

Women's Health East



Welcome to the second edition of the **Women's Health East** quarterly e-newsletter.

This e-newsletter provides an update of the organisation's work and the latest news and activities within the Eastern Metropolitan Region.

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About Us

Women's Health East works to improve the health and wellbeing of girls and women.

It is a regional women's health promotion agency working across the Eastern Metropolitan Region of Melbourne. The region covers 7 Local Government Areas - Yarra Ranges, Knox, Maroondah, Manningham, Monash, Whitehorse and Boroondara.

The organisation, which is a not-for-profit incorporated association, receives the majority of its funding through the Department of Health.

The health promotion team at Women's Health East works exclusively in gender-based health promotion, which involves:

- Advocacy and consultancy within the health and community sector to promote women's health and wellbeing
- Working in partnership with other health and community agencies to promote gender-based planning in health promotion and service delivery, and to improve service system access and responsiveness for women.
- Training and education programs for service providers on women's health issues and gender awareness in planning and service delivery
- Research into women's health needs
- Raising awareness of health and wellbeing issues experienced by women
- Partnerships with service providers and establishing networks to improve services for women.

FABO Awards

The CEO of Women's Health East, Jenny Jackson, was a Finalist for Employer of the Year for the inaugural FABO Awards which were being presented in Sydney on Monday, 18 October at a gala dinner.

Since joining Women's Health East in May 2009, Jenny has re-established the organisation as a place with strong direction and vision. With 25 years dedicated to women's health through nursing, education and health promotion, Jenny's success stems from her passion to make a meaningful contribution to the health and wellbeing of women in the community.

International Women's Day

"International Women's Day" on the 8th March 2011 is a global day that celebrates the economic, political and social achievements of women in the past, present and future. This year the theme is "Celebrating our Past, Planning for our Future".

Women's Health East is hosting Movie Night at Churnside Reading Cinema where we will be watching a movie. Come along and celebrate being a woman - bring your family and friends and meet some new ones. Light refreshments on arrival.

[International Women's Day 2011 Invite](#)

[International Women's Day Factsheet](#)

[International Women's Day Newsletter](#)

Please RSVP by Friday 4th March 2011 on 8873 3700.

We would like to thank the following International Women's Day Supporters



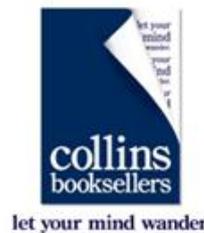
Knox Community Arts Centre



Ray White



THE BODY SHOP.



Request for Research Support

If you are a researcher seeking Women's Health East's support to publicise your research study, invite participants, or disseminate information about your research, please complete our [Request for Support Form](#) and email it to health@whe.org.au. Women's Health East supports research which meets required ethical standards and protects individual privacy.

"Investina in Women" ● ● ●

investing

in

women

Save the Date

Social Connection Workshop

FREE Professional development for people working in the
health & community sector.

Friday 27th May 2011

9:30am — 5:00pm

Mooroolbark Community Centre

This is a Women's Health East project.

For more details please call (03) 8873 3700 or visit www.whe.org.au.



We would like to take this opportunity to thank all of the funding bodies for supporting the project.



Women's Health East Resources

Databook

Women's Health East is releasing a data book next week on women in Melbourne's eastern region, comprising the local government areas (LGAs) of Boroondara, Knox, Maroondah, Manningham, Monash, Whitehorse and Yarra Ranges.

The Databook will include statistical information extracted from a range of reputable population and health data sources in order to build a comprehensive profile of women across the LGAs. It will serve as a resource for gender-specific population health and wellbeing planning in the region. Importantly, it will assist Women's Health East in its strategic leadership role in such planning. The Databook will bring together (into one resource) current and available statistical information about women in Melbourne's east, thereby providing planners with the impetus to find out more about women's needs, determine gaps, and develop appropriate program and service responses.

Priority Area Overviews

The following Priority Area Overviews have been developed by Women's Health East (WHE).

- Mental Health & Wellbeing
- Sexual & Reproductive Health
- Violence against Women

They are an accompanying document linking to current research and key documents while seeking to provide local context of the eastern Metropolitan Region (EMR). These documents will provide an overview of these issues, social determinants, policy context, and on a local front, will showcase an example of innovative primary prevention work in the EMR.

These will be available online in the coming months. Please keep a look out on our website.



Mental Health First Aid

The Mental Health First Aid course will provide women with the skills and knowledge to provide help to someone developing a mental health problem or who may be experiencing a mental health crisis. The course teaches participants more about depression, anxiety disorders, schizophrenia and bipolar disorder and equips them with the skills to know what to do in crisis situations such as panic attacks, suicidal behaviours, acute stress reactions and acute psychotic behaviours.

Participants of the course will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

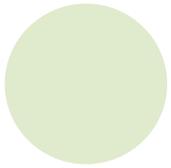
The course will be held over four consecutive Tuesdays 5:30pm-8:45pm.

- 9th August
- 16th August
- 23rd August
- 30th August

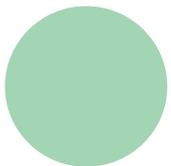
(Childcare available)

Venue: Women's Health East
Suite 5/37 Heatherdale Road
Ringwood 3134.

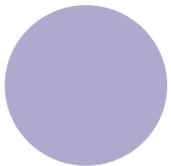
For more information please visit www.whe.org.au or call Women's Health East on 8873 3700 to **RSVP by Friday 29th July 2011.**



Address:
Suite 5/37
Heatherdale Road,
Ringwood 3134



Phone:
(03) 8873 3700



E-Mail:
health@whe.org.au



Website:
www.whe.org.au

Robyn Murray Meeting Room for Hire

Women's Health East's Meeting Room can now be hired.

Costs for use of the Meeting Room during office hours;

- \$100 (up to 3 hours)
- \$120 (4-6 hours)

This price includes;

- Tea/coffee making facilities
- Disposable cups and napkins
- Use of resources including large LCD television, digital data projector and whiteboard for presentations.
- Tables and chairs

If you are interesting in hiring the Meeting Room please visit www.whe.org.au for the Hire Agreement and Application form.

For more information about Women's Health East please visit our website.

