Project Update
As always we would like to thank you for your ongoing contribution to weave.

Let us bring you up to date on what’s been happening in our project. We’ve sent the weave women’s wellbeing survey out to nearly 20000 women from general practices all over the state. It’s a lot to expect women to return their surveys, but we received enough to make weave a success. We’ve found that the average age of a woman in our project is 39 years, 4 out of 5 women were born in Australia; 70% of women are in a relationship at present; two thirds have children living at home; and two thirds of women are in paid employment. Women experience a whole range of emotional and physical issues in their day to day lives, and relationship problems with partners are right up there in significant issues for women. weave is continuing to work to improve what can be done for women in the general practice setting when they experience relationship difficulties.

Please assist us by continuing to complete the surveys we send you. We know it is time-consuming but we appreciate any effort you make. The first cohort of women will start receiving their 12 month surveys in the new year. This is a key phase in weave so we will be especially grateful to get these surveys back from you!

Meet the weave team

Lorna has been involved with weave since the project began in 2007 and takes care of the day-to-day running of the project. Lorna comes from Cork in Ireland originally and her training is in psychology and health. In her free time, she enjoys tennis, reading & pilates. She looks forward to working with you in 2010.

Eleanor’s role focuses on managing the weave data and assisting with GP recruitment. She studies the Master of Public Health part-time, and enjoys contemporary acrylic painting, tennis and golf outside of weave time.

Janita looks after inviting women to join weave and manages all the surveys that you send in. She also helps organise training for the GP’s. She has a major in sociology and her New Year’s resolution is to try out salsa dancing.

White Ribbon Day

November 25th was the International Day for the Elimination of Violence Against Women. The White Ribbon Foundation of Australia aims to eliminate violence against women by promoting culture-change around the issue.

By wearing a ribbon, wearers are pledging to:
• never commit violence against women
• never to excuse violence against women, and
• never to remain silent about violence against women

For more information, news & resources go to http://www.whiteribbonday.org.au/
**Chocolate beetroot cake**

1x425g can sliced beetroot and juice
2 teaspoons bicarb soda
1 ½ cups oil
½ cup cocoa
2 teaspoons salt
2½ cups plain flour
2 cups sugar
4 eggs
2 teaspoons vanilla

Mash together contents of beetroot tin in food processor. Add beetroot to large bowl along with all other ingredients. Beat together with electric mixer for 2-3 minutes. Pour into a large greased square, round or ring tin. Bake in moderate oven for 45 mins or until cooked.

When cool, ice with chocolate frosting or peanut icing made by combining in the food processor until smooth:

- ¼ cup peanut butter
- 1 ½ cups icing sugar
- ¼ cup butter
- A couple of slursps of milk

(This cake works well with Gluten Free flour)