



ALL STAFF:

In an environment that is constantly challenging, where time is of the essence, where budgets and client needs are increasingly complex, and the need for constant up-skilling is required**you make us proud.**

**We see your dedication
and we thank you!**

**Share and Care's Mission
is to lead communities in Support,
Education and Advisory Services.**

Values:

Recognition of the communities rights to equitably access information and services;
Sensitive to the needs of those from cultural and linguistically diverse communities and special needs;

Recognition and appreciation of the diverse skills and values our employees bring to the services delivered;

Provision of philanthropic opportunities;

Development and maintenance of complimentary relationships across all sectors;

Recognition and appreciation of the skills brought by the Board of Management that ensures transparency, accountability, good governance and leadership for the Organisation;

Operate on the best practice models, ensuring delivery of services to the communities are always of the highest standards.

**To acknowledge and encourage
the continued passion from all who contribute to the Organisation**

SHARE & CARE COMMUNITY SERVICES GROUP
www.shareandcare.com.au

NEWSLETTER September 2008

ISSUE: 40



ANNUAL GENERAL MEETING

28th October, 6pm

Mclver Conference Room

Share & Care

SHARE & CARE COMMUNITY SERVICES GROUP
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GARDENING

Spring into it! There is so much ready to go, so why not whack these into your veggie patch: celery, silverbeet, lettuces, leeks, spring onions, climbing beans, cucumber, sweet corn, tomato, carrot, Jerusalem artichokes and radishes. Wait until the frosts have finished. Get into herbs in the 'burbs with parsley, chives, catnip, sage, oregano, rosemary, thyme and marjoram.

Feeling fruity? It's time to plant blueberries, passion fruit, paw paw, avocados, citrus trees, olives (non-weedy varieties). If your tastes are a little more exotic, try putting in a guava...they're tough little tackers, and the fruit is tops!

Why not try some lovely flowering stuff in your patch as well, like celosia, cosmos, marigolds, daisies (not the weedy ones but!), petunia, phlox, and non-weedy nasturtiums. These guys are great at attracting pollinators and beneficial insects to your patch (especially the daisies) and I reckon they look tops as well. Time to pop in some sunflower seeds. Find a sunny spot where you would like to see some happy sunflowers later in the year and plant the seeds to double the depth of the seed. Cover lightly with dirt and wait....they'll be popping their heads up in no time!

Check your citrus trees for gall wasp and remove affected sections by pruning well below the gall. Don't compost this, just pop it in a bag and toss it in your normal bin. This is your absolute last chance to do this before they hatch out and take over the world, so don't put this off!

Top up mulch on your veggie patches, herb gardens and ornamental beds. Choose a sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down. Green manure crops like chick pea and barley are good to go now.....improve that dormant veggie patch!



On really cold days, why not head out to the shed and sharpen, clean, oil and maintain your garden tools. Sounds tedious, but it's really rewarding, and will save you cash and plant illness in the long run. Re-pot houseplants this month. Give them a bit of a feed with a seaweed tonic afterwards....this is a great little spring fling for the oft forgotten and neglected indoor plants.

Continued.....

A striking finding of this study is that baby boomers strongly support compulsory superannuation but feel as though they have not had the opportunity to benefit fully from it, as it was introduced late in their working lives. Although most of the recipients nominated superannuation as their main form of income in retirement, we found that, contrary to the widespread perception of their unprecedented wealth, many baby boomers have very little wealth and feel hard done by as they approach retirement.

Many believe that the boomers have been caught out by changes in the retirement income system. The introduction of compulsory superannuation in 1992 meant that few have had the opportunity to save enough to self-fund their retirement. Younger people will make compulsory super contributions for much longer and will therefore be in a much stronger position upon reaching retirement.

Boomers feel they have been the unlucky generation in two senses. Firstly, they feel that the government expects them to self-provide but they have not had a full working life of compulsory superannuation in order to do so. Second, many feel as though they have nevertheless accumulated enough superannuation to exclude them from eligibility for the full age pension. They therefore find themselves stuck between being unable to fully self-fund yet unlikely to be eligible for the full pension. It is perhaps for this reason that boomers believe strongly in the 'intergenerational contract' under which they expect the generations below them to support their retirement just as boomers supported those ahead of them.

It is clear from the research that the retirement prospects of baby boomers are heavily conditioned by their income and wealth and that the popular perception of boomers living a luxuriant lifestyle on the fruits of their generational fortune are seriously at odds with the reality facing most boomers. A large majority will depend on the age pension in retirement and many feel resentment at the expectations placed on them that they have not been able to live up to. The larger part of the boomer generation, with virtually no assets to support them in retirement, feel anxious about their prospects and hard done by as members of the generation caught in the transition from a retirement income system based on universal entitlement and a new world that emphasises the virtue of self-provision.

Baby Boomers and retirement

Retirement prospects for the not-so-lucky generation-Myra Hamilton

The first baby boomers are now starting to retire, a phenomenon with far-reaching social and policy implications explored in this paper, which is part of a larger research project being undertaken by the Australia Institute. Baby boomers have attracted considerable hostility and envy from other generations for their good fortune, perhaps most notoriously their access to free higher education and their luck with the booming property market.

As they approach retirement, the boomers are at the forefront of another significant social change. For much of the twentieth century, retirement was understood as a distinct phase of life that began when full-time work stopped and the worker began living on a pension or their own savings. In more recent times, the line between working full-time and not working has become blurred, with many favouring partial retirement or looking to find other ways of earning income after they leave full-time employment.

At the vanguard of this change, boomers are depicted as the generation that never wants to retire. But this popular view is simplistic and conceals as much as it reveals about the retirement prospects of baby boomers. The boomer generation is often misunderstood as a homogeneous generation, and claims about the behaviour of boomers approaching retirement actually disguise the very diverse circumstances within the generation.

Baby boomers entered the workforce when the predominant form of retirement funding was the age pension. Now, as they approach retirement having spent time in the workforce and in unpaid caring and domestic roles, the emphasis has shifted to private provision through superannuation. The boomer generation was 30-45 years old when the Superannuation Guarantee Charge was introduced in 1992 and therefore sits right in the centre of the transition between the age pension and superannuation.

Both higher and lower income earners believe that the age pension is not enough to fund a comfortable retirement. Many of the higher income earners intend to fund their retirement through superannuation, with some quoting figures of \$30,000 to \$50,000 of superannuation per annum. Lower income earners were very reluctant to say they would be relying on a full or part pension, with most saying they intended to rely on super.

SOME Grape Juice Has the Same Benefits as Red Wine

By now the cardiovascular benefits of a daily glass of wine are well known. But many teetotalers wonder whether they can reap the same rewards from wine's unfermented sibling, or are they simply left out altogether.

Grape juice may not provide much buzz, but you can still toast to good health when it comes to its ability to avert heart disease. Alcohol in moderation can relax blood vessels and increase levels of HDL, the "good" cholesterol. But the substances believed to provide much of red wine's heart benefits — resveratrol and flavonoids — are also found in grape juice, especially the variety made from red and dark purple Concord grapes.

Independent studies have found that like alcohol, grape juice can reduce the risk of blood clots and prevent LDL ("bad" cholesterol) from sticking to coronary arteries, among other cardiac benefits. One, conducted by scientists at the University of Wisconsin and published in the journal *Circulation*, looked at the effects of two servings of Concord grape juice a day in 15 people with coronary artery disease. After two weeks, the subjects had improved blood flow and reduced oxidation of LDL. Oxidized LDL can damage arteries.

Other studies in humans and animals, including one last year in the journal *Atherosclerosis*, have shown that daily consumption may lower blood pressure and cholesterol levels. But beware: some varieties of juice have sugar and artificial ingredients

Elder Abuse in Western Australia

The Department For Community Development – Seniors' Interests

1017 organisations in Western Australia identified as potentially having contact with older people (defined as 60 or above) who could be abused were surveyed by mail questionnaire. In addition, a sample of 129 GPs were also surveyed. An overall response rate of about 30% was achieved.

Of the 340 organisations responding, 83 (24%) indicated encountering known or suspected cases of elder abuse in the previous six months, covering one or more of the six types of elder abuse defined (physical, social, psychological, sexual, material/financial and neglect). However, only 10% of respondents had based their information on written records.

The overall prevalence estimate obtained for elder abuse in Western Australia was 0.58%, this being on a par with results from other similar studies. However, it is much lower than figures of around 5% on average obtained from direct surveys of the population where interviewing of older people took place. More than one in five of the respondents from this study indicated that the true prevalence rate might in fact be as high as 15% or more. The largely hidden and unacceptable nature of elder abuse (overwhelmingly carried out by close family members) is a major reason why under-reporting is considered to be a particular problem.

A markedly higher rate of abuse was reported amongst females and those in the oldest age group (75 and above). This is of particular concern, given the dramatic ageing of the population and the increased longevity of females compared to males.

Approximately three-quarters of the known cases of abuse were estimated to have a decision-making disability and nearly one half had a significant physical disability.

More than one type appears to be common, covering in particular material/financial and psychological abuse, material/financial abuse was the most common type of elder abuse identified by respondents (associated with as many as 81% of known cases), followed by psychological and physical abuse.

Similarly in the literature, these three types are the most common, although not always in this order, with most studies listing psychological abuse as the most common. Barrett's (1995) study also reports material abuse as the most common type reported for receivers of care in Western Australia. Very few cases of sexual abuse were identified in the present study.

HACC consumer Gifted by Department of Housing & Works



Just over eighteen months ago one of our clients turned one hundred years old. There was much fanfare at Fitzgerald's Hotel. Myrtle had turned "100". It was one hectic week, Myrtle partied for all of that week. There were many visitors to her home, a letter from the Queen, the Governor General, the Premier, the Leader of the Opposition at that time, Judy Moylan, and Dept of Housing and Works.

On the 12th September the Wheatbelt Regional Manager from the Department of Housing & Works arrived and presented Myrtle with a certificate and also a cheque for a substantial amount which was a refund for her rent for the past eighteen months.

The Department will no longer charge Myrtle rent for her flat.

Myrtle's comment to that was, "Are you sure, I could be around for a while!"

What a wonderful thing to happen in a world where often economics rule.

This lovely lady is an absolute inspiration to us all, if we all took a leaf from her book and live as if today would be our last we would all be much happier.



Attila Mencshelyi, Wheatbelt Regional Manager of DHW Northam ,
and Natasha with our wonderfully spry client!

Heart disease and traffic accidents are the main reasons for higher death rates in regional and remote areas, a new report has found.

The Australian Institute of Health and Welfare (AIHW) report showed that death rates among younger people were higher in regional and remote areas compared to major cities. But for people over 65 death rates were lower than in major cities. For people under 65 in regional areas the death rate was around 10 per cent higher and in very remote areas was up to 70 per cent higher.

AIHW Population Health Unit spokeswoman Sally Bullock said the data had not changed significantly in the past decade. She said the main cause of death among younger people was car accidents and heart disease.

"The major causes of elevated deaths rates outside major cities were motor vehicle traffic accidents 18 per cent, coronary heart disease 13 per cent and suicide nine per cent," Ms Bullock said in a statement. She also added the high rates in remote areas were largely attributed to large indigenous populations.

"The higher death rates in remote areas reflects higher proportions of indigenous Australians in these areas and the higher rate of mortality for indigenous Australians overall," she said.

The higher death rates also were attributed to poorer health practices in remote areas, Ms Bullock said. "For example smoking or alcohol consumption, as well as ... accessibility and availability of health services."

Multiple abuse (i.e. more than one type associated with the same person) was relatively common amongst known cases, with more than twice the number of estimated occurrences as the number of cases. In contrast, for seniors who were suspected of being abused, far fewer occurrences than cases were identified by type, emphasising the extent of uncertainty in such situations.

Whilst this study has identified an estimated prevalence of elder abuse amongst Western Australians aged 60 and above of less than 1%, studies based on population surveys using interviews have produced prevalence estimates of 5% and above.

Further, a substantial minority (22%) of study respondents believed that the figure may even be as high as 15% or more. As current 'taboos' associated with elder abuse are likely to result in considerable under-reporting remaining the norm for the foreseeable future.

Elder abuse within Aboriginal communities is a particularly difficult topic, requiring a considered, sensitive and culturally appropriate response. This report has not covered the issue specifically, however a number of organisations have included data about abused Aboriginal seniors, which indicates that its extent is much greater than among non- Aboriginal groups.

A report to Cabinet on recommendations from the "Inquiry into Responses by Government Agencies to Complaints of Family Violence and Child Abuse in Aboriginal Communities" may provide guidelines about how future work can proceed in a way appropriate to Aboriginal communities

Given the dramatic population projections of an increasingly ageing population in Western Australia, as elsewhere in developed countries, and the fact that the probability of elder abuse appears to increase with age, it is vital for humanitarian, equity and economic considerations, that a greater effort is expended in future by all parties towards achieving a greater understanding of the causes of the phenomenon of elder abuse and, most importantly, devoting the necessary political will and resources towards minimising its occurrence and resulting consequences.

HANDY HINTS



- A few drops of vinegar will increase the volume of egg whites when whipped.
- A mixture of salt and vinegar will clean coffee and tea stains from chinaware.
- A quick cake decoration, coat the underside of some rose leaves with chocolate. When the chocolate is set, peel

off the leaf and place the chocolate "leaves" on the cake. (Fresh flowers also look good.)

- Add herbs to the vinegar when marinating as desired. Put vinegar on a cloth and let sit on the back of your kitchen faucet and it removes hard water stains.
- After cleaning the bread box, keep it smelling sweet by wiping it down with a cloth moistened in distilled vinegar.
- Always spray your grill with non-stick cooking spray before grilling to avoid sticking.
- Apple sauce: This can be good, especially in cakes, but it can change the texture. I have found that you can make other substitutions for the fat. First if you are using a mix, find one low in fat. Second, replace the eggs called for with egg substitute (this really is better than plain egg whites). Then in place of the oil add flavouring like fruit or flavoured liqueur, fruit puree, or a little extra liquid like juice or milk. It doesn't have to have an enormous amount of fat to taste decadent and you don't have to tell them if you don't want to brag.
- Before arranging a bouquet of dried flowers, mist them with water, then place in a plastic bag for 30 minutes. They'll be less brittle and much more manageable.
- Before opening a package of bacon, roll it. This helps separate the slices for easy removal of individual slices.



The staff had a great time with a few drinks, & laughterwe even learnt a few new skills!

Many thanks to the staff that attended and helped us raise around \$110 in cash and around \$200 in a raffle.



SCRAPBOOKING NIGHT-Raising funds for our Senior Citizens Christmas Luncheon



A VERY SUCCESSFUL NIGHT WAS HELD LAST MONTH BY THE STAFF

(THANKS MERRIL)

THIS RAISES FUNDS FOR THE ANNUAL CHRISTMAS LUNCHEON WE PUT ON FOR OUR

SENIOR CITIZENS .

THIS LUNCHEON IS FOR ANY AGED PERSONS WHO WILL BE SPENDING CHRISTMAS DAY ALONE. A SMALL DRINK, GOOD FOOD, A GIFT AND SOME COMPANY FOR EACH THAT ATTEND.



SHARE & CARE COMMUNITY SERVICES GROUP

PESTO

6 tablespoons of grated cheese
(I used Cheddar but you could use Parmesan)

2 really big heaped cups of basil leaves

1/4 cup of roasted cashew nuts (or you could use pine nuts)

2 peeled cloves of garlic

a teaspoon of salt in a food processor until it was well combined.

That simple and simply delicious!

Serve over a good penne pasta, with garlic bread, dip your king prawns into it or perhaps with some fish and a side salad?



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DID YOU KNOW....

- No other species than humans drink milk from the mothers of other species?
- If you kiss someone for one minute you will burn about 67 calories?
- A kiss could result in an exchanged of over 270 colonies of bacteria?
- The milk of reindeer has more fat than cow milk?
- People in Sweden eat about 1 kg/person of ham each Christmas?
- Sweden is one of the top consumers per capita of ketchup in the world?
- The upperclass Romans used powdered mouse brains as toothpaste?
- If you lick 10 stamps you will consume one calorie?
- Popcorn was invented by the American Indians?
- Turks drink more tea than any other people in the world?
- An overweight person is about 5 times more likely to get a heart disease?
- The glue on Israeli postage stamps is kosher?
- Every time you lick a stamp, you're consuming 1/10 of a calorie?
- It takes about 6 hours for your stomach to digest a high fat meal?
- 25% of the weight of your old pillow is from dust & dust mites?
- There is no butter in buttermilk?
- You burn more calories sleeping than you do watching TV
- There are over 7 000 varieties of apples?

and funny.....



Just cute....



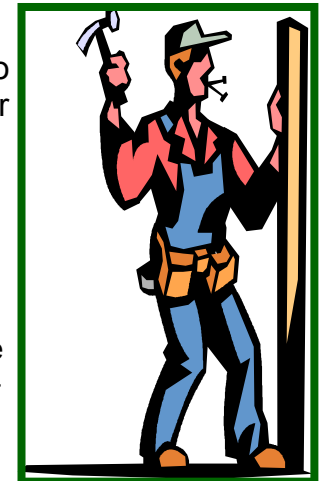
HANDYMANS CORNER

If there's no one to help you measure a long stretch with a tape measure, use the hook on the tape end, secure the end of the tape with masking tape, or anchor it with a brick or a heavy wood block.

To find the circumference of a cylindrical object when you don't have a flexible tape measure, try this simple trick. Cut a strip of paper and wrap it around the object. Mark the spot where the paper overlaps. Then lay the strip out flat and measure it with a ruler.

To lay out an exact 90° angle, use the 3-4-5 ratio. From a common point, stretch out two long strings roughly at right angles to each other. Mark one string at 3 ft from the common point and the other at 4 ft. Stretch a tape measure from the 3 ft mark on one string to the 4 ft mark on the other and adjust the strings until the distance between the two marks is exactly 5 ft. The angle between the two strings will be 90°. (This method also works for metres, yards or indeed for any unit of length.)

For fast, approximate measuring, use your own body. On an average size man, the top joint of the index finger is about 1in/25 mm long, the fist is about 4in/100mm wide, and the span from the tip of the thumb to the tip of the little finger on an outstretched hand is about 9in/230mm. A shoe is about 1ft/300mm



Make the best of whatever

A group of alumni, highly established in their careers got to talking at a reunion and decided to go visit their old university Professor, now retired. During their visit, conversation soon turned into complaints about stress in their work and lives. Offering his guests herb tea, the professor went to the kitchen and returned with a large vessel container of herb tea and an assortment of cups - porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite - telling them to help themselves to the herb tea.

When all the alumni had a cup of herb tea in hand the professor said, "Notice that all the nice looking, expensive, cups were taken up leaving behind the plain and cheap ones." While it is normal for you to want only the best for yourselves, that is the source of your problems and stress. Be assured that the cup itself adds no quality to the herb tea. In most cases, it is just more expensive and in some cases even hides what we drink.

What all of you really wanted was herb tea, NOT the cup, but you consciously went for the best cups and then you began eyeing each others cups. Now consider this: Life is the herb tea; your job, money and position in society are the cups. They are just tools to hold and contain Life. The type of cup one has does not define, nor change the quality of Life a person lives.

Sometimes, by concentrating only on the cup, we fail to enjoy the herb tea. The happiest people do not have the best of everything. They just MAKE the best of everything. Enjoy your herb tea! Live simply. Love generously. Care deeply.

BOARD OF MANAGEMENT



BOARD MEMBER - David Gorham joined the Management Board of Share and Care in 1996 and has served as Treasurer, Vice Chairperson and Board Member since then.

David formerly owned and managed an automotive repair company and is a former teacher. He has been a Justice of the Peace since 1983 and moved to Northam in 1989. He currently works in Northam managing Human Resources and Properties across the Wheatbelt. He is a Director of a company managing farms and properties as well as a partner in a manufacturing business in Northam. David's interests include farming, land care, mechanical engineering, new technology, product development and social issues.



Board Member - Peter Chiffings comes from a farming background. He spent six years as a Shire Counsellor in Toodyay, working on many local committees' and the ministerial committee with Eric Charlton that started off the Avon Link Train and the federal committee with Judi Moylan for allocating the federation grant money to different towns.

Peters involvement with many community services such as St Johns saw him receive a commendation from the governor of the day.

Peter has been a lecturer in the areas of Metals, Retail, Hospitality, Recreation Skippers Ticket, Tourism and several others and now serves as the acting Manager. Peter enjoys swimming, amateur acting, boating, fishing, reading and challenges.



BOARD ADVISOR - Max Trenorden MLA, Nationals Member for Avon Prior to entering political office was involved in the Insurance Industry for 18 years.

Members of AMP's Representative Association for many years and vice president for a term. Prior to his movement into the Insurance Industry was a primary producer for 6 years, and has an agricultural background.

Max is presently the Chairman of the Ministerial Review of Western Australian Centre for Remote and Rural Medicine 2005. Max's interests include Golf, history, reading, music.

BOARD OF MANAGEMENT



CHAIRPERSON - Pamela l'Anson has been involved with Share and Care since 1988 when she started using the services to care for her children. She has been a board member since 2000 and secretary since 2003.

Pam is presently employed developing learning programs for staff and farmers. In addition, she line manages staff. In the past she has managed program delivery in the areas of business, farm business, information technology, hospitality, retail at a regional TAFE College. Prior to this she was a Lecturer in Business. Pam is presently completing a Masters in Training and Development and a Graduate Diploma in Rural Studies. Pam lives in Northam with her husband Steven and two children, Katharine and Mark.



VICE CHAIRPERSON - Robert deBurgh has lived and worked in country communities for the past 12 years before settling in Northam in 2002. Rob and his partner Amanda have seven children between them.

Rob is a firm believer in giving back to the community for the benefit of his children.

Rob is the Clerk of Courts in Northam and is also a Justice of the peace. He has been involved with various groups & volunteer organisations ranging from Western Australian Air Training Corps to being a member of a volunteer fire brigade.



TREASURER - Gillian Beazley spent over 30 years in the Nursing profession before retiring to assist her husband in their family business.

As an Elected Town Councillor Gillian has her finger on the pulse of community needs. Her long term involvement in the local community brings many benefits to the Board of Management.

Gillian enjoys spending time with her 2 grown children, 5 grandchildren and loves reading, knitting and gardening



SECRETARY- Caroline Smart has been a Board Member and Vice Chair with Share & Care in the past, along with regional health Boards and a variety of other groups.

Caroline's forte lies in her extensive knowledge of and experience in the Child Care industry and her grass roots knowledge of regional community issues.

Caroline's interests are reading, gardening and community needs.

PROGRAM NEWS



HOME SUPPORT SERVICES: Well we have had a busy month and many things have happened over that time. All our staff extend their deepest sympathy to Mark and Julie Solich and their family on the loss of Adam. I have heard many stories about Adam from many people in town and he was a very well liked young man.

Many of our staff have taken time off for many reasons. Some of this time was planned and booked well in advance but some time has been taken due to operations and illness. We wish Cindy a speedy recovery from knee surgery although she is not expected back until the end of November. We really miss her. Janet (Glam Jan) has just had major surgery and it went well. I

Janet will be off for some time so we are missing her terribly. This is when we become aware of our staff's worth and how much we rely and need them.

We have been interviewing new staff and have done some initial training to get the girls up and running. We are hoping to have two new staff in October. Many thanks to Sharon Sheridan who has managed to curtail her prospecting just for a few weeks and helped us out at a very hectic time. Her time has been invaluable and we appreciate it.

Trevor has been filling in for Bob while he has been living it up in the sun up north in his caravan. He sent a few postcards with hints that hew was staying to get a better tan but I nipped that in the bud with a timely SMS reminding him that he best be back at work on time.

Chris has been filling in for Trevor in home maintenance and that has been a great help. He has had visitors but has still come to work for us. We really do have a great team of guys.

Ardina is off to the Netherlands to visit family and Doug will drive the bus for us voluntarily and we appreciate that very much. Thanks Doug.

Last month we had a little mouse Hanna that was pet of the month. Well this month it is silk worms. All they do is eat and do doo doo then turn into moths I guess. Both Ash and Yvonne got some from Dean. Everyone is busy finding mulberry leaves for them to eat.

We just have three baby chickens at our house. Pales in comparison doesn't it!

**DJOOKANKA HOUSE**

September has been an eventful month; staff have been exceptionally busy with new clients and preparing for our next promotional drive.

Currently we are focussing on revitalising the Rainbow Centre, being organised by the Outreach Counsellor. The Rainbow Centre offers many different projects and activities for women to participate in both recreational and informative. We are in the process of designing flyers and arranging guest speakers and volunteers to assist with the program.

Our thanks and appreciation to the women at Cuballing CWA who are currently supplying Djookanka with toilet bags for our clients.

We are saying goodbye to one of our staff members Cassandra, best wishes for the future Cassie from all at Djookanka, Waminda and Share and Care.

WAMINDA HOUSE

This month has been busy completing all the Progress Reports for the Funding Body and also meeting with the Funding Body to continue the discussions regarding the Programs.

We have provided the 'Strong Families' Coordinator with 43 information resource packs to be distributed to the 43 Shires in the Wheatbelt.

Both Dianne and Jeni did 2 presentations with the year 10 students at the Northam Senior High School, the information bags (age appropriate) were given to the students and teachers who attended the presentation, the feedback from the participants was very positive.

The Refuge has been successful in a Lotteries Grant which will provide the outdoor area with some great activities for the mum's and children, we are all getting very excited with the prospects of having this great outdoor recreation area.

We continue to have a steady flow of clients accessing the refuge, the last week of this month we were almost full.

Gail attended the Women's Council Meeting in Perth this month, our presence at these meetings continue to provide us with a good source of networking and up to date activities with all the other Refuges.

GWABBA DUK MIA

The Lodge has been full early September, the Coordinator had been supporting a client to obtain independent accommodation, this was successful with the client moving to a small unit here in Northam, a great outcome and the client was very grateful.

One other client moved to Perth hoping for employment, and to be closer to his family.

Unfortunately the Coordinator has resigned from the Lodge, the Lodge is currently vacant, however we are still providing a service by accommodating the men at other facilities also offering outreach support and information to them regarding other agencies.

Hopefully the latest round of advertising will bring some appropriate applications.

EARLY INTERVENTION & OUTREACH has had a busy month, with 15 consented fax back forms. It was as unusual month as 7 clients were already known to this program. This is one of the first times that I have recommenced working with a client whose file has been closed!!

The Women's Group is still meeting each Friday at Share & Care. We average 4 - 6 ladies attending each week. In the last 3 weeks I have noticed that they are sharing their stories and feel safe in the group. Friendships are starting to form between them, and they offer each other assistance during the week with child minding, transport etc.

Our guest speakers during September have been Gwen Martin, Health Promotion Officer, WA Country Health Svc. Leah Adams Northam Community Parenting Services, Mia Program Co Ordinator, CAMHS, Lisa Way, Child Health Nurse, Tracey Weatherill Education Dept. and Helen Weymouth, WSS. The speakers have all done a wonderful job and given the clients, Julie and myself a lot to think about.