



# Women's Health East

Investing in Equality and Wellbeing for Women

1/125 George Street  
Doncaster East, VIC 3109

**E** [health@whe.org.au](mailto:health@whe.org.au)

**P** (03) 9851 3700

**F** (03) 9848 3160

[www.whe.org.au](http://www.whe.org.au)

ABN 72 895 788 372



## What We Do

*At WHE, we recognise that health is determined not only by biological and individual characteristics, but by a range of environmental, economic, social and cultural factors. We acknowledge that gender plays a significant role in determining the health of women, and that gender roles, responsibilities and expectations result in a range of inequalities between women and men. We work to ensure that women's health and wellbeing needs are considered in policy decisions, and in the planning and delivery of services and programs to enable women to achieve the best health possible.*

### **Prevention of Violence against Women**

Violence against women is the leading contributor to death, disability and ill-health among Victorian women aged 15-44. The trauma associated with violence has devastating and widespread impacts on women's mental and physical health.

We work towards ending violence against women in the EMR by addressing the underlying causes, which are centred around power and gender inequality. We do this through working in partnership with other organisations in a coordinated approach to the prevention of violence against women, through advocacy and research, and by implementing primary prevention programs within the EMR.

### **Sexual and Reproductive Health**

Good sexual and reproductive health (SRH) is fundamental to a positive identity and the enjoyment of social relationships. Women's wellbeing can be influenced significantly by SRH factors, including puberty, sexuality, relationships, contraception, fertility, reproductive cancers and menopause.

SRH promotion can address many of these issues by providing women with the information, resources and services that they need to optimise their health. WHE has chosen SRH as a priority area in order to address the broader influences as well as individual risk factors that are critical for promoting women's SRH.

### **Gender Equity for Health Outcomes**

WHE recognises the significant influence of gender on the health and wellbeing of women. The power relations and unequal status between men and women in society are a root cause for gender inequity, and can have a negative impact on the health of girls and women.

WHE advocates for a gender equity approach to health. We work with partners to ensure that existing inequities experienced by women are recognised, and influence policy and practice to ensure gender equality and positive health outcomes for women in the Eastern Metropolitan Region.



# Equality, Empowerment, Health and Wellbeing for all Women

## Our Purpose

Women's Health East (WHE) is a regional women's health promotion agency working across the Eastern Metropolitan Region of Melbourne (EMR). WHE acts to improve women's health, safety and wellbeing through leading, partnering, shaping, informing and delivering responses that address the needs of women.

## Strategic Directions

- Fostering leadership and innovation in health promotion
- Facilitating a responsive service system
- Strengthening our dynamic and sustainable organisation

## Our Region

The EMR covers the municipalities of:

- Boroondara
- Manningham
- Whitehorse
- Monash
- Maroondah
- Knox
- Yarra Ranges



## Our Partners

We work with an array of partners including state and local government, health and community agencies and other stakeholders, to ensure that they are optimally addressing current and emerging health and wellbeing issues affecting women in the Eastern Metropolitan Region.

# Our Work



## Speaking Out: Media Advocacy to End Family Violence & Sexual Assault

Speaking Out ensures that the voices of women who have experienced family violence and sexual assault are heard through the media and public events in order to influence a change in community attitudes and to promote the prevention of violence against women. WHE can connect you to advocates who are available to share some of their on stories of survival, and provide insight and expertise on how we can, as a community, prevent violence against women.

To [find out more](#) or to book an advocate for an event or media opportunity, please contact Kate Gibson at Women's Health East on 9851 3700.

## Together for Equality & Respect—A Strategy to Prevent Violence Against Women in Melbourne's East 2013-2017 (TFER)

*A society where women live free from men's violence – where every girl and boy grows up to be equally valued, heard and respected, and with equal access to opportunities – Strategy Vision Statement*

TFER is a four year strategy, bringing together the work of local governments, community and women's health services, Primary Care Partnerships, Primary Health Networks and the Regional Family Violence Partnership in the primary prevention of violence against women.

TFER provides an innovative opportunity for partners to plan together, collaborate on initiatives and share resources, thereby strengthening the approach to preventing of violence against women across the region. For more information contact Sue Rosenhain on 9851 3700 or [download](#) the Strategy from our [website](#).

## Women's Health East Resources

WHE have developed a number of resources including Women's Health fact sheets, Mental Health and the Prevention of Violence Against Women overview documents, SRH Needs Analysis and Gendered Demographic Profiles of the EMR. [Resources](#) are available on our website [www.whe.org.au](http://www.whe.org.au)

*Women's Health East acknowledges the Wurundjeri people of the Kulin Nation as the traditional owners of the land on which we work.*

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