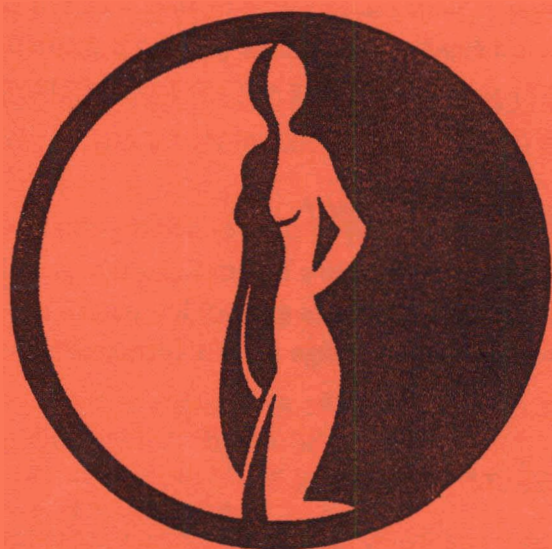


*Vancouver  
Women's  
Health  
Collective*



*Annual Report  
1999/2000*

# *Vancouver Women's Health Collective*

1 - 175 East 15th Avenue  
Vancouver BC Canada  
V5T 2P6

## *Our Purpose*

We have all been taught that only medical experts know about good health care. In fact, health information has been passed down from one generation of women to the next for centuries. Since our founding in 1972, the Vancouver Women's Health Collective (VWHC) has promoted and supported women helping women help themselves.

## *Our Mission Statement*

The Vancouver Women's Health Collective provides education, resources and other support for women to empower themselves to take charge of their own health care.

## *Our Members*

We are a charitable, non-profit women's organization, funded primarily by donations, membership fees, grants, and fundraising initiatives. Volunteer members are an essential part of the VWHC -- without them we could not offer our services to the women of British Columbia.

## *WVHC Goals*

- actively work on racism, ageism, heterosexism, classism and discrimination against people with disabilities, within and outside the collective
- create an environment that increases participation in, and use of, the collective, and ensure that both reflect the diversity of our society
- work in a healthy way on issues of power and conflict within the collective
- support and actively practice taking care of ourselves within the collective
- strive to be a self-sufficient structure while remaining autonomous and not compromised by funding sources
- actively participate in information exchange and support with individuals and groups locally and globally who share our perspective
- support every woman's right to continue or terminate a pregnancy
- engage in education and consciousness-raising around issues of reproductive choice
- create an active and representative women's health lobby to foster change in the health care system by exposing the roots of economic corruption and power imbalances in the established health care industry
- value and promote knowledge about health based on women's tradition and experience
- promote the vision that women are more than the sum of their reproductive parts



- provide a broad range of health-related resources and a critical analysis of the established health care system, thereby offering options by which women can make their own health care decisions
- inspire, support the development of, and engage in an ongoing exchange with issue-specific self-help, support and educational groups which, although functioning independently of the collective, share our philosophy and values
- continue to develop our understanding of health and healing through the critique of the "disease model" of health, and promote a model based on the mind/body/spirit that addresses women-identified health problems
- **actively respond to, and expose, the ways that the health care system perpetuates violence against women**

### *Thanks to our 1999/2000 Funders*

BC Ministry of Women's Equality  
Vancouver/Richmond Health Board  
BC Gaming Commission  
Summer Career Placement Program  
United Way Pod Grant  
VWHC Members and Donors

## *VWHC Members*

Jean Adler • Fatma Aktary • Karen Barber • Irene Barr • Barbara Bell • Sonia Bilkhu  
 Susan Boroevich • Boundary Women's Coalition • Anita Braha • Penny Brown  
 Diane Burton • Aidan Cameron • Christine Campbell • Kristen Campbell  
 Patricia Casquet • Cathy Chabot • Ahlay Chin • Kang-Jye Chou • Judy Chrysler  
 Arlene Churchill-Rubin • Gail Clement • Sharon Coates • Lara Coutts  
 Cranbrook Women's Centre • Naznin Dawoodi • Elysia Donald • Delanie Dyck  
 Deb Eilers • Renee Fernandez • Pam Fichtner • Tamara Flick-Parker • Kelli Forster  
 Ruth Goodman • Heather Hall • Rebecca Handford • Lu Hansen • Penelope Harris  
 Terrie Hendrickson • Nikki Hill • Donna Hilton • Darby Honeyman • Margot Howell  
 Elaine Hsu • Hana Hussein • Stephanie Ingham • Janet Ip • Mary Johnson  
 Faith Jones • Alison Karst • Gaitry Kaul • Brenda Kent • Meredith Kimball  
 Nancy Kleiber • Jennifer Kolarik • Ima Krayenhoff • Mary Kruger  
 Lorraine Kuchinka • Sadie Kuehn • Cat L'Hirondelle • Twyla Lalonde • Carol Latter  
 Tammy Lawrence • Sharon Lee • Andrea Lemire • Kathie Lindstrom • Barb Little  
 Cynthia Lopatka • Lisa Mah • Anne Merrett-Hiley • Statia Michaels • Anne Mills  
 Sandra Moreira • Maxine Mott • Silvia Musholt • North Shore Crisis Services  
 Rhodea Omler • Diane Payette • Sue Penfold • Penticton & Area Women's Centre  
 Trisha Phillips • Maureen Picone • Barbara Ray • Lynn Redenbach • Heather Reid  
 Anna Rinaldo • Joan Robillard • Pamela Rogers • Sunita Romeder • Adrienne Ross  
 Meghan Ryan • Lynn Sabeau • Safe Haven Transition House • Marg Scott  
 Rolly Sidher • SFU Women's Centre • Marion Smith • Elena St. John • Annika Stafford  
 Patreece Athena Starr • Nicola Stewart • Angelica Torres • Diane Trovato  
 Helen Turbett • University of Victoria Women's Centre • Karen Van Biesen  
 Kim Versfeld • Linda Ward • Marlene Wells • Susan Wendell • Janet Wiegand  
 Melanie Willson • Women's Contact Society

## *VWHC Donors*

Liz Bennett • BC Teachers' Federation • Lynn Buhler • Judith Burke • Elizabeth Burrell  
 Campbell River Women's Centre • Alfei Chan • Lawrence Chan • Jenny Cheung  
 Mary Ann Code • Melanie Conn • B. Conner • Beverley Conner • CREO Products Ltd.  
 Inez Curl • A.S. Doherty • E.K. Dolan • Nadine Fletcher • Monique Genton  
 Mary Gordon • Muriel Harris • Penny Heagy • F.A. Hillier • Louise Hudson  
 Ishtar Transition Housing Society • Farah Jahangir • Susan Johnstone • Jamee Justason  
 Liz Kalt • Alice Kidd • Beverley Kort • Ima Krayenhoff • Helen Lane  
 Margaret Leitner • Monica Loewi • Marion Macadam • Donna MacDermot  
 Ian Macnaughton • Mary Anne McWaters • Sara Menzel • Jane Munro  
 Anthony Ocana • K. Ochs • Reva Potashin • Janet Riehm • Patti Roshy  
 Winona Rowat • Jane Rule • South Surrey/White Rock Women's Centre  
 Eunice Stronach • Ellen Tallman • Inga Thomson • Lorna Watson  
 E.M. Wheeler • Anne Zavalkoff

*1999/2000*

*Steering Committee Members*

Twyla Lalonde – President  
Nicola Stewart – Vice-president  
Gail Clement – Secretary  
Deb Eilers – Treasurer

*Employees*

Anna-Lisa Boye  
Caryn Duncan

*CHA Employees*

Lara Coutts (Practicum Student)  
Angela Gray

*Cleaners*

Deb Eilers  
Jennifer Kolarik  
Pamela Rowe

*Summer Student*

Amy Rubin



## *Year In Review*

Throughout 1999/2000, the Vancouver Women's Health Collective continued to provide health information to women through our health information line, health resource centre, our newsletter, *Infusion*, and our Community Health Advocate project. The collective responded to at least 1,500 women's queries by telephone and e-mail, as well as assisting women who visited the Information Centre.

Women's organizations, community groups, health practitioners, and individual women held meetings, training sessions, support groups, and yoga classes, among other events at the collective. The VWHC provided office support and a physical location for two Shiatsu practitioners, the Pro-Choice Abortion Network, the National Action Committee on the Status of Women/BC, and the Midwives Association of BC.

**The Community Health Advocate project continues to be enthusiastically supported by women's and community organizations wishing to co-host workshops on health-related issues of concern to women in their community. We also received calls from women across the province and the country interested in our health practitioner files, our health centre model, and in setting up similar services for women in their communities.**

In the last twelve months, we have been busy serving the needs of women. Women continue to seek health information, and the collective serves the vital role of health information provider. We are looking forward to a smooth year ahead

at our new office. Effective June 1, 2000, the collective will open its doors to women at 1 - 175 East 15th Avenue, Vancouver.

## *Health Information Centre*

As usual, it was a busy year at the Information Centre. We welcomed new volunteers and bade farewell to others. In late-March 2000 we learned that we had secured federal government funding to hire a Volunteer Coordinator for six months. This influx of new energy will ensure the Information Centre remains a vital and exciting place to visit and to be involved with. Staffed exclusively by volunteers, the Information Centre was open 20 hours per week throughout 1999/2000. This translates into more than one thousand volunteer hours.

The VWHC maintained its presence in the community by attending various events and workshops throughout the Lower Mainland. As well as offering a Breast Health workshop for women. In addition to the daily business of the Information Centre, new ideas were brought to fruition:

- we began tracking and cataloguing health-related web sites
- we are also beginning to recommend reading materials in our health files so that women may search out further information at other libraries or resource centres
- health files were expanded to include health-related topics such as brain-memory and genetically modified foods
- we are now providing additional information about complementary therapies



In 2000/2001, we will be focusing on recruitment and retention of volunteers, and adequate and consistent staffing for Information Centre shifts and bingo sessions. We also look forward to working on the many projects and ideas brought forward by Vancouver Women's Health Collective volunteers. Through the initiative, commitment and hard work of all volunteers, the VWHC Information Centre will continue to promote informed, woman-centred, self-determined health care for the women of British Columbia.

### *Infusion Newsletter*

*Infusion*, the Vancouver Women's Health Collective newsletter, was published twice last year. *Infusion*, provides a forum to connect the collective with its members and donors, and the community at-large around women's health issues and activities taking place at the collective. Last year's fall issue explored depression and chronic fatigue syndrome. The Spring/Summer 2000 issue deals with yoga for women and the collective's upcoming June 1st move. Submissions about women's health and well-being are always welcome.

### *Community Health Advocate Project*

In 1998, the Vancouver Women's Health Collective began offering women training under its Community Health Advocate (CHA) project. As the project has grown, it has shifted from training advocates to offering women a Patient's

Rights workshop. Last year, more than a dozen organizations co-hosted the health workshop for women in their community.

Workshop participants learn about their right to access safe, respectful, and appropriate health care. The workshop includes a range of information including an introduction to the services provided at the VWHC, what it means to access safe and respectful health care, self-advocacy skills, things to think about when choosing a doctor, informed consent, commonly asked doctors' questions, routine exams, prescription medication, self-care, and resources and information sharing amongst workshop participants.

The Vancouver/Richmond Health Board is committed to providing basic funding for the CHA project through to March 2001, so that we may continue to assist women to overcome barriers to accessing quality health care. We were again fortunate to have the assistance of a practicum student from the University of Victoria.



# *Statement of Revenue and Expenditures*

year ended 31 March 2000

unaudited

REVENUE	\$
Grants	70,836
Gaming	46,406
Donations	2,924
Membership fees	1,465
Office Services	21,798
Other	835
Publications	433
	<hr/>
	144,697
EXPENDITURES	\$
Amortization	4,427
Bookkeeping	3,086
Conference & membership fees	105
Equipment rent & service	6,464
GST expense	1,776
Honoraria	280
Insurance	805
Literature for resale	3,265
Materials & supplies	3,476
Miscellaneous	2,468
Office expenses	5,358
Printing & production	2,870
Professional fees	1,000
Rent & parking	42,665
Resource materials	761
Salaries & contract services	61,499
Telephone & fax	2,048
	<hr/>
	142,353
Surplus for the year	<hr/>
	\$ 2,344



*Vancouver Women's Health Collective's  
Information Centre  
Offers all Women:*

- a women's health resource library
- health information files
- practitioner & therapist directory -- from surgeons to naturopaths -- includes evaluations completed by women who wish to share their experiences with other women
- questionnaires completed by practitioners & therapists about their services
- videos on women's health
- VWHC Menopause Kit
- alternative health products for sale including 'The Keeper' menstrual cup and reusable cloth menstrual pads
- information about complementary services and support groups

**Staffed exclusively by volunteers, please call the  
Information Centre for our hours of operation:  
(604) 736-5262**

**1 - 175 East 15th Avenue, Vancouver, BC V5T 2P6**