

Women's Health East



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

[Connect](#)

[Subscribe](#)

[Update details](#)

[Visit Website](#)

[Unsubscribe](#)

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.

WHE CEO Announcement ● ● ●

Women's Health East is pleased to announce the appointment of Kristine Olaris as the new CEO of Women's Health East. Kristine is presently the Deputy CEO and Manager of Access and Diversity for North Yarra Community Health and Chair Person of Women's Health in the North.

Kristine has a strong commitment to women's health and wellbeing. She is passionate about Health Promotion, and for many years has had a hands on role while also pursuing academic studies including a Masters in Health Administration. Kristine's other passion is climate change and its impact on gender, and would like to have the ability in this new role to pursue this idealogy.

Please join in welcoming Kristine to Women's Health East and to the Eastern Region.

Media and Advocacy Project

Women's Health East together with Eastern Centre Against Sexual Assault (ECASA), Eastern Region Family Violence Partnership (ERFVP) and the Women's Domestic Violence Crisis Service (WDVCS) are committed to ensuring that the voices of women who have experienced family violence and sexual assault are heard through the media and public events. Our work aims to influence a **change in community attitudes and promote the prevention of violence against women**. Women survivors of **sexual assault** and **family violence** in the EMR are available to tell their stories and bring a human face to help stop violence against women.

The advocates challenge many of the commonly held beliefs around sexual assault and family violence. They are able to correct misconceptions and stereotypes about victims, and can support the Victorian Government and Victoria Police to ensure that perpetrators are held accountable.

Twenty six women have been trained to be volunteer media and public speaking advocates. **The advocates are now available for public speaking and media work.**

[Media and Advocacy Flyer](#)

[Public Speaking Request Form- PDF](#)

[Public Speaking Request Form- Word](#)

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.

"16 Days of Activism" Campaign

"16 Days of Activism against Gender Violence" is an international campaign which aims to raise awareness of, and to end violence against women. The campaign runs from 25th November (International Day against Violence against Women) to the 10th December 2011 (International Human Rights Day).

Throughout the period, Women's Health East (WHE) ran a website campaign to raise awareness about violence against women on every day of the 16 Days. The campaign included information about the significant days and addressed a range of myths and facts around violence against women.

[16 Days- Media Campaign](#)

Stepping Out Event ● ● ●

Through November and December, Women's Health East ran an advocacy campaign over the '16 Days of Activism'. The aim of the campaign was to raise awareness within the region about violence against women.

To highlight the '16 Days of Activism', WHE, together with the Eastern Regional Family Violence Partnership, organised a community event at Lilydale Lake called '*Stepping Out... to End Violence Against Women*'.

The event was held on the morning of December 1st and included a range of activities including a walk or run, including a variety of distances around the lake, morning tea and an informative expo by local health and community organisations to provide women with valuable support and knowledge of local support services. Children enjoyed fun activities like face painting, Frisbee throwing, bubble blowing and free lolly bags.

Gerdina Jenkins- an advocate from the Media and Advocacy Project delivered a speech to the crowd. She spoke about how family violence has affected her life and what it means to be a part of the project. It was Gerdina's first time speaking at a public event and she did an amazing job!

Approximately 80 people attended the event and the feedback has been very positive, with requests from the community to hold a similar event again next year. The day was successful in promoting women's health, and the prevention of violence against women and children, as a prominent issue in our community.



5km run start line



Eastern Community Legal Centre team



Stepping Out working group



Walking to the start line

“Investing in Women” Update

We are now underway with the third phase of the project – the Investing in Women Grants Program.

Earlier in the year we ran a series of Social Connection Workshops. We invited the workshop attendees to participate in the Grants Program. This encouraged attendees to put into practice the new skills and knowledge they had gained at the workshops. The Grants Program was open to health and community organisations in the region as well as women in the community. Women, as individuals in the community, who applied for funding did not need to be auspiced by an Incorporated organisation. We made this decision to lessen the barriers for women wanting to be involved in their community by inviting them as community members to submit applications.

The aims of the grants program are:

- To address barriers to being socially connected
- To improve women’s mental health and wellbeing
- And to encourage women’s engagement with their peers in the community.

Twenty-eight social connection initiatives have been established across the region. Each initiative has been offered journals and disposable cameras as a way to try and capture meaningful information about how initiatives like this are able to impact on women’s wellbeing. We hope that the journals will enable us to gauge how the project influences the women involved, in a way that statistical data cannot. We look forward to sharing some of these amazing stories with you in the new year.

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



Prevention of Violence Against Women Overview

We recently launched a Prevention of Violence Against Women Overview document. The key purpose of the document is to provide a useful resource for practitioners working in the community and health sector in the EMR. It is hoped that the document will contribute towards an increased understanding of the Prevention of Violence Against Women and its gendered nature, and to provide a local context to primary prevention work happening in the region.

This document has been developed by WHE as an accompanying document to Women's Health Victoria's (WHV) (2009) Women and Violence Issues Paper. Whilst WHV's Paper provides a comprehensive review of key issues and definitions around women's experiences of violence, populations most at risk, and the consequences of violence, the WHE document will provide the wider context for PVAW – at a national, state and local level - and present a case for effective prevention practice in addressing the core determinants of violence.




[Prevention of Violence Against Women Overview Document](#)

[Women's Health Victoria- Women and Violence Issues Paper](#)

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 office space (two desks) available.
-  If you are interesting in renting this space or would like more information please contact WHE on 8873 3700.
- 

WHE Data Book

Women's Health East released a Data Book on women in Melbourne's eastern region. 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 local government areas. 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 the WHE website to view/download the Data Book. Hard copies of the Data Book are available to purchase for \$25.00 which includes postage .



Peer Learning Sessions



Workers in the primary prevention of violence against women setting were invited to attend two **Prevention of Violence Against Women (PVAW) –Peer Learning Sessions** which were held on the mornings of **Monday 29th August** and **Monday 5th December**.

The sessions were aimed at HP practitioners working in PVAW across the EMR, and were facilitated by Marilyn Beaumont who has significant expertise in PVAW and in group facilitation.

The purpose of the sessions was to;

- 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

Feedback from the sessions indicated that participants found that they gained new knowledge and learnings from their peers in the first session and found the second session to be a good continuation of discussions around PVAW as a priority area.

Some snap shots from both Peer Learning Sessions.



Robyn Murray Meeting Room for Hire



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.

Season's Greetings



The holiday season is a wonderful time for us to acknowledge the friends and colleagues of Women's Health East. Our work would not be possible without your continued support.

We would like to take this opportunity to say thank you and send our best wishes to you and your families. May your new year be filled with all the success and happiness that you desire.

Happy holidays!



Address:

**Suite 5/37
Heatherdale Road,
Ringwood 3134**

Phone:

(03) 8873 3700

E-Mail:

health@whe.org.au

Website:

www.whe.org.au

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



[Click here](#) for Women's Health East's Annual Report 2010-2011

