

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Transl](#)

News, updates and information from Women's Health East



Welcome to Women's Health East's March eNewsletter!

Hello to all,

I hope you all enjoyed International Women's Day! International Women's Day recognises the economic, political and social achievements of women and there were certainly some fantastic events which occurred across the Region to mark this important day. International Women's Day is also, of course, about raising awareness of women's issues.

As a part of this inspiring day, WHE supported the launch of a new campaign encouraging Australians to **reject sexism**: [See It. Say It. Stop It](#). The campaign is particularly aimed at stamping out sexism towards women in leadership. If you would like to [read more](#) about **why sexism is bad for your health**, and learn more about why this campaign is important, have a [read](#) of a piece I wrote which was published on International Women's Day.

I would like to introduce, and extend a warm welcome, to our new Health Promotion & Communications Officer, Kate Ravenscroft. Many of you will know Kate already as she was previously an advocate in our [Eastern Media Advocacy Project](#).

Kate is responsible for this new look eNews. We plan to get these out a bit more frequently than our previous quarterly newsletters, so that we can keep you up to date with our activities and with issues for women in the East.

In addition WHE welcomes **a new member to our Board, Sarah Kleinitz**. We are sure Sarah will be a valuable addition to our highly skilled and committed Board of Governance.

And remember, to stay [up-to-date](#) with all the latest news from WHE make sure to like our [Facebook](#) page where we post regular news and updates on women's health, the Eastern Metropolitan Region and what we've been up to. We'd love to connect with you!

This newsletter aims to let you know about some of the exciting activities we have been working on so far this year. So please, read on.

Regards,
 Kristine Olaris
 Chief Executive Officer



Facebook



Website



Email

Regional Strategy to Prevent Violence against Women

The first draft of the Regional Strategy, ***Together for Equality & Respect: A Strategy to Prevent Violence against Women in Melbourne's East 2013-2017***, is currently being finalised with feedback from key partners across the Eastern Metropolitan Region.

Based on broad consultation and informed by a strong evidence base, ***Together for Equality and Respect*** will provide a mechanism to coordinate and integrate activities across the region in order to maximise prevention efforts and promote mutually reinforcing actions aimed at preventing violence against women before it occurs. The Strategy is an overarching document which presents a framework for action and will be enacted through a subsequent Action Plan.

Together for Equality and Respect will be launched on **23 May, 2013** at a Gender Equity Forum in conjunction with the ***Dark Nights Arts Exhibition*** at [Maroondah Art Gallery](#).

Tricia Malowney inducted to Victorian Honour Roll of Women

WHE would like to congratulate WHE Board Member, **Tricia Malowney**, on her well-deserved induction to the [Victorian Honour Roll of Women](#). Tricia is a passionate advocate for the rights of women with disabilities. We are delighted her contribution to our community has been recognised!



Tricia joins another of our Board Members, **Marg D'Arcy**, who was inducted to the [Victorian Honour Roll of Women](#) in 2003.

New Minister for Women's Affairs

WHE would like to congratulate **Heidi Victoria MP** on her new role as the **Minister for**



Women's Affairs. As the Member for Bayswater, Heidi Victoria is of course well known to this region. She now becomes the Minister for the Arts; Minister for Women's Affairs; and Minister for Consumer Affairs.

WHE would also like to extend our thanks to **Mary Wooldridge MP** for her hard work and commitment to Victorian Women over the period that she held this portfolio. Minister Wooldridge of course continues as the Minister for Mental Health; Minister for Community Services; Minister for Disability Services and Reform.

RINGWOOD

Court offers refuge to help protect women

A NEW safe space at Ringwood Magistrates' Court is giving women the courage to act against abusive partners.

The protected persons space is a room that provides a safe waiting space so women do not have to be in the same area as abusive partners while waiting to get intervention orders at court.

Eastern Community Legal Centre chief executive Michael Smith said the space was "overdue".

"We know that there are a number of women who are just too afraid to come to court," Mr Smith said.

"The space is for people who are applying for an intervention order and people who are high-risk."

"The protected persons space is a great initiative."

Family violence victim and advocate Christine, who asked that her surname be withheld, praised the new facility.

"When I didn't have the new room, to even go into the court was a big deal," Christine said.

"It was very hard sitting in the waiting room knowing he was so close."

Christine said she had missed three court appointments because of fear of facing her abuser.

"Having the room is good because there are people in it who can help you," she said.

"The more people that know it's there, the better off they will be."

HELP AT HAND

- Women needing help or referral for sexual assault should phone the Eastern Centre Against Sexual Assault (ECASA) on 1800 806 292 (24-hour line).
- Women needing help or referral for domestic violence should phone the Eastern Domestic Violence Service (EDVOS) on 9259 4200.

Eastern Media Advocacy Project Update

The **Eastern Media Advocacy Project (EMAP)** ensures that the **voices of women who have experienced family violence and sexual assault are heard through the media and public events.**

Recent opportunities undertaken by EMAP advocates include:

- Meeting with Ela Gandhi at the [Women's Domestic Violence Crisis Service](#)
- Gender equity training with Manningham Community Health Service
- Rotary

To find out more or to **book an advocate** for an event or media opportunity, please contact Kate Ravenscroft on 8873 3704 or kater@whe.org.au

Publications and Resources

Women's Mental Health and Wellbeing Overview

A useful resource for practitioners working in the health and community sector in the EMR, this document contributes an **increased understanding of women's mental health and wellbeing**, and provides **recommendations around effective mental health promotion.**

Download the Overview from our [website](#)

New Fact Sheets and Gendered Demographic Data by Local Government Area

Designed for people working in the health and community sector, our **new fact sheets** include

health and wellbeing information that is specific to women in the Eastern Metropolitan Region and cover a range of women's health topics. **To read or download them, visit our [website](#).**

We've also released **updated sex disaggregated demographic data for the Eastern Metropolitan Region**. The 2011-2012 data is available for all 7 local government areas in the EMR, and can be used by local government and the health and community sector in their 2013-2017 planning. **To read or download them, visit our [website](#)** (scroll down).



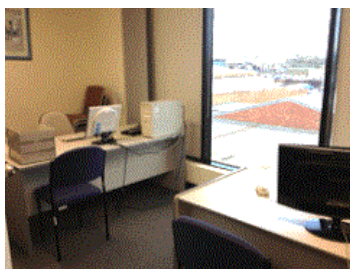
Meeting Room Available

For hire during office hours:
\$100 (up to 3 hours)
\$120 (4-6 hours)

This price includes;

- Tea/coffee making facilities
- Disposable cups and napkins
- LCD television, digital data projector & whiteboard
- Tables and chairs

Contact WHE on 8873 3700
or health@whe.org.au

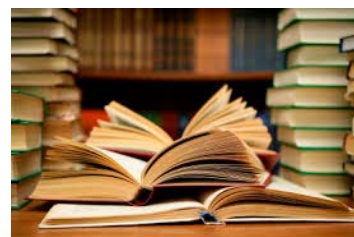


Office Space Available

One medium sized office available for rent 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.

Plus you'll be sharing with WHE staff - we're very friendly!

Contact WHE on 8873 3700
or health@whe.org.au



Research Support Available

If you are a researcher WHE can support you to publicise your research study, invite participants, or disseminate information about your research.

Complete our [Request for Support Form](#) and email it to health@whe.org.au.

Make a Donation



Using the secure engine
of GiveNow.com.au

Women's Health East acknowledges the support of the Victorian Government.



Copyright © 2013 Women's Health East, All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

MailChimp