

Annual Report

2024 - 2025



Midland
Women's
Health
Care
Place Inc.



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Acknowledgement 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.



About Us

Midland Women's Health Care Place Incorporated (MWHCP) provide a variety of services to support all women, 16 and above.

MWHCP's low-cost counselling assists with a variety of issues including relationship breakdown, domestic violence, low self-esteem, anxiety, depression, prenatal and antenatal health. Our female-only counsellors are located at Midland and Ellenbrook.

At the Midland centre, we also offer:

- Wellbeing support groups & programs designed to empower, nurture, and inspire.
- Parental programs focused on supporting and strengthening secure parent-child relationships.
- Therapeutic and psycho-educational groups provide a comfortable and supportive environment to assist women to reach their full potential.

Our counselling services are founded on the recovery model of mental health, which is a person-centred approach 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.

Nardine Wimmin's Refuge is a communal living environment for women and children escaping family and domestic violence (FDV) situations. As a child safe organisation, the refuge offers individualised case management to support individuals and families rebuild their lives. Staff are trauma-informed, working with women and children from a strengths-based, person-centred philosophy.



Chairperson's Report



Entering my sixth year as Chairperson of MWHCP, I am both proud of the journey so far and energised for what lies ahead. Each year has brought fresh opportunities to strengthen our impact and deepen our connection with the community.

MWHCP continues its strong commitment to delivering services that respond to the diverse needs of our community - from counselling and post-natal assistance to domestic violence support and a wide range of group classes designed to promote wellbeing and connection. This year, we have enhanced services across both MWHCP and Nardine House. With our wrap-around support, I have seen firsthand the strength we gain by working as one organisation, building an even more resilient network for the women and families who rely on us.

With that growth has come an increased risk profile for MWHCP, requiring us to sharpen our governance and compliance focus. We have improved how risks are identified, documented, and recognised in our risk register, providing greater transparency and accountability. Importantly, we have commenced training and drills to ensure our workforce is prepared and confident in the event of an emergency. These initiatives have strengthened our resilience as an organisation and reinforced the safety of our staff, clients, and community.

We have also worked to refine our governance processes and establish more consistent ways of working. The recent elections provided opportunities to engage with representatives, and we extend our thanks for their commitments to supporting women's health. This year also marked an important transition in our leadership, as we farewelled our long-serving patron, the Hon. Michelle Roberts.

Our partnerships across the sector continue to strengthen. We have grown our role within the Women's Health Network and worked closely with local government and associated services, with the aim of building an even stronger organisation for the future. We remain a trusted presence in Midland and the surrounding areas, and we are excited to embrace outreach expansions into Bullsbrook and Ellenbrook.

To our Board, our CEO, and every member of the MWHCP team - thank you for your tireless dedication to the women and families we serve. Your passion drives our organisation forward, and I look forward to continuing this journey together as we strengthen our role in the community.

Anna Schwartz



Chief Executive Officer's Report

This year has been one of reflection, celebration, and renewal as we continue our commitment to supporting women, children, and families in our community.

A major highlight was the acknowledgement of 50 years of service by Nardine Wimmin's Refuge, Western Australia's first refuge for women and children escaping FDV. Held at Parliament House, the event honoured the courage of those who founded Nardine and the many lives changed since. Guest speakers, including Deputy Speaker Mr Stephen Price MLA, Hon. Samantha Rowe MLC, and past client Leanne, are reminding us of the refuge's lasting impact.

Events this year included International Women's Day, where guest speaker Lekkie Hopkins shared her journey as a leader in feminism and lecturer of Women's Studies in what is now known as Edith Cowan University. Staff proudly joined the Midland March That Matters in December, standing alongside our community in a public show of commitment to ending FDV.

This year also marked the retirement of Hon. Michelle Roberts as our Patron. Michelle has been a valued supporter for many years, and we thank her sincerely for her advocacy and dedication.

I also want to acknowledge our staff and volunteers, whose care and professionalism make our services possible, and our counsellors, who now deliver programs on parenting, anxiety, and healthy ageing. The addition of a new workshop room in Midland has further expanded opportunities for clients.

We are grateful for an election commitment providing updated computers, as well as the support of our funding bodies. The new Swan Communities for Children funding enables us to continue the Mother Baby Nurture program in Midland and Ellenbrook, strengthening bonds between mothers and infants.

Finally, I thank our many partners who deliver complementary programs alongside ours. Together, we are building stronger, safer futures for women, children, and families across our community.

Sincerely,
Linda Malone

Making a Difference

At the heart of our organisation is a commitment to make a real difference to the lives of women and children in the East Metropolitan region.

Midland Women's Health Care Place

Number of PND Clients Supported

We are funded by the Mental Health Commission to provide counselling for women experiencing postnatal depression (PND)

This support helps clients manage symptoms, build resilience, and improve wellbeing during later stages of pregnancy and the early years of parenting.



134

Number of PND Sessions Provided



451

Number of DOH Clients Supported



332

We are funded by the Department of Health (DOH) to provide low cost 1:1 counselling and group workshops for Women 16+ in the East Metropolitan region

Number of DOH Sessions Provided



1091

Client Testimonial

I learnt that in the eight weeks I've been involved has changed the outcome of my perspective.

Midland Women's Health Care Place is proud to hold the IHCA Certification Mark and Certificate of Registration, providing independent assurance of the quality, integrity, and governance of our services. This certification reflects our continued commitment to upholding the highest standards of care, ensuring that clients are treated with dignity and respect, and supported to make their own choices about the care they receive.



National Standards for
Mental Health Services
Quality Accredited Organisation

Nardine Wimmins Refuge

Number of People Accommodated and Supported:

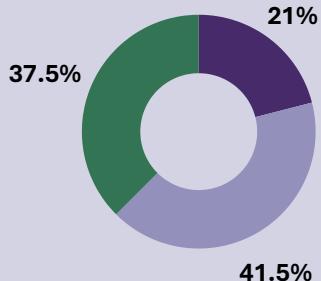


72

43 children with 21 being under the age of 2.

29 adults with the age group of 30-34 being the most represented.

Cultural Backgrounds of Clients



- Aboriginal and/or Torres Strait Islander
- Culturally and Linguistically Diverse
- Australian

Duration of Stay

The average length of stay was 87.4 days.

38.5% left within 2-13 weeks.

29.2% left within 13-26 weeks.

197 women

Were unable to be accommodated, which is more than double than of the previous year.

100% of clients who exited the service strongly agreed they were provided safe and supported accommodation.

100% of clients reported they were provided with support for trauma, advocacy and liaison to external stakeholders.

Case Study

After enduring over a decade of severe domestic violence, a 38-year-old woman found safety and support through refuge services after a life-threatening assault by her partner. Isolated and manipulated - particularly through her neurodivergence - she had previously struggled to break free from the cycle of abuse. Following the most recent incident, she was relocated to safety and eventually transferred to Nardine, where she began her journey toward healing and independence.

During her stay, the client received comprehensive support, including financial aid, legal advocacy, and emotional care. With the help of a Flexible Support Package, she cleared over \$4,000 in debt, secured essential items for herself and her daughter, and accessed medical and wellbeing services. She also worked closely with police, contributing to additional charges against the perpetrator and securing an interim family violence restraining order to protect herself and her child.

By the time she returned to her hometown, the client had achieved significant milestones: she had regained financial stability, strengthened her understanding of healthy boundaries, and taken steps to reunite with her daughter. Her story is a powerful testament to the resilience of survivors and the life-changing impact of coordinated, trauma-informed support.

Nardine Refuge: 50 Years of Support

In November 2024, we acknowledged a remarkable milestone - 50 years of service by Nardine Wimmin's Refuge, the oldest refuge in Western Australia, providing safe accommodation and support for women and children escaping FDV. To acknowledge this legacy, a commemorative event was held at Parliament House, attended by community leaders, supporters, staff, and Board members, past and present.

The event featured distinguished guest speakers - Mr Stephen Price MLA, Deputy Speaker and Member for Forrestfield, represented the Hon. Michelle Roberts, Patron of MWHCP. Hon. Samantha Rowe MLC, Parliamentary Secretary to Minister David Templeman, reflected on the evolving space of FDV in WA. With her strong history of advocacy in child protection, women's interests, and FDV prevention, Ms Rowe's words highlighted both the progress made, and the work still to be done.

The most moving address came from Leanne, a past client, who courageously shared her lived experience and the life-changing support she received from Nardine. Her story was a reminder of the refuge's enduring role as a place of safety, healing, and renewal for countless women and children.

The anniversary provided an opportunity to reflect on the pioneering women who established Nardine, and to acknowledge the staff, volunteers, and partners who have carried forward their vision for half a century. The event was not only an acknowledgment of the refuge's history, but also a powerful recommitment to continue this vital work for generations to come.



Creating Safe Spaces: Refurbishing the Children's Playroom

In 2025, Nardine partnered with Bunnings to transform the children's playroom at our refuge into a trauma-informed sanctuary for healing and play. This initiative was inspired by our commitment to providing safe, nurturing environments for children affected by FDV.

With generous support from Bunnings, the space was redesigned to reflect principles of trauma-informed care - emphasising safety, choice, and empowerment.

The refurbishment included:

- Soft furnishings and calming colours to reduce sensory overload.
- Interactive play zones that encourage creativity and emotional expression.
- Quiet corners for self-regulation and reflection.
- Natural elements and textures to promote grounding and connection.

The impact of this transformation has been profound. Children now enter the space with visible relief and curiosity, often engaging more freely in play and social interaction. Mothers have shared that the new environment has helped their children feel "safe to be themselves again" and "more settled and happy."

Importantly, the playroom has become a bridge for healing - supporting children in processing trauma through play, while giving mothers peace of mind knowing their children are in a supportive and therapeutic setting.

This project exemplifies how thoughtful design and community collaboration can foster resilience and recovery. We are deeply grateful to Bunnings for helping us create a space where children can reclaim joy, and mothers can witness hope returning to their families.



Midland March that Matters

On 5 December 2024, staff and community proudly joined Midland March That Matters, standing together in solidarity against FDV. The March brought local organisations, government representatives, and community members together in a powerful demonstration of unity and commitment to change.

Participants walked through the heart of Midland, raising visibility and amplifying the voices of those affected by FDV. The March created a public platform for dialogue, awareness, and advocacy, with speakers highlighting the urgent need to address FDV across Western Australia.



Our staff played a key role, not only in participating on the day, but also through the support of a grant provided by Centre for Women's Safety and Wellbeing, we were able to provide water bottles and water for the community. Further support was provided to young families with activities and shade under the marquee. The water stop was an opportunity for the community to hear about the counselling services and programs offered at MWHCP to support women and families impacted by FDV.

International Women's Day 2025



This year's International Women's Day was a vibrant and thought-provoking celebration of women's achievements and ongoing advocacy for gender equality. The event brought together clients, staff, community members, and supporters to reflect on progress and inspire future action.

The highlight of the day was an engaging keynote address by Lekkie Hopkins, a respected academic and feminist whose career has spanned decades. As a pioneering lecturer in Women's Studies at Edith Cowan University, she captivated the audience with reflections on the women's rights movement in the 1970s and 1980s. Her stories of activism and resilience highlighted the struggles faced by women in those decades while underscoring the courage and determination that continues to inspire today's advocacy.

Lekkie's presentation prompted conversations about the progress made in advancing gender equality as well as the challenges that remain. Audience members commented on how her lived experiences connected across generations, bridging the past with present-day advocacy.

The event also provided a valuable opportunity to connect the community through a world café style event, and how MWHCP can continue to best serve. The event sparked ideas for the workshop series developed by the counsellors and now are a feature of our term programs. These workshops range from parenting to anxiety and living our best lives for women over 50.

Groups and Programs

Our programs and support services cater to women of all ages and life stages, fostering connections and building a strong sense of community.

Art Expressions

Boundary-setting

Building Strong Bonds: Attachment and Parenting

Circle of Security (Midvale Hub)

Connected Parenting: Building Secure Attachment and
Co-Regulation

Craft Connections

Empower Pamper Dance

Introduction to Assertiveness

New Horizons - Embracing Change with Confidence (60+)

Mother Baby Nurture (Midland/Ellenbrook)

nom! Children (Foodbank)

Shark Cage

Tai Chi

Tuning in to Kids (Midvale Hub)

Yorga's Own Time (Luma)





The Shark Cage® Program

The Shark Cage® Program is utilised to empower women who have experienced trauma, abuse, or violations of their human rights. Developed by psychologist Ursula Benstead, the Shark Cage framework provides a trauma-informed, rights-based approach that helps participants understand their intrinsic human rights, recognise patterns of abuse, and build strong personal boundaries.

Particularly effective for women who have experienced family violence or sexual abuse, the program supports participants in recognising the ‘sharks’ in their lives and strengthening their Shark Cage of human rights. Through a powerful five-step process, women develop practical tools for self-protection, healing, and empowerment.

Delivered in a safe, supportive group setting, the program helps women reclaim their strength and rebuild their lives. As a core part of our holistic services, it equips women with the knowledge and confidence to make empowered choices and create lasting change. This important work is proudly sponsored by 100 Women, whose support helps make the delivery of this program possible.

New Workshops

In 2025, we are proud to introduce a new series of interactive and engaging 2-hour workshops designed to support women’s emotional wellbeing, personal growth, and community connection. With a maximum of six participants per session, these small-group workshops offer a safe, supportive environment where women can share, reflect, and learn together. Registration is essential, and a low-cost crèche service (\$2 per child) is available to ensure accessibility for parents and caregivers.

Led by experienced facilitators, the workshops include hands-on activities, discussions, and fun, easy-to-follow worksheets that participants can take home to reinforce what they’ve learned. Topics include parenting and attachment, assertiveness, boundary-setting, self-compassion, anxiety, identity shifts in motherhood, and confidence-building for women in different life stages. Each session is thoughtfully designed to equip women with practical mental health tools they can use in daily life.

Whether participants are navigating parenting challenges, personal change, or emotional overwhelm, these workshops provide valuable strategies and insights in a warm, welcoming space. They reflect our commitment to offering empowering, accessible, and community-informed mental health and wellbeing support for women at all stages of life.

Staff and Board of Management

We would not have successfully supported our clients, offered as many programs, 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 up their time to guide our organisation.

Board



Anna Schwartz
Chairperson



Megan Thomas
Vice-Chairperson



Melanie Khoo
Treasurer



Shannon Mony
Secretary



Di Welch
Board Member



Jennifer Gaskill
Board Member



Tracy Minnecon
Board Member

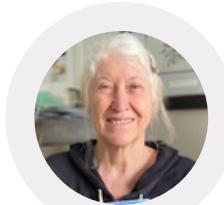


Clair Lyon
Board Member

We would like to say a massive thank you to our outgoing board members, for their guidance and valuable contributions to the work of MWHCP.



Linda Dawson
Vice-Chairperson



Roseanne Thomas
Board Member



Staff

Ariel Armenti
 Haydee Armitage
 Millie Basic-Kontoolas
 Leanne
 Brenda Downing
 Emma Folcik
 Debbie Gough
 Trudi Guagliardo
 Abbey Hanley
 Deborah Healy
 Mel Hocking
 Linda Hollenberg
 Louise Knight
 Michelle Lynch
 Linda Malone
 Ivana Martinovic
 Jessica Milne
 Aminata Mulligan
 Keiko Nemento
 Karli Pearson
 Deepa Venugopal
 Justine Wheeler

Volunteers

Honor Cass
 Sarah Smith
 Vanessa Mendoza
 Vanessa Smith
 Ashleigh Jamieson
 Amber Willmott
 Catherine Wilks

Interns

Fiza Tandel
 Amrita Manoj
 Caicen Shi
 Ke Yang
 Khushi Agrawal
 Adrian Campana
 Sophie Nass

Facilitators

Dimity Gregson
 Emma Harrison
 Sophia Kalli
 Teresa Stokes
 Susan Hauri-Downing

We extend our thanks to all staff who have moved on this year, for your valuable contributions to MWHCP. We wish you every success in your future endeavours.

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.

Community Partners

Birthdays from the Heart
Bunnings Victoria Park and Belmont
Centre for Women's Safety and Wellbeing
Centrelink
CLAN Midland
City of Swan
City of Victoria Park
Dress for Success
EmpowerHer
Essentials Women
Foodbank
Kate Doust MLC
Communicare
Circle Green
Holyoake
Indigo Junction
Ishar
Lotterywest
Lathlain Primary School
Luma
McCusker Foundation
Mettle
Michelle Roberts MLA
MIDLAS
Midvale Hub
Mineral Resources
Naala Djookan
Operation Sunshine
Oz Harvest
Perth Homeless Support Service
Pregnancy Assist
SecondBite
Short Back & Sidewalks
Steve Catania MLA
Starick – Thriving Through Connection
Sussex Street Community Law Service
Tiny Tots
Umbrellas & Footprints
Variety

Sponsors

Thank you to the following funding bodies who provide the resources necessary to operate the organisation.



Financial Summary

We are committed to transparency and accountability. A complete set of audited statements will be available at our Annual General Meeting or upon request. Thank you to Crunch Auditing and Carbon Group for our accounting support.

2024-2025

3,000,000

2,500,000

2,000,000

1,652,887

1,619,067

1,500,000

1,000,000

500,000

0

Revenue

Expenses

33,820

Profit



Contact Us

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@MWHCP

Make a donation today

If you care about making a difference to the lives of vulnerable women and children, please donate directly to MWHCP today: www.givewow.com.au/mwhcp
All donations over \$2 are tax deductible.

