



## Dubbo Women's Festival Review

**Thanks from  
the event team,  
Sharon Quill  
Joanne Phillips  
Lorna Brennan.**

**It is with gratitude that we share this review of the inaugural Dubbo Women's Festival held in March.**

By far, the highlight for us was seeing the support for such a festival and of women in our region across multiple sectors.

We are proud of its collaborative success and hope you are as inspired as we are about future collaborations.

Below is a QR code that will take you to a short survey. Your specific knowledge of the day and ideas will be used to create an even better Dubbo Women's Festival in 2025.

### **Dubbo Women's Festival Achievements**

An inclusive and supportive environment for women of all backgrounds.

Increased awareness of local services.  
Meaningful engagement with services and healthcare professionals.

Women took the opportunity to have a cervical cancer screening and made appointments for breast screening.

Accessibility with free admission, childcare, dedicated spaces for mothers and children, free lunch, transportation for specific groups, and an early event for teachers and students.

Women took the opportunity for self-care through meditation and to experience holistic well-being.

Women of all ages, stages and backgrounds sang, connected and had fun.

### **Your feedback will make a difference.**

We have received lots of ideas and ways to improve the experience of the next festival and ensure its success; we'd appreciate your feedback, too.

We've made this form as short as possible!



# This event brought together local experts, services, businesses, and leaders for the benefit of Dubbo women.



GrainCorp

THE ESTABLISHMENT



Dubbo Health Hub  
QUALITY • AUTONOMY • COMPASSION



Holistic Counselor & business woman *Charnie Tuckey*



Exercise Physiologist Centric Movement *Rose Prout*



Dubbo Health Hub *Dr. Pethidia Mango*



Buninyong Community Centre Local Facilitator *Lorna Brennan*



Creative Voice Coach *Camilla Ward*



Women's Health Physiotherapist *Lucinda Ferguson*



Clinical Nurse Consultant Women's Health Nurse *Joanne Phillips*



Psychologist Dubbo Health Hub *Ange Conn*



Dietitian (WNSWLHD) *Melissa Matheson*

Dubbo Violence Collective  
Tresillian. Flourish. ORISCON  
Mission Australia  
Rotary West Dubbo  
Western Women's Legal  
RAFT Human Development  
Bamara. Disability Advocacy  
Orana Support Services  
Aged Care Services (WNSWLHD)  
WACHS. Service NSW  
The Booby Bus. BreastScreen Orana  
Toy Library  
Breastfeeding Australia  
Headspace. Synapse. Live Better  
Baptistcare. Marathon Health



The Garden Hotel  
Relish Café  
Farmers Bake Place  
You Café  
Cacao House Café  
The Commercial Hotel  
Poppyseed Café  
Outback Trek Café  
Village Bakehouse  
Kerrie Phipps  
The Daily Liberal  
Orana Arts  
The Macquarie  
Conservatorium

# This event generated important health and wellbeing discussions beyond the festival day.



## Time to talk menopause

Women's health doctor reveals how to identify menopause and find help

## Healing with exercise

Ms Prout's mission is to spread the benefits of exercise which she sees as a normal and necessary part of life.

## Women's health doctor reveals how to identify menopause and find help



By Sarah Falson  
February 16 2024 - 5:00am

## What do people need help with?

The stigma around alcohol - or, to be precise, giving up alcohol - is a common problem, Miss Tuckey says.

According to the Australian Institute of Health and Welfare, the proportion of the national population aged 14 and over who consumed alcohol daily, declined significantly between 2016 and 2019.

This means less people are choosing not to drink - and for some, this can lead to awkward social interactions.

"There's a lot more questions to answer about why you're not drinking as to what they would be if you were," Miss Tuckey said.

## Inaugural Dubbo Women's Festival a triumph - men's festival next ...

Daily Liberal > News > Latest News

6 days ago ... Discover the impact and plans following the successful Dubbo Women's Festival. Plans for year-round events and potential men's festival in ...



## HEALTH Find out why women need to continue with cervical screening as they age Women should be prioritising 'self care'

**Sarah Falson**  
CERVICAL screening is important even as you age and women should be prioritising "self care". This is the message from Joanne Phillips, a women's health nurse based in Dubbo, who provides an outreach service to the Western NSW Local Health District (LHD).

"I mainly go to Bourke, Triange and Narrandine and I do some clinics around Dubbo and I also support my team in providing some outreach clinics to their remote facilities as well," Ms Phillips told the Daily Liberal.

"I also follow the NSW BreastScreen van around with their itineraries". Women of all ages, from school girls to 80-year-olds, visit Joanne Phillips' outreach clinic.

"... We see lots of different issues. We mainly promote cervical screening and breast screening and bowel screening," Ms Phillips said.

"And we also provide information and education on menopause, menstrual problems, incontinence and offer a referral where required within the LHD to other staff."

Ms Phillips has a special interest in endometriosis and educates women about this through her clinics. Health Direct states endometriosis occurs when body tissue that is similar to the lining of the uterus grows outside the uterus, causing inflammation and pain, and even affecting fertility.

Ms Phillips said endometriosis affects one in 10 women and there is a lack of understanding about it in the community.

"We welcome women to come to the clinics and



Joanne Phillips, women's health nurse, employed by the Western NSW LHD and based at Dubbo. Picture by Belinda Soode

we do actually talk about endometriosis and do a referral and assist people with the tests if required if they're actually experiencing any difficulties," she said.

### Promoting health checks

Ms Phillips will be speaking at the Dubbo Women's Festival, a free event taking place for International Women's Day on Friday, March 8, from 9.30am to 3pm at Western Plains Cultural Centre.

She said women of all ages are welcome to come to her session and hear her speak about menopause and women's health as they age.

"Mainly it's going to be menopause and beyond, and midlife and perimenopause," she said, adding that women aged around 40 to 49 would get a lot out of her speech.

"... We're going to be looking at lifestyle and some health changes and checks that affect post-menopausal women as well - not only just the actual peri- and the menopause itself," she said.

Ms Phillips will be using her panel discussion to promote the importance of

health checks as women age. "I really want to promote health checks because I think a lot of women when they reach menopause, they think because they've got to this stage of their life, they're in their fifties and sixties, sometimes that they don't have to continue with their health checks - so they're still important," Ms Phillips said.

"So often women don't

think they still need to have their cervical screening tests or they let their breast screening lapse."

Ms Phillips will be offering cervical screening on the day, by either self collection or clinician collection, and will also be able to let attendees know when they are due for their next screening.

She said women ought to have a good, thorough health check around the age of 45.

"It's mainly looking at the cholesterol, knowing their numbers, doing some heart health, making sure the cervical screening is up to date, cholesterol and their breast screening, and bowel screening also starts at 50," she said.

"So just making sure that

they do those real tant tests and discs with the doc

**Prioritising health**

Ms Phillips invites women to come to festival because it's an important event "a woman should prioritise their health."

"I think sometimes women, we put our last on the list and prioritise our self care," she said.

"So I think this is important to come and find out some mullion from the women's health and well-being experts."

Find out more at [DubboWomen'sDubboWomen.com](http://DubboWomen'sDubboWomen.com)



Filming The Moment Lounge tapes for the Dubbo Women's Festival (left) model Ella Penman and Rosalie Prout, founder of Centric Movement Clinic. Pictures supplied

## Find out why women need to continue with cervical screening as they age

## 'THERAPEUTIC' Why we should all sing more, according to this voice coach 'I can see the difference singing makes'

**WHAT'S ON**

**Sarah Falson**

YOU don't need to have a good voice to sing.

"This is the message Candice Ward, owner of voice coaching business The Creative Voice, wants to tell us."

Ms Ward will be leading a therapeutic sing-along under the trees during the Dubbo Women's Festival.

For her, singing is all about inclusion and community - something the festival will also tap into.

"I can see the difference that singing makes to bringing people together and, especially after COVID," Ms Ward told the Daily Liberal.

"It's really interesting now how people are wanting to try different experiences and, as we're now leaving it, it's such a wonderful stress release."

"Therapeutic, it raises the energy and there's no better way to do it than under the trees in a bushland with a lovely fresh breeze as well provided."

**Bringing people together**

Ms Ward is well known in the Dubbo community for being passionate about singing and bringing out people's creative side and to excel at it.

She's currently teaching Chorus Back but the successful Dub Rock Choir, and is a member of the Dubbo Women's choir, Candace Serfelle.

She said being involved in the festival was "a really



Candice Ward, owner of voice coaching business The Creative Voice. Picture by Belinda Soode

great experience and that's why I'm here today, but it's the flow on effect for the community as well," Ms Ward said.

"That sense of well-being when you come together and you have a bit of fun."

At the festival, women will be singing a song written and performed by local artist, James Ona.

"It's not a performance, it's an experience and that's what I love about what I do - it gives people a different opportunity to experience themselves and others."

They can't because ultimately there's a bit of apprehension," she said.

A lot of people she comes across have trouble to do with singing, because they might have been told they couldn't sing in the choir, or it was an old thing.

"I've never heard about people having the opportunity and the experience to join in and have some fun," she said.

"I definitely got a buzz from it and I love talking to people afterwards, and we

can arrange sing-alongs."

"I love everybody who sings. And everybody should have the opportunity because we look at different cultures how it really has been part of nation culture to sing from a young age."

Ms Ward said, "It's not saying that everyone's going to end up at the Opera House, but I think everybody should definitely have the opportunity of singing."

"I mean, we're not doing

event taking place for International Women's Day on Friday, March 8, from 9.30am to 3pm at Western Plains Cultural Centre.

Organised around the theme of 'Women of a Woman's Life', this event provides a day filled with education, fun, information, and connections for women of all ages and life stages.

Women will have several opportunities to engage with supportive health and well-being services.

This event was for women of all ages, backgrounds, and life stages, and they came.

