

Self Help & Sexuality

In researching this article it has been difficult to find information on the very core of sexuality - who we really are and how we identify with ourselves as individuals. There are many journal articles written on the various facets of sexuality and my feeling is that the very word 'sexuality' is something about which we all have our own opinions. It's like discussing how the world was created!

Each of us has our own individual belief systems, values and cultural backgrounds that help form our views on this subject. The various aspects of sexuality are, I think covered very well in the following statement taken from the website of the Institute for Advanced Study of Human Sexuality based in the USA.

'There are university courses devoted to the field of sexology which focus on the acquisition of knowledge concerning sexual behaviour in all of its aspects. While a unique discipline itself, Sexology touches on a wide range of other areas including anthropology, biology, economics, fine arts, gender studies, medicine, music, nursing, psychology, sociology, social work, theology, and a variety of other issues.'

Self help groups do, of course, deal with a wide range of issues around the various aspects of sexuality. These range from gender based issues to discussion groups that look at the philosophy around 'Men are from Mars and Women are from Venus' to groups dealing with how we see ourselves such as those dealing with eating disorders.

Probably the largest increase in groups dealing with sexuality issues would be those that developed as a result of both the feminist and gay movements.

Self help groups are often formed by a minority group of individuals who are either marginalised or disempowered in some way. By forming a self help group individuals regain their power and sense of personal worth and value. They find that they have a voice, that they become heard by the community of which they are a part.

Twelve or so years ago at WISH there were many self help groups dealing with gender based issues such as transexuality, gay Christians, cross-dressers, people living with HIV/AIDS and more. Over time these groups have continued in their growth, changed direction, closed or merged with other services. Certainly with the increase in the number of service providers dealing with these issues the needs of many of the individuals in these groups are now provided through mainstream services.

Now we are seeing an increase in the need for groups dealing with eating disorders and anxiety. One could argue that these are also about sexuality as they deal with issues around perceptions about ourselves – going back to that theme of who we really are.

In this edition we will be providing information on the local groups and organisations that deal with the many facets of sexuality.

We hope that you find the information useful in linking with these support services.

Vicki Davies
Executive Officer



The **News Exchange** is the quarterly newsletter of the Western Institute of Self Help (WISH) Inc, and is distributed free to all WISH members.

Editor Sharon Van der Laan
 Contributors Vicki Davies
 Proof Reading Alison Morse
 Printer John Drummond — Display Print

Advertising Rates

1/2 Page article:	Non Commercial Members	Free
	Community Orgs	\$44
	Commercial Groups & Orgs	\$55
Flyer	Self Help Group Members	Free
Inserts in Newsletter	Not for Profit Members	\$27.50
Mail out:	Non Members Groups & Orgs	\$33
	Commercial Groups & Orgs	\$44

Next issue copy deadline: July 2005

EDITORIAL

Welcome to the Autumn edition of the News Exchange.

Our editor Claire Muntinga has recently been successful in gaining employment in the field of Public Relations. She will be greatly missed and the team WISH her every success in her new job.

So this edition is a team effort from Sharon Vicki and Alison. We apologise for the delay with this edition. Due to the changes in the organisation we were not able to meet the April deadline but we will still be producing four editions of the Newsletter for this year.

This edition will focus on self help and sexuality which like our previous topics deals with a wide range of issues. A quick glance at the index will show that there are a number of groups and services dealing with this complex subject. We hope you will find this edition informative and helpful

The next edition of the News Exchange will focus on 'Carer's' and the enormous contribution these dedicated individuals and the agencies that support them, make to our communities. We invite any groups or organisations that provide support and services to carer's to submit an article for this edition.

Alternatively, if you have any ideas or suggestions for topics you would like to see covered in later editions, we would be pleased to hear from you. Please contact me at the WISH office on 9228 4488 or via email to: sharon@wish.org.au

Regards

Sharon.



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Sexuality and Identity

Adolescence is a period of development, not only physically and socially, but also emotionally. It is a time when youth are extremely vulnerable and when they must come to grips with their changing bodies and establish a sense of sexual identity.

During puberty adolescents physically develop into men and women. The biological and physical changes undergone at this time represent reproductive capabilities and the development of sexual identities. Prior to puberty, sex is not a particular topic of interest for children. With the development of secondary sex characteristics however, sexuality becomes an increasing concern for adolescents and the ways in which they respond to these changes contribute to their overall identity and to their sexuality.

It is through such interest that adolescents begin to integrate their sexuality into their identity; a process that is considered an important developmental task of adolescence. Failure to achieve an identity can result in personal confusion and a lack of direction. Identity achieved youth, on the other hand, are more likely to develop a sense of intimacy suggesting that, knowing oneself is a necessary step toward sharing oneself with others.

According to Bancroft & Reinisch (1990), there are three stages of sexual development that integrate during adolescence to form the beginnings of a sexual being:

Gender identity - how one identifies with masculinity or femininity and how secure they are with their role as male or female

Sexual response - how individuals respond to their own sexual desires and sexual preferences.

The capacity for intimate dyadic relationships - exploring through sexual experimentation, friendships, and romantic relationships (Allen-Meares & Shore, 1986)

Sex is a topic that is typically not discussed during childhood, and although adolescence is a period that represents the sexual capabilities of teens, little is communicated during this period. In fact, for parents and adolescents, the most difficulties in communicating occur when the topic is sex or romance. Even though there is "widespread agreement among parents and children, that parents are a preferred source of sexual information", there is consistently poor

communication between parents and adolescents on the subject (Rodman, Lewis, & Griffith, 1984).

Because there is such poor communication, the transitions that are made from childhood into adolescents and from adolescence into adulthood are discontinuous and somewhat obscure. As previously mentioned, children are not very concerned with issues of sexuality. Childhood is a time of innocence, a time when gender identity and sexuality are not relevant to parents or to children. As soon as puberty arrives however, children are suddenly considered sexual beings.

Parents often avoid talking about sex with their children, because they may hold values or morals that sex before marriage is wrong. In avoiding such important topics however, parents are leaving adolescents to their own resources; resources that may not be the most reliable or

appropriate. Some adolescents may turn to friends for information or advice, whereas other may just begin to experiment sexually. If teens are not educated on the risks of sexual activity however, such experimentation could have negative consequences.

Adolescents will be faced with many challenges and tasks during their development, but it is

important that they have reliable resources available to them when needed. Considering parents are one of the most dependable resources children have, it is necessary that parents be educated in how to communicate with their adolescents on issues of sexuality. If parents were able to talk about sex with their adolescents, not only could adolescents make more informed decisions, but they could also achieve a clearer sense of identity, one that they do not feel they need to question because of societal pressures.

All in all, adolescents are presented with many conflicting messages during their development, messages that can ultimately interfere with adolescents' search for identity and cause confusion, in terms of what their sexual transition into adolescence really signifies. Sex is a part of life, and an issue that should be communicated clearly and accurately to adolescents, in order for them to be able to become socially competent adults.

"The search for personal identity is the primary theme of adolescence, a stage when teenagers are learning about themselves and how to function in a world filled with conflicting sexual messages"

(Striar & Ensor, 1986).

Sex worker support service in Northbridge provides critical service for sex workers

Sex work, often referred to as one of the world's oldest occupations, is a source of income for many women and some men in Perth. As such, sex workers, like other workers, need access to support services and health and safety information.

Situated in Northbridge, Magenta is a sex worker support agency with the mission of 'supporting and promoting the health and safety of people involved in the sex industry'. The agency provides health services, information and education to female, male and transgender sex workers.

There are often very strong feelings within communities around differing views on sex work. Many people completely oppose sex work and want to see it stopped altogether, while others have a moderate view and recognise that it is impossible to eradicate and perhaps provides a vital service to some sectors of the community.

Magenta accepts that people take up sex work for a variety of reasons - to pay for education, feed their children, or as a short-term way of making money in a crisis. Whatever the reason, sex workers have unique health needs they do not always feel comfortable talking about with their doctor. This is where Magenta and other services like it throughout Australia are critical.

Sex worker friendly staff are available at Magenta for confidential phone, in-house or outreach information and advice, and workers can remain anonymous. Issues covered include sexual health issues, including sexually transmissible infections, occupational health and safety, current legal issues, and entering and leaving the industry. Magenta staff can also refer clients to sex worker friendly services in areas such as tax, counselling, general medical and welfare.

Magenta sells a range of affordable safe sex products, and sexual health clinic is available each Wednesday morning.

Magenta is open Monday-Thursday.

Phone 9328 1387

The logo for Magenta features the word "Magenta" in a white, cursive script font, set against a solid magenta rectangular background.

The Chameleon Society

The Chameleon Society of Western Australia began in the 1970's as a group of like minded people gathering for mutual support. Over the years the Society has grown to be the successful organisation it is today — an incorporated body with an elected committee who run it's activities. The Society is a non-profit organisation that uses the funds it raises from membership, advertising and raffles to provide services to the membership.

The Society holds regular meetings in a hired hall to provide a safe environment to cross dress and meet like minded people. Other social events are organized at both private and public venues for members to enjoy their cross dressing in a more public arena. We organise guest speakers to talk at our meetings on subjects ranging from make-up to safe sex.

The Society caters for transgendered people of all kinds as well as cross dressers. Our partners representatives are available to discuss issues that are of concern to the partners of both cross dressers and transgendered people.

In addition to an extensive library on transgender and cross dressing issues, the Society has just completed a members manual containing valuable information to help the new member in particular, with how to cope, and get the most, from this lifestyle. This manual is free with new memberships and at a cost of \$10 to existing members.

Membership is currently \$40 per year and includes subscription to "The Transceiver" the Society's monthly magazine.

Phone 0418 908 839
8pm-10pm for more details



What is Freedom Centre

Celebrating its 10th Anniversary in 2004, Freedom Centre provides a safe space, information, support and referral for young gay, lesbian, bisexual, queer, transgender and questioning youth. Based in Perth and Bunbury Western Australia, FC is the only service of its kind in Australia.

Additionally, we develop resources and publications for young people and professionals; and conduct training services for professionals working with young people.

Who are we

Freedom Centre is run and coordinated by young, trained peer based volunteers and staff (18-26yrs) with support from the Western Australian AIDS Council.

Where

We currently have spaces in Bunbury and Perth and are looking to open up centres in Geraldton, Albany and Kalgoorlie.

Our services

Freedom Centre provides a range of services for both young people and professionals.

For young people

- ☐ Safe space
- ☐ Information and Resources
- ☐ Courses, Workshops and Retreats
- ☐ Advocacy

For professionals

- ☐ Information and Resources
- ☐ Courses, Workshops and Training

Contact us:

1/471 William St
Northbridge, WA
t : 9228 0354

Sexuality Education Counselling Consultancy Agency

secca is a non-profit organisation working to provide a tailored, flexible and responsive service to individuals with disabilities, their families, carers, and anyone else dealing with issues of sexuality, relationships and sexual health. We support people with disabilities, in their efforts to learn about human relationships, sexuality and sexual health across the lifespan; as well as helping them to develop skills that will empower them to make informed choices, while acknowledging their own individual capacity to enhance the quality of their lives.

secca conducts professional and community training designed to meet the needs of parents, carers, support workers, service providers, health and human service workers, educators, teachers, school support staff and students providing care for people with disabilities, whether intellectual, physical, sensory, acquired, psychiatric or multiple.

Our goals are to ensure:

- People with disabilities will have increased capacity to make decisions about relationships, sexuality and sexual health
- Families with children with a disability will be better informed about relationships, sexuality and sexual health and can support their child.
- Agencies who support and have contact with people with disabilities will be better informed and better able to assist their clients .

A limited number of counselling hours are available free of charge. However due to demand placed on the counselling service, clients may be placed on a waiting list. Counselling may also be offered on a negotiated fee-paying basis.

City West Lotteries House
2 Delhi Street West Perth WA 6005

Telephone: 9420 7226 Fax: 9420 7229

E-mail: admin@secca.org.au



Roe St Centre

for human relationships

Counselling Service



The Roe St Centre is a specialist counselling service in relationships and sexual health issues. Services are offered throughout Western Australia. The centre's professional male and female counsellors are able to help you with issues such as:

- Stress
- Relationships
- Unplanned Pregnancy
- Abortion
- Pregnancy Planning
- Sexual Counselling
- Impotence
- Past Sexual Abuse
- Miscarriage / Loss
- Homosexuality
- Transsexual / Transgender
- STIs (herpes, genital warts)
- Infertility

Appointments are available from Monday to Saturday. We prefer clients to make their own appointments. Although a referral is not required, we welcome referrals from other health professionals.

Telephone Counselling

Telephone counselling is available for rural, remote or outer metropolitan areas. The privacy of telephone counselling may be particularly appealing for those living in small communities who want anonymity. Telephone counselling may also benefit those who are housebound.

Our Assurance

Confidentiality and privacy are respected at all times.

Roe St Centre
70 Roe Street, Northbridge, WA 6865
Telephone: (08) 9228 3693
Fax: (08) 9227 6871

Email: roest@fpwa-health.org.au
(for any specific questions)

**A service provided by
Family Planning Western Australia**

FAMILIES LIKE OURS

Families Like Ours is a social group and support network for diverse families, including parents, co-parents, children, extended family and friends.

Currently, our social membership spans the Perth metropolitan area and the south-west of WA. It includes parents, co-parents and expectant parents, gay dads, lesbian mums, transsexual parents, single parents, and children of all ages from birth to adults.

FLO was founded in order to provide social activities in the pride community that are family oriented. For many families living out in the suburbs, there was only a limited opportunity to engage in social activities with other pride families. Often their total community participation would be a once yearly visit to Fair Day.

FLO is organised around a principle of cooperation.. All members are encouraged to suggest and plan events. Moreover, participation at FLO events is not limited only to members. New families are always welcome to advertised events without prior contact.

The main aims of Families Like Ours are:

- To enable members to meet and socialise with other parents who identify as gay, lesbian, bisexual, transgendered, queer or questioning.
- For our children to meet others in similar circumstances, in order to help decrease the feeling of isolation, and normalise their family situation
- To communicate to the pride community the necessity to provide social activities that are child-friendly
- To communicate to the wider community that pride families are just as important and not so different from other families, that same sex parents can provide and sustain happy, healthy families

For further information please phone

0412 809 257 9am-5pm Mon-Fri



TransWest

The Transgender Association
of Western Australia Inc.



TransWest acts as a support group, a lobby group and an educator of the general community and of target groups such as politicians, employers and ministers of religion.

TransWest is a volunteer peer-based association, it is not funded by government.

We seek to:

- support persons of such diverse gender identities as transsexual (pre-op, post-op & non-op, both MtF and FtM), transgender, androgyne, genderqueer and others;
- support our members irrespective of their stage of transition or their intent to transition;
- work for the recognition of our rights develop and;
- maintain links with organisations for intersex persons & cross-dressers.

TransWest members have been active in providing assistance and information about gender issues to many other groups including the WA Department of Education and Training (DET), members of parliament, the WA Police, the International Foundation for Androgynous Studies (IFAS, based in Perth), B-LEGITS (a committee within the State School Teachers' Union), Gay and Lesbian Equality WA (GALE), Magenta, the Queer Unionists in Tertiary Education (QUTE) caucus within the National Tertiary Education Union, Gay and Lesbian Community Services (GLCS) and others. Many projects have been undertaken in conjunction with some of these groups.

TransWest has made submissions and petitions to government on a variety of issues. Two of our committee members were on the 2001 Gender Identity Working Party convened by the WA Equal Opportunity Commission which produced a report for the Attorney-General recommending changes

to the EO Act. Committee members frequently spend time with new members to help them find friendships and develop support networks within the gender community.

We offer:

- Information resources
- Cheap or free social events and activities
- Referral to doctors and many other service providers
- Formal meetings
- Group support and social meetings
- Individual support
- Email list for members only
- Newsletters
- Emergency and short-stay accommodation register
- Workshops (eg ,communication skills, presentation)
- Education and training to other organisations (eg schools, unions, doctors, Police Academy, employers, counsellors)
- Advocacy through lobbying politicians and other policy makers
- Participation in the annual Pride Fair Day and Pride Parade
- Links with many other groups, including a support group for SOFFTS (Significant Others, Families, Friends of Transsexuals) called Butterflies, which only cisgender (non-transgender) people may join.

We seek to foster a friendly and supportive environment for all people with gender issues, and their families. 'Gender policing' will not be tolerated and confidentiality is respected at all times. We want to educate, empower and encourage individuals on their journey towards an improved quality of life by reducing their feelings of isolation and alienation.

For further information can be obtained by contacting:

Jayne (Convenor): 0402 593 021

or visiting

www.geocities.com/transwest_wa/

Reclaiming Voices WA

A Support group for survivors of sexual assault.

The group was formed with a view to support all women survivors of sexual assault.

Reclaiming Voices WA provides a safe environment for women to be heard, to share healing strategies, information and resources relating to issues such as compensation, counselling, police and legal matters.

The group advocates for a culture intolerant to sexual violence and lobbies for changes to make court processes more supportive.

For information about group meetings or resources please call:

WISH on 9228 4888 or
email: reclaimvoiceswa@aapt.net.au

STRAIGHT SPOUSES SUPPORT (SSS) GROUP

Straight Spouses Support is a self help group for those whose partner (former or present) is gay, lesbian, bi-sexual, or is HIV positive.

Support is also offered to other family members.

Yvonne will take calls from children and youths whose parents are gay, whether they are living at home with their parents or not and link them with a support group to suit their needs.

Yvonne
9276 7643
9.00am-6.00pm

Marlene
9430 8974
6.00pm-12.00am

International Foundation of Androgynous Studies



IFAS uses the word "androgyny" loosely to encompass all those who share characteristics of male and female.

To increase the recognition of androgynous persons, the Foundation:

- promotes medical, social and educational research;
- provides a media resource base;
- actively disseminates information through scientific research, the arts and the internet;
- encourages the active participation of artists in exhibitions which will draw attention to the humanity of androgynous persons;
- creates a register for participants to facilitate networking;
- advocates legislative change for the protection of gender rights;
- recognizes the legal status of androgynous persons in passports, birth certificates, etc.;
- encourages tolerance and inclusivity in educational curricula and the media;
- celebrates diversity.

The foundation's research covers aspects of endocrinology, urology, paediatrics, surgery, psychiatry, clinical psychology, genetics, politics, law, history and education.

Membership of The International Foundation for Androgynous Studies (Inc) is open to anyone who wishes to confirm that they support its aims and concepts and pays the annual membership fees.

For further information please contact us by post:

International Foundation Androgynous Studies (Inc)
P.O. Box 1066, Nedlands, Western Australia 6909

Or

by e-mail

Felicity Haynes: fhaynes@ifas.org.au
Tarquam McKenna: t.mckenna@cowan.edu.au

GROUP NEWS

Peripheral Neuropathy Support Group Inc

Do your feet feel like you're walking on jagged rocks?

Do you experience burning sensations, pain and discomfort, or pins and needles in your feet/ankles/legs?

Maybe hot/cold or loss of sensation, and numbness?

A support group for people directly affected by Peripheral Neuropathy was formed six years ago and now has in excess of 80 members (some country). It is felt that by offering personal and emotional support, providing information and sharing coping strategies to individuals affected by this condition, we therefore provide a great service to the community.

PN is a condition that differs from person to person, and no two people seem to be the same. If your feet feel like you're walking on jagged rocks, experience burning sensations, pain and discomfort, or pins and needles in your feet/ankle/legs, or you experience hot/cold or have loss of sensation and numbness in your extremities this may be the Group for you. It costs \$5 per year to become a member, meetings are on the second Monday of each month and members receive a newsletter once a month.

A FORUM has been arranged with Neurologists for our June meeting. This will give those in attendance a chance to ask questions from the floor and maybe get some answers. The Forum is open to the general public and anyone may attend.

Peripheral Neuropathy Information Forum



MONDAY 13TH JUNE 2005

The NICHE, Suite B,
11 Aberdare Road, Nedlands WA 6009,
(Sir Charles Gairdner Hospital) for

9am-10.30am

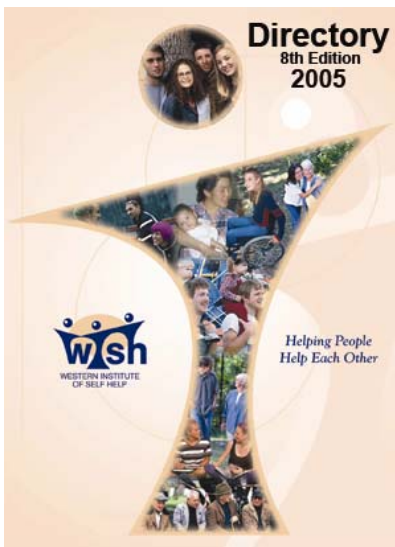
For further information please contact:
June Gascoigne on 9296 7190 or Graham Keen on 0581 6726.

OFFICE NEWS

Order your 2005 WISH Directory NOW!



**The 2005 WISH Directory of Self Help Support Groups
(incorporating community service organisations) is now available.**



The WISH Directory is a **comprehensive resource directory**, which will provide you with access to a wide range of Self Help and Support Groups and community organisations and Government Department support services throughout Western Australia.

An **extensive contents section**, which covers such areas as Family Support, Men and Women's Issues, Addictions, Seniors, Health Conditions, Abuse, has been included to provide you with a **quick and easy reference to 1000+ entries**.

This Directory is invaluable for service providers and professionals wanting to **offer a variety of support options** to their clients and to self help group members and community members wanting to **extend their support network**.

For those requiring a hard copy edition of the directory, copies may be purchased from the WISH office. There has been no increase in the cost of this edition of the Directory and prices are as follows:

Financial WISH members

\$25.00 (delivered to your door)
\$20.00 (collected from the WISH office)

Non WISH Members

\$30.00 (delivered to your door)
\$25.00 (collected from the WISH office)

(All prices quoted are Inclusive of GST)

Those community members seeking to access groups listed in the Directory may do so through the WISH Website. The website has been updated to include a **free search facility** to allow users to search for groups which may be of assistance to them.

For further information please contact the WISH office during office hours:
9am - 4pm Monday to Thursday

Phone: (08) 9228 4488 or 1800 195 575
Fax: (08) 9228 4490 Email: info@wish.org.au
www.wish.org.au



Community GROUP Link

Are you a leader?

Leadership doesn't necessarily mean taking charge — there are many different ways to lead. Setting an example for others to follow in what you say and do and introducing new ideas that help are just a few good leadership skills. Helping to settle differences and disagreements by encouraging a spirit of cooperation whether you are appointed, elected or simply assuming an informal leadership role, can help you contribute to the achievement of your group goals.

Everyone makes mistakes. Try to be constructive, tolerant and tactful when offering criticism. Equal treatment and equal opportunity lead to an equally good effort from all group members.

Leadership skills can help focus everyone's energy on the task at hand and help you to grow professionally, since they can be applied in any line of work. You can enjoy personal growth and satisfaction from knowing that you're making a difference in the world around you. Even though everyone is not a born leader, anyone can develop leadership skills and benefit from using them.

Effective leaders are good communicators. Whenever you're working with people, success depends on your ability to communicate. Communication is the art of getting the message across. It may be written — information is sent via letters, emails, memos, reports, etc.; or spoken — the message is transmitted by the speaker via phone calls, speeches and conversations. Sometimes a speaker uses other communication tools, such as charts, slides and films, to help get

the message across. There are also unwritten and unspoken forms of communication — people form attitudes and opinions based upon the communicators tone of voice, body language, mannerisms, etc.

The foundation of becoming a good communicator is relating on a person to person level. Develop your speaking skills. Speaking, whether to an individual or to a group, is a skill that takes practice. Be timely. Present only information that's current and relevant and make it a point to be on time and stick to the schedule.

Practice good listening habits. Be courteous and pay attention to what's being said. Take notes, and ask questions if you're confused. Keep a positive attitude. Smile! Even if you disagree with what's being said, don't let your emotions interfere with clear thinking. Summarise without injecting your opinions. With written communication be brief and stick to the subject at hand to avoid confusing your readers. Be accurate and check all facts before putting anything on paper. And keep it simple. Don't use confusing terminology or unnecessarily complicated explanations.

As a leader, you can encourage enthusiasm and a sense of belonging among group members by showing friendliness. Others will be more willing to share ideas if you are interested in them as people too. Understanding is another important leadership skill. Everyone makes mistakes. Try to be constructive, tolerant and tactful when offering criticism. Equal treatment and equal opportunity lead to an equally good effort from all group members. Group members will take their tasks more seriously if you show that you are more interested in the groups goals than your own personal gain. Remember volunteers should be treated accordingly.

Keep everyone working towards team goals. A team of individuals working together, sharing ideas and responsibilities, can accomplish much more than a team of individuals working alone.



REGIONAL ROUND-UP

DO YOU HAVE AN IDEA OR A PROJECT TO STRENGTHEN YOUR
COMMUNITY OR BUSINESS?

LOOKING FOR INFORMATION ON GOVERNMENT FUNDING TO ASSIST YOUR COMMUNITY?

A showcase of Australian Government funding programmes

More than 17 Government agency representatives will be at Gingin on May 20 to talk to community organisations, local governments and businesses about opportunities available from the Australian Government.

The 2005 Grantsmart seminar will be held at the Gravity Discovery Centre in Gingin and will showcase Australian Government funding opportunities and priorities for small business and community projects.

The expo will start at 12 noon with an opportunity to tour the facility, followed by the official welcome and a series of rotational sessions at which Australian Government programmes will be showcased.

This will be followed by a 'Sundowner' function which will offer networking opportunities and a chance to sample local Wheatbelt produce. Dinner will be followed by an optional 'star gazing experience' at the Southern Cross Cosmos Centre.

For further information, please email admin@perthacc.com.au or phone on 9478 1000.

GRANT SMART EXPO

Friday 20 May 2005

Gravity Discovery Centre, Military Road, Gingin

Please extend this invitation to your colleagues and other contacts.



REGIONAL ROUND-UP



Disability Services Commission Board Reference Networks 2005 Schedule of Meetings



The Disability Services Commission Board is conducting Reference Network meetings throughout the state to allow people with disabilities, their families and carers and service providers the opportunity to raise issues directly with Board members.

The reference networks include:

- People with Disabilities Reference Network (Metropolitan)
- Families and Carers Reference Network (Metropolitan)
- Service Providers Reference Network (Metropolitan)
- Rural/Regional Reference Network (Country)

Metropolitan

The following sessions include all three metropolitan Reference Networks and will be conducted as one-on-one discussions with a Board member. Please come at your convenience during the specified times, appointments are not necessary.

Wednesday 27 th April 2005	10.00am to 1.00pm
Monday 25 th July 2005	10.00am to 1.00pm
Tuesday 29 th November 2005	10.00am to 1.00pm

Rural/Regional

The following sessions will also be conducted as one-on-one discussions with a Board member, however appointments are necessary. For an appointment time please contact Gail Ambrose (contact details below).

Katanning - Tuesday 17 th May 2005	1.00pm to 4.00pm
Port Hedland - Monday 13 th June 2005	1.00pm to 4.00pm
Kalgoorlie - Monday 8 th August 2005	1.00pm to 4.00pm
Exmouth - Monday 12 th September 2005	1.00pm to 4.00pm
Merredin - Monday 17 th October 2005	1.00pm to 4.00pm
Albany - Monday 14 th November 2005	10.00am to 12.00noon
Denmark - Monday 14 th November 2005	1.30pm to 3.30pm

**Further details and information about meeting venues is available from
Gail Ambrose on 9426 9379, 1800 998 214, TTY: 9426 9321
or E-mail: gaila@dsc.wa.gov.au.**

TIBETAN WOMEN'S HEALTH AND WELLBEING

A fund is being formed to sponsor a number of Tibetan Women who have university level education in Tibet to receive further training in Australia. This will give them a huge advantage, confidence and the power to go back to their communities and make a difference.

They would possess English skills and a specialisation (nursing, medicine, teaching and community development) to meet specific needs in their local communities.

All of the initial groups of women are working tirelessly to increase the health and wellbeing of women in Tibet. Their community initiatives can then be driven by their own communities members and not outside organisations.



For further details please contact
Donna on 9331 4938 or
donna@westnet.com.au



Respite Planning Workshops

Have you heard people talk about respite but were unsure if it would suit you or the person you care for?

This workshop can help you to understand how respite can benefit, what it means, identifying respite opportunities and option and how to make it happen.

19th May—North Metro
2 June— Gosnells/Armadale
16 June—Fremantle/Melville

Please contact Carers WA 9444 5922 to register.

ALL FREE—includes Lunch!

LAUNCH OF

Recovery Alliance WA

What is Recovery Alliance WA

Government, non government, private bodies and individuals who are committed to a recovery model of mental health rehabilitation. We have formed a loose alliance to:

- ◆ Share our skills and experience
- ◆ Promote recovery-based policies and programs
- ◆ Educate ourselves and others in recovery values and approached

We welcome service providers, consumers, carers, academics and students.

Hear Tony Henderson on Recovery in Action.

He will share the results of his evaluative research in the recovery-based *Horizons* program.

Receive a free copy of the booklet **Practicing Recovery** that outlines the Recovery Vision and describes seven recovery based programs which are proposed or running in Perth.

View an exhibition of work from the recovery-based **Freight Gallery** project.

Date: Wednesday 18 May 2005

Time: 9.30 for 10.00 till 12.00

**Place: The Boulevard Centre
99 The Boulevard
FLOREAT**

RSVP 9420 7277 or
Reception@waamh.org.au

Pill, ills & thrills.
Medication and mental illness.

A presentation by
Anouska Feszcur Bpharm MPS
Drug Information Pharmacist
Graylands Hospital

Monday 16th May
Time: 9.30 am—11.30 am

St John of God Medical Centre
2nd Floor Auditorium
25 McCourt Street
SUBIACO

(Parking in car park off Mc Court Street)

Admission FREE — Open to all.



LORIKEET CLUBHOUSE
Open Day

Tuesday 17th May
Time: 10am —2pm

104 Cambridge Street
WEST LEEDERVILLE



No Charge All welcome

Lorikeet Clubhouse is a psycho-social support facility that provides a meaningful, work-ordered day for people diagnosed with a mental illness. Drop in, have a chat and a cuppa and view the activities and achievements of Lorikeet members.

Please call 9381 9144 if plan to attend.



LGBTI
Workers Rights
Conference

Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) workers, unions, community activists and our allies will come together for the inaugural LGBTI Workers Rights Conference in Perth, Western Australia.

FRIDAY 20 MAY 2005

The conference will provide an opportunity for LGBTI workers and unions to engage around our continuing fight for equality for all. We will discuss issues relating to:

- workers rights.
- the roles of unions, State Trades and Labour Councils and the Australian Council of Trade Unions in representing and advocating on behalf of LGBTI members.
- building stronger alliances between, and within, the movements.

Conference keynote speaker Rodney Croome is known by LGBTI activists as a spokesperson for the Tasmanian Gay and Lesbian Rights Group.

This resource based conference will be an opportunity for LGBTI unionists and our allies to assess our current organising and representation methods and challenge ourselves and each other to drive future change. Workshops will include:

- Intro to LGBTI issues in the workplace/ tools for organisers.
- Coming out at Work
- Political lobbying for activists
- Your legal rights
- Transgender Rights and issues
- Rural, Regional and Remote Issues

For further information on the conference please contact conference organisers:

Kelly Shay phone 0401 068 912

or

Alison Xamon phone 0413 201 294

Services and Information Services and Information

Helping Australians survive separation



Stories From The Shed

To assist parents with the difficulties of separation, The Child Support Agency (CSA) has developed an interactive CD-ROM, 'Dealing With Separation' with many tips and hints on dealing with the emotions and complex issues faced by parents during this difficult process.

Dealing With Separation is about real people in real situations. Seeing and hearing emotions felt by other separated parents will help you realise what you are feeling is normal.

There is information on dealing with self-esteem, loneliness, anger, how to recognise the symptoms of stress and depression and when to seek professional help. The CD-ROM is designed to be used at your own pace and enables you to focus on the bits of information you need – when you need it.

Dealing With Separation has important tips on:

- taking care of yourself so you can be there for your children;
- getting finances back on track after separation;
- staying in touch with your children if you no longer live with them; and
- having a business-like relationship with the other parent.

Dealing With Separation is available free from the Child Support Agency via CSA's website at:

www.csa.gov.au

or by calling 131272.

The local library, family court registry and community service providers will also have copies on hand for parents to use.

Directory Of Services

For Older People

The Australian Government Directory of Services for Older People is a concise and user-friendly guide to the many existing Australian Government programs and services developed specifically for older people.

The Directory is described as a one-stop-shop information resource to help older Australians, their families and carers find out what government assistance they are entitled to and how they can access it.

Sections include:

- Getting help to find and keep work
- Looking after your health
- Getting the care you need
- Protecting your rights
- Looking after your finances
- Looking after special needs
- Quick information Guide: a brief outline of services and contact information

You can order copies of the Directory, free of charge, from the Australian Government Department of Health and Ageing Aged and Community Care Information Line on:

1800 500 853.

You can also download a copy from the Australian Government Department of Health and Ageing website



GRANTS CENTRAL

Want to know more about Lotterywest grants?

For detailed information, including help with applying for a grant for your project or organisation, visit Lotterywest's upgraded grants website.

The easy to navigate site offers the opportunity for groups and individuals to '**Test your Eligibility**' as well as information on '**Application Must Haves**' and a comprehensive FAQ section. The site also provides access to '**The Grants Finder**' which presents a list of available grant areas and the various grant opportunities within each area. There are links to individual pages with information and documents for downloading - including Grant Information Packages, Application Forms and Additional Information Forms.

For further information visit



www.lotterywest.wa.gov.au



Lesbian Health Worker List

The Lesbian Health Worker List facilitates communication on a national level to all people who work in, or are interested in, the area of lesbian health.

To subscribe, or to obtain further information follow the prompts at:

www.nwjc.org.au/avcwl/lists/info/lesbian-hw.html

or contact the list facilitator:

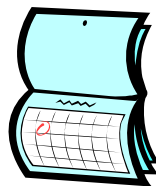
Sarah
Project Officer
Same Sex Domestic Abuse Group

0403 346 794

Calendar Dates

MAY 2005

- 1-7- Heart Week
- 2-6 Physical Activity Week
- 8 Mothers Day
- 26 Australia's Biggest Morning Tea
- 31 QUIT World No Tobacco Day



To have your groups or organisations event placed in this section please contact the WISH office on 9228 4488.

JUNE 2005

- 1 Foundation Day Public Holiday
- 2-11 Medical Research Week
- 10 Arbour Day
- 13-18 Crohn's and Colitis Awareness Week
- 20-24 Drug Action Week
- 26 International Day in support of victims of torture.

JULY 2005

- 11-17 National Diabetes Week

SELECTION OF SELF HELP & COMMUNITY BASED GROUPS REGISTERED WITH WISH.

GAY AND LESBIAN COMMUNITY SERVICES OF WA INC (GLCS)

City West Lotteries House
2 Dehli Street
WEST PERTH WA 6005

Tel: 1800 184 527

Provides support services and telephone counseling for same sex attracted people, their friends and family. Services include free information, advice and referral service, advocacy, group meetings, legal information and shared accommodation register.

PERTH INNER CITY YOUTH SERVICES (PICYS)

PO Box 1062
WEST LEEDERVILLE WA 6901

Tel: 9388 2792 9am-4.30pm Mon-Fri

PICYS seeks to enhance young people's sense of belonging, by working within and creating links with the wider community. Services include; medium to long-term accommodation, family mediation and informal counselling for youth aged 16-25 years.

SAFECARE INC

PO Box 1627
FREMANTLE WA 6959

Tel: 9335 9411 or 1800 356 177

Website: www.safecare.com.au

Offers a treatment program for offenders of intra-familial sexual abuse to break the cycle of sexual abuse and offer counselling and support to all members of the family.

COUNTRY NETWORK

PO Box 192
SUBIACO WA 6904

Tel: Viv or Ted on 9385 1366

The Country Network is a gay and lesbian national social contact group.

GOSNELLS WOMEN'S HEALTH SERVICE

Suite 7- Level 1 Lotteries House
2232C Albany Highway
GOSNELLS WA 6110

Tel: 9490 2258 8.30am-4.30pm Mon-Fri

Promotes the overall health, self esteem, independence, self responsibility and health awareness of all women regardless of age, religion, race or life style in a professional, confidential and holistic manner. Services include counselling, Post Natal Depression Groups, SARC Counselling and women's groups on self esteem.

SALVO CARE LINE

PO Box 8034
PERTH BUSINESS CENTRE WA 6849

Tel: Counsellor on duty (08) 9227 8655

Fax: (08) 9328 3947

E-mail: SalvoCareLine@aus.salvationarmy.org

Provides a listening ear for people in a crisis situation. Referral to emergency accommodation-twice daily update. Food and welfare referral. Information and referral to other material needs.

CELEBRATE RECOVERY

5 O'Malley Street
OSBORNE PARK WA 6017

Tel: 9242 7111 or 1300 727 766

www.celebraterecovery.com.au

Offers Recovery Groups for all life disorders including chemical dependence, co-dependency, eating disorders, sexual addictions, physical, emotional and abuse issues. Regular meetings are held at several metro locations - phone for times/days or further information about specific groups.

The Western Institute of Self Help (WISH) established in 1983 is a unique non-profit community based organisation.

ABOUT WISH: WISH represents self help groups in Western Australia by advocating on their behalf and by maintaining the profile of self help within the community. WISH helps people help each. We:

- *Link people and information*
- *Assist groups to develop and run*
- *Support with resources & services*
- *Train individuals and groups*

SERVICES: A range of services is available to provide practical and personal support and information for individuals involved in new and existing self help and support groups as well as providing networking and linking opportunities for professionals, service providers and members of the community.

Some specific services include:

- Telephone Information Line***
- New & Existing Group Development***
- WISH Directory of Self Help Support Groups & Community Organisations***
- WISH News Exchange Newsletter***
- Resource Centre***
- Media/Promotion Assistance***
- Information Packages***
- Workshops***
- Web site***
- Register of Rare Conditions***
- Fully equipped Meeting Room & Display Boards for hire***
- Publications/Audio & Video Tapes***



MEMBERSHIP REGISTRATION FORM

Self Help Group/Individual (Unwaged)/ Student (Unwaged): ----- \$16.50

Individual (Waged)/Community Organisation/ Educational Institution: ----- \$33.00

Professional/Commercial/Government Department/Corporate: ----- \$55.00

(Note: rates above are inclusive of GST)

I am interested in:

- Becoming a member of WISH**
- Please send me further information**

Surname:-----

First Names: -----

Postal Address:-----

Actual Address:-----

Telephone No:-----

Facsimile No. -----

Email: -----

Website (if applicable):-----

Name & Description of Group if applicable:

Please send your completed form with payment to WISH: PO Box 8140 Perth Business Centre WA 6849

**ABN: 23 041 552 831
This is a tax invoice**



NEWS EXCHANGE
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 00311

If undelivered return to:
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PO Box 8140
Perth Business Centre WA 6849

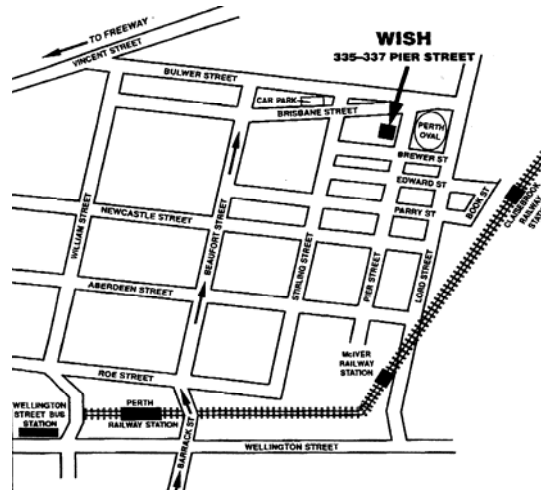
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 Centre WA 6849**

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CONTACT DETAILS:

Tel: (08) 9228 4488
Freecall: 1800 195 575
Fax: (08) 9228 4490
Email: info@wish.org.au
Website: www.wish.org.au
Hours: 9am-4pm
 Mon -Thurs
Postal Address: PO Box 8140
 Perth Business
 Centre WA 6849
Location: 335-337 Pier Street
 Perth WA
 (opp. Perth Oval)



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