

Women's Health East



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quarterly e-newsletter.

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About Us

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

We are 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.

Special Leave Policy



Women's Health East (WHE) is leading the way with the adoption of a new workplace policy that provides additional paid leave to employees experiencing family violence, sexual assault, mental illness, disability or serious physical illness.

The WHE Board of Governance recently adopted a Special Leave Policy which provides up to twenty days of special paid leave per year for employees experiencing any of these circumstances, either personally or as carers.

For more information about the policy visit the [website](#) or for a copy of the policy contact Women's Health East on 8873 3700.

International Women's Day ● ● ●

International Women's Day is an occasion for looking back on past struggles and accomplishments, and importantly, for looking ahead to the opportunities that await future generations of women. It is important to recognise and evaluate these differences in order to move towards a future that is inclusive and supportive for women.

Some of the inequalities that women are currently faced with include;

- Women in Australia earn 82 cents for every dollar earned by men
- Women hold only 8.3% of Board Directorships
- Women spend three times more time looking after children than men.
- Women's superannuation payouts are less than half of those received by men (\$63,000 compared to \$136,000)
- Women make up 73% of Single Age Pension recipients
- One in three Australian women experiences physical violence in their lifetime
- Nearly one in five Australian women experiences sexual assault in their lifetime

Equity is about directing resources and services towards those most in need to ensure equal outcomes for all. It's about recognising diversity and disadvantage for all regardless of gender differences.

This year's International Women's Day theme was "Celebrating our Past, Planning for our Future". It was a wonderful opportunity for us to reflect on progress and achievements in women's health and wellbeing and to look towards the future as we identify emerging trends and requirements for women's health.

Women's Health East held the "International Women's Day" event at Readings Cinema, Chirnside Park on Tuesday 8th March 2011. We had more than 120 women attend the evening and we were delighted to be able to publicly acknowledge your support at our event

Feedback from the event was extremely positive and a similar event will be organised next year. Women's Health East would also like to take this opportunity to thank all people making INTERNATIONAL WOMEN'S DAY a visible day to remind us what we are striving for: **gender equity**.

For more information and photos from the event please [click here](#).

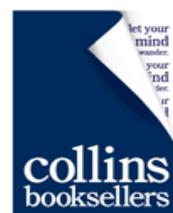
We would like to thank the following International Women's Day Supporters



THE BODY SHOP.

Knox Community Arts Centre

Ray White



let your mind wander

“Investing in Women” Update



The ‘Investing in Women’ project works to further extend the knowledge of the health and community sector to more confidently address the barriers and effects that impact on a woman’s ability to socially connect and participate within her community. The project also supports women, who may be isolated and disadvantaged, to participate in and establish meaningful social opportunities that will impact positively on their mental health and wellbeing.

We have had a very busy and successful first year of the project. A series of Social Connection Workshops and the development of a Social Connection Resource Kit have been the most significant outcomes of year one. Firstly a full day workshop was held on May 27th 2011 for people working in the health and community sector (e.g. neighbourhood houses, local government, community health). The workshop was held at the Mooroolbark Community Centre where 92 people attended. The catering for the event was cooked by women from the Karen community under the guidance of their tutor. The Karen women, cooked a delicious Burmese morning tea, lunch and afternoon tea. These women had recently completed a Kitchen Project run by the Migrant Information Centre and this workshop was an opportunity for them to show their skills in Australia and share their cuisine.

Secondly we ran interactive half day workshops for women in the community at the Women’s Health East office in Ringwood. We had aimed to run two workshops but due to the high level of interest we delivered four workshops throughout June and July. In total we had 39 women attend. We are now in the midst of the Investing in Women Grants Program where local social connection initiatives will be financially supported by Women’s Health East to establish meaningful social opportunities for women in the region who may be isolated and disadvantaged. We received 48 applications and are in the process of assessing them all.

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



Media and Advocacy Project



WHE is excited to announce two new projects for the women in the EMR. Women survivors of sexual assault and family violence in the EMR are being sought to tell their stories and bring a human face to help stop violence against women. The program incorporates four days of media and public speaking training and continual support throughout the program.

1. “Speaking out to end Family Violence”

This program is in partnership with the Women’s Domestic Crisis Service, the Eastern Region Family Violence Partnership and Women’s Health East. The training will take place in October and is available to women who have experienced family violence. Training incorporates both media and public speaking.

2. “Speaking out against Sexual Assault”

This ground breaking project is the first of its kind in Australia. This program is in partnership with Eastern Centre Against Sexual Assault, Women’s Health East and the Women’s Domestic Crisis Service. Training will take place at Women’s Health East in September and is available to women who have experienced sexual assault. Training incorporates both media and public speaking.

The media have the resources and reach into our community so that we are able to highlight the problem that is so often hidden from view. Part of this program will include an event for journalists working in the EMR. This event will provide journalist with tools and strategies that will challenge the misinformation and damaging stereotypes that tolerate or excuse violence against women in our community. The program will also ensure that journalists in the EMR have improved access for interviews to those working with women as well as women as advocates.

To find out more about the program contact Loren Imbriano on 8873 3700.

[“Speaking out to End Violence Against Women” Flyer](#)

[“Speaking out Against Sexual Assault” Flyer](#)

“16 Days of Activism” Campaign

“16 Days of Activism Against Gender Violence” is an international campaign which aims to raise awareness of violence against women. The program runs from 25th November (International Day Against Violence Against Women) to the 10th December (International Human Rights Day).

Women’s Health East is planning a “16 Days of Activism” campaign which will run alongside the ‘Sexual Assault and Prevention of Violence Against Women Media and Advocacy program’.

Throughout the campaign, WHE is aiming to raise awareness about violence against women on every day of the 16 Days of Activism. We plan to do this through community events, the media, the WHE website and facebook page, guest speaker presentations and by supplying relevant resources and information to women in the area.

Please keep an eye on the WHE website closer to the commencement date to find out about upcoming 16 Days of Activism events. If you have any queries, please call WHE.

PVAW Cluster

On 24 June 2011, the *Local Government Preventing Violence against Women in our Community* initiative was launched – announcing the 3 successful local council clusters. Among the 3 successful clusters was the Outer East Metropolitan, including the Knox City Council, Maroondah City Council and Yarra Ranges Council. The other successful clusters were the Western Metropolitan and Loddon Campaspe Region.

Over the next 4 years, the Victorian Government will provide funding to enable these sites to deliver a range of primary prevention initiatives across a range of key settings including: community, local government, sporting organisations, schools, workplaces and the media. The initiative, based on VicHealth research, shows that in order to prevent violence against women we have to change attitudes and behaviours that tolerate and excuse violence against women. The *Local Government Preventing Violence against Women in our Community* Program will aim to do just that by promoting respectful, gender-equitable relationships in our community.

Women's Health East look forward to work working together to progress this important work around preventing violence against women.

[Victoria Leads Way in Preventing Violence against Women Media Release.](#)



PLN Network

Health Promotion workers are invited to attend a **Prevention of Violence Against Women (PVAW) –Peer Learning Session** being held on **Monday 29th August, 9.30-12.30pm.**

This is the first of two peer-learning sessions that will be run for IHP Practitioners in the EMR this year. This session is aimed at HP practitioners working in the EMR. The session will be facilitated by Marilyn Beaumont who has significant expertise in PVAW and in group facilitation.

Purpose:

- Assist participants to improve their own practice in relation to specific health promotion competencies, whether they are issue specific or generic skills such as evaluation or dissemination.
- Assist participants through reflective practice experience in Prevention of Violence Against Women to gain new knowledge for improved health promotion practice.
- Hold a peer learning session which enables the sharing of peers experience through action and reflection in the context of actual practice

Places are limited so please RSVP soon.

[Peer learning Session Flyer.](#)



Request for Research Support

Visit the WHE website to view current research studies.

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 addresses women's health and meets required ethical standards including protects individual privacy.

Women's Health East Data Book

Women's Health East has released a Data Book on women in Melbourne's eastern region, comprising the local government areas (LGAs) of Boroondara, Knox, Maroondah, Manningham, Monash, Whitehorse and Yarra Ranges.

The Data Book includes 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 serves as a resource for gender-specific population health and wellbeing planning in the region. The Data Book brings together (into one resource) current 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.

Please visit our website to view/download the Data Book. Hard copies of the Data Book are available to purchase for \$25.00 which includes postage. To order the Data Book please fill out the [Data Book Order Form](#) and send to back to Women's Health East.

Outer East Organisational Leadership Program

Women's Health East is participating in the **Outer East Organisational Leadership Program - delivering your aboriginal strategy**. The program is developed and delivered by Dr Zane Rhea of Monash University. It has been designed to support organisations to enhance cultural competency and work towards improving access to services for Aboriginal people living and working in the Outer East.

WHE is developing a strategy that will be implemented within the organisation and will put a "Women's Health Aboriginal Lens" over our work. This will assist in building capacity of the staff, board members and the agencies that we work with to work effectively and respectfully with the Aboriginal community in the near future.

Numerous activities will fall under this strategy including:

- Implementing Indigenous Awareness training (workforce development) for all staff and Board Members of WHE. This will increase the understanding of the issues and barriers that Indigenous women may face and the various culture differences.
- Improve access to resources and systems of support for the Indigenous women in the EMR.
- Women's Health East will have reviewed the current processes that have ensured that an "Aboriginal Lens" has been applied to program planning.
- Capacity building with the agencies that we work with.

For more information about the strategy contact Jill Exon on 8873 3700.

Women's Health East New Board Members



Isabell Collins

Isabell Collins is the Director of the Victorian Mental Illness Awareness Council, the peak consumer organisation in Victoria. She has formal qualifications in Business and Industrial Relations.

Currently she is the Co-Chair of the National Mental Health Consumer and Carer Forum and sits of the Commonwealth government's Mental Health Standing Committee.

Tricia Malowney

President, Victorian Disability Services Board and co-Chair Women with Disabilities Victoria

We welcome both Isabell and Tricia onto our Board.

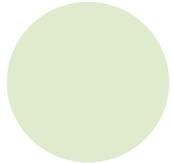
Office Space Available



Women's Health East's has office space (two desks) available.

If you are interesting in renting this space or would like more information please contact WHE on 8873 3700.

Robyn Murray Meeting Room for Hire



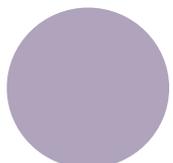
Address:
Suite 5/37
Heatherdale Road,
Ringwood 3134



Phone:
(03) 8873 3700



E-Mail:
health@whe.org.au



Website:
www.whe.org.au

Women's Health East's Meeting Room is available to 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.



[Click here](#) for Women's Health East's Annual Report 2009-2010

