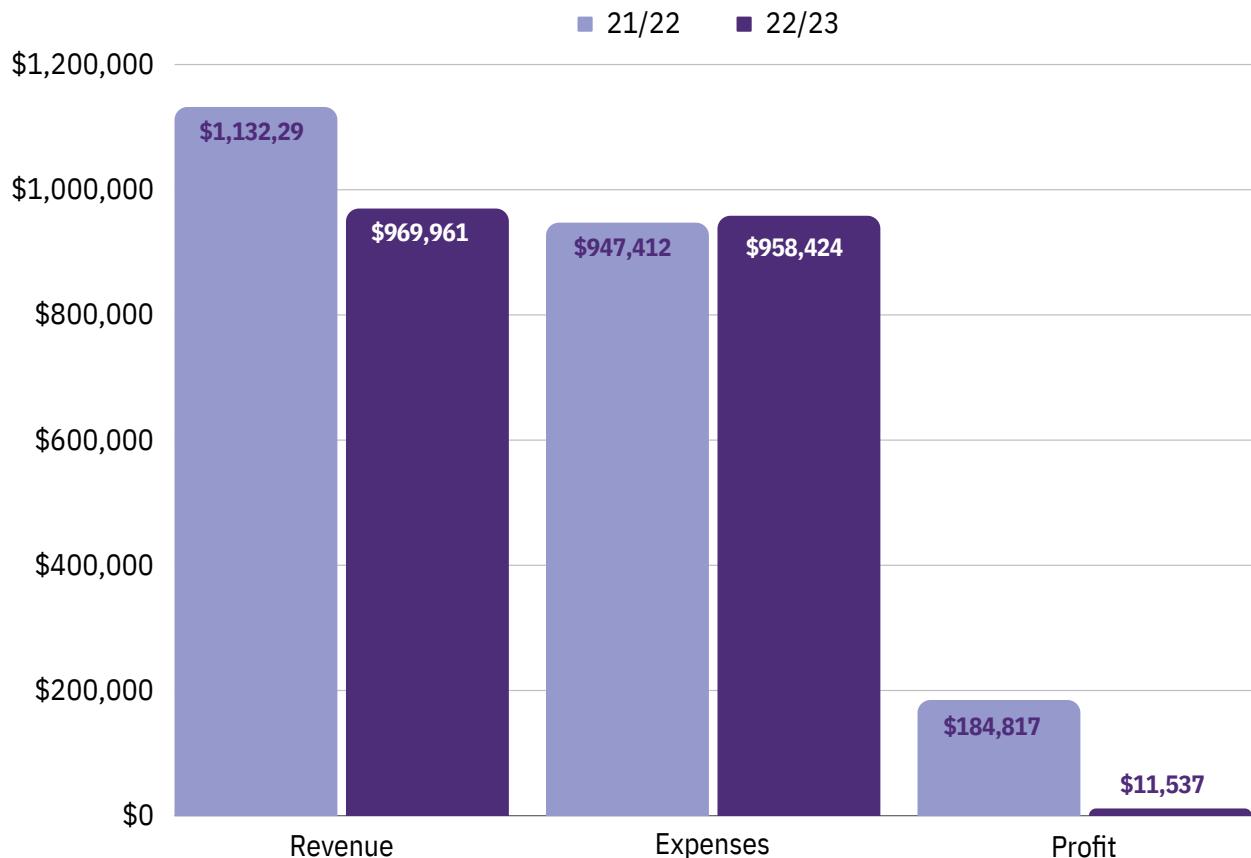
“Louise’s expertise in parent-infant relationships truly shines through”

“This group provided an essential space to share my early motherhood journey. Highly recommend for new mothers seeking support and connection.”

“A fantastic resource for navigating the challenges and joys of early parenthood.”

# Financial Summary

MWHCP is dedicated to financial transparency and accountability. While our audited financial statements for the current year are pending, these are the expected financials to be released. Statements to be available at the beginning of 2024 and can be obtained upon request.





**Midland  
Women's  
Health  
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[www.mwhcp.org.au](http://www.mwhcp.org.au)

Follow us @MHWCP 

**Make a donation today**

If you care about making a difference to the lives of vulnerable women and children, please donate directly to the Midland Women's Health Care Place today:

[www.givenow.com.au/mwhcp](http://www.givenow.com.au/mwhcp)

All donations over \$2 are tax deductible.



Or you can donate via Containers for Change by using the code #C10289444.  
10c from every container you donate will go to Midland Women's Health Care Place.