

Women's Health East



Welcome to **Women's Health East**
second quarterly e-newsletter of 2012.



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WHE Board of Governance ● ● ●

WHE would like to welcome two new women to our Board of Governance, Annette Rudd and Wendy Roberts. Both women come to us with strong skills in areas of relevance to the organisation and both are highly committed to women's health and to social justice.

Many thanks also to our outgoing Board members, Liz Ollie and Isabel Collins. WHE very much appreciates your time and effort, and also the great skills that you brought to the Board of Governance. We wish you every success into the future.

Jackie Kelly
Chair
WHE Board of Governance

WHE Funding Cuts ● ● ●

Women's Health East has recently been advised that we are receiving a 10% funding cut over the next two years, commencing on July 1st 2012. This cut will impact on all regional women's health services across Victoria. As a small and efficient organisation with a remit of promoting the health and wellbeing of women and girls across the Eastern Metropolitan Region, this cut may lead to some difficult decisions for the organisation over the coming months. WHE remains however strongly committed to our vision and will continue to seek to work with our partners to make a difference in our priority areas of preventing violence against women, promoting women's mental health and wellbeing and sexual & reproductive rights, all beneath an umbrella priority of upholding gender equity.

Kristine Olaris
Chief Executive Officer

Financial Literacy Project



WHE have partnered with Women's Health in the North, Migrant Information Centre [Eastern Melbourne] and EACH - to deliver a series of Financial Literacy workshops to 3 newly arrived groups in the EMR. The aim is to increase the skills, confidence and knowledge of newly arrived and refugee women.

Financial literacy is about being able to understand and manage money in an informed and effective way – from opening a bank account, saving money and paying bills. For many newly arrived and refugee women understanding the financial systems in Australia is an incredible challenge yet it is also an important part of the settlement process.

The workshops cover topics such as budgeting, saving, credit, contracts, financial counselling, and consumer rights and responsibilities. Importantly, a facilitator training workshop will also be delivered to community leaders in the EMR so that the program can be replicated with women from other communities.

If you would like more information on the project contact Loren on 8873 3700 or email limbriano@whe.org.au.

Prevention of Violence Against Women Update



Through a new funding program, the Victorian Government allocated \$7.2 million over the next three years to help reduce violence against women and their children. Earlier this year, applications were open for single grants of up to \$600,000 (funding available for one project per Department of Justice region over a three-year period) to help support primary prevention and early intervention focused partnership projects.

In April 2012 WHE submitted an Expression of Interest for the Community Crime Prevention Grant. This included a proposal for the development and roll out of a Gender Equity training package across the EMR – including training tailored for Local Government and for the Community Health sector. While this application drew the strong support from all 7 LGs and Community Health Services across the EMR, unfortunately, WHE were notified in June that our application was unsuccessful.

WHE, together with our partners, will continue to seek funding to progress this important work. For more information about the Community Crime Prevention Grants see:

<http://www.justice.vic.gov.au/home/community+crime+prevention/reducing+violence/>

National Disability Insurance Scheme (NDIS) Rally ● ● ●

On Monday 30th April, the staff at WHE attended the National Disability Insurance Scheme (NDIS) rally at Federation Square. Thousands of people attended the event and we had a great afternoon supporting such an important cause.

The NDIS is aimed at those who are most in need, providing long term, high quality support for around 410,000 people who have a permanent disability that significantly affects their communication, mobility, self-care or self-management.

All Australians would benefit from this scheme because disability can affect anyone, anytime. Everyone will benefit from building a more inclusive, more diverse community (Every Australian Counts, 2012).

Prime Minister Julia Gillard addressed the Sydney rally and announced that the NDIS would be launched in four sites across the country next year, supporting more than 10,000 Australians with a disability, their families and carers. The Australian Government has committed \$1 billion in this year's Budget to support the first stage of the NDIS. The Federal Government has begun the first stages of implementing the NDIS, but the scheme is not guaranteed, by any political party.

Tricia Malowney from the WHE board delivered an inspiring and powerful speech. [Please click here](#) to view a video of the rally along with some comments from Tricia.

Reasons why the NDIS is essential;

- Currently people with a disability receive different levels of support depending on how, when and where their disability was acquired
- There is a lack of necessary services. This means that families are primarily responsible for meeting the needs of their family member with a disability. Many families are struggling with high rates of physical, emotional and financial stress
- There is no entitlement to support if you acquired your disability at home (injury, accident, illness)
- There is no private insurance to cover the costs incurred of a baby being born with a severe disability
- Children grow up with damaged spines, hips and pelvises because they don't receive the wheelchairs and therapy they need as they grow – and need rounds of painful corrective surgery
- Adults are unable to leave their homes because they receive funding to pay for support for only two showers per week, and only two meals per day
- Children and adults are denied the opportunity to communicate every day with their family, friends and teachers, because there is no money in the system to supply the IT equipment or skills they need to communicate
- People with an intellectual disability are frozen out of paid employment, even though they have the skills to work, due to lack of simple, cost-effective supports

Sourced from- [Every Australian Counts, 2012](#).

Some snap shots from the rally



Aboriginal Cultural Awareness Training ● ● ●

On the 27th of June WHE staff and Board members participated in Aboriginal Cultural Awareness Training. WHE undertook the training in order to gain a better understating of the history and culture of Aboriginal people in Australia and the Eastern region. Over the coming year WHE hopes to strengthen our relationships with Aboriginal organisations and community.

We would like to say a special thank you to Kelly and Wanda from Kellawan Pty Ltd. They have been conducting Cultural Awareness Training for the past ten years. We also want to thank Julie Kitto who provided a local context.

Do you need guest speakers for your next event?

Women survivors of **sexual assault** and **family violence** in the EMR are available to share some of their stories and bring a human face to help stop violence against women.

Since the commencement of the project, the advocates have been involved in **65 opportunities** with another 5 upcoming opportunities booked. The advocates have featured in newspaper articles, attended press conferences and have been involved in public speaking at various events.

If you would like to request working with these advocates or to find out more about the project please contact Loren Imbriano from Women's Health East on 8873 3700 or email limbriano@whe.org.au.

“Investing in Women” Update ● ● ●

The 3rd phase of the project is drawing to a close. The project leaders involved in the Investing in Women Grants Program (3rd phase) will be submitting their final reports shortly. They will also be submitting their journals and cameras which will contribute to the project evaluation. We have been thrilled to work with such wonderful and committed people and organisations through the Grants Program. We would like to take this opportunity to congratulate them for their efforts to establish meaningful social connection opportunities for local women in our region.

We will now be embarking on collating all the great stories and impacts of the entire project. The evaluation results will be available at the end of the year.

We again would like to thank the funding bodies who have supported the project.



Request for Research Support ● ● ●

Visit the WHE website to view current research studies. If you are a researcher seeking WHE'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.

Office Space Available ● ● ●

Women's Health East's has one medium sized office available for rent. It is fitted out for 2 workers with desks, a bookshelf and filing cabinet. Rental includes access to WHE Board Room, kitchen and other amenities and utilities. You would be sharing with WHE staff who are all very friendly!

If you are interested 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.**

