

Women's Health East



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



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Goodbye Loren!



Loren Imbriano is leaving WHE!

Loren has been with us for about 3 years and has made an incredible contribution to the work of the organisation over that time. Loren has been responsible for the development of all of WHE's communications (including this newsletter, our annual report, our website and our social media). She has contributed to a range of health promotion strategies. Of note, she also led the Eastern Media Advocacy Project from its inception and has been instrumental in the success of this fantastic project. Loren will be very much missed at WHE. We wish her well in Darwin and in her future endeavours.



2012 Annual General Meeting



Women's Health East's 2012 Annual General Meeting, held at Maroondah Federation Estate on 24 October, was very well attended by 43 members, guests and staff. In addition to the presentation of our 2011-12 Annual Report and Financial Reports, the AGM provided an opportunity to highlight WHE's activities and achievements for the year, and in particular to showcase the outcomes of our two year project - "Investing in Women: Building a Socially Connected East".

Health Promotion Officer Liz Smith, presented an overview of the project's outcomes and was joined by four Grants Program project leaders for a lively and informative panel discussion of project successes. Helen Grosvenor (Mums for Mums project – Kerrie Neighbourhood House), Nilima Pelz (Community Connections project), and Elke Smirl and Linda Cooper (Kitchen Table Yarns project – Boorndawan Willam Aboriginal Healing Service) highlighted the positive impacts of social connection experienced by project participants and their families.

WHE's 2011-12 Annual Report can be downloaded from our website:

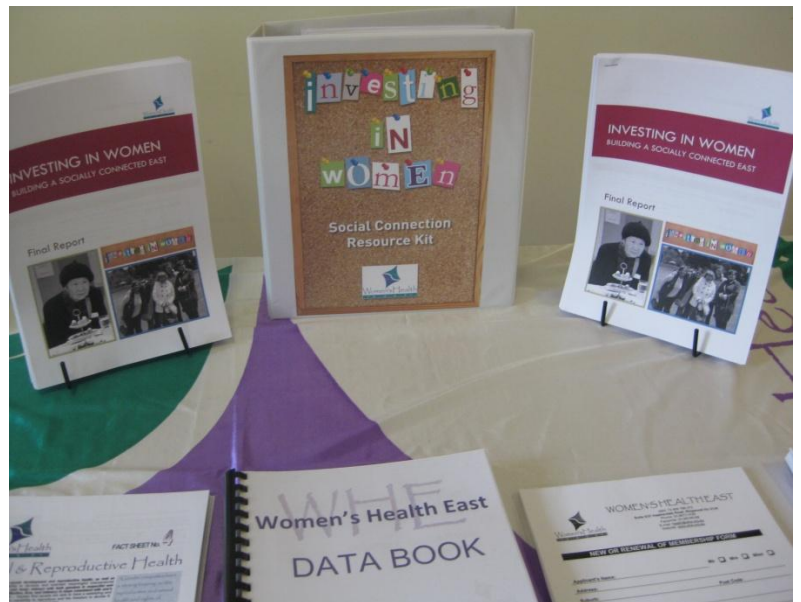
http://www.whe.org.au/newsite/about_Annual_Reports.html

Snap shots from the AGM



Liz Smith presenting the outcomes of the 'Investing in Women' project.

The resources from the 'Investing in Women' resources were launched.



Grant Program project leaders panel discussion of project successes.



New Fact Sheets

Women's Health East has developed an updated set of gendered fact sheets on a range of topics relating to women's health and wellbeing. The fact sheets include data and information that is specific to women in the Eastern Metropolitan Region. These fact sheets are designed for people working in local government and the health and community sector.

The fact sheets available are:

- Women and Homelessness
- Women's Sexual and Reproductive Health
- Women and Financial Security
- Women and Substance Use & Misuse
- Women and Gambling
- Women and Climate Change
- Violence Against Women
- Women and Tobacco
- Women and Mental Health
- Women and Physical Activity
- Women and Nutrition

Please visit our website via the link below to download the fact sheets.

http://www.whe.org.au/newsite/resources_Fact_Sheets.html

Local Government Data



Women's Health East has developed 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.

Data is available for the following LGA's:

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

Please visit our website to view the data.

http://www.whe.org.au/newsite/resources_WHE_Publications.html

“Investing in Women”

In the final six months of the project, the evaluation of the Investing in Women Grants Program was completed and a final report for the entire project was produced. The final report was launched at the Women’s Health East Annual General Meeting where the project manager presented the evaluation results and invited three project participants to share their experience of being involved in the project. The presentation was a wonderful celebration of the project’s achievements and impacts!

The establishment and financial support of social connection initiatives through the Investing in Women Grants Program was a simple yet powerful way to empower community members and increase meaningful community participation. The Grants Program resulted in the development of 30 social connection initiatives reaching more than 650 women, and 23 are continuing in an ongoing way.

The analysis of the final reports and participant journals of the social connection initiatives indicated that the majority of participants had:

- Increased self esteem
- Participated more regularly in community life
- Stronger peer support networks
- Positive impacts on their mental wellbeing
- Increased knowledge of local services / activities
- Stronger social networks
- Increased skills e.g. financial, craft and transport
- Greater understanding of health enhancing behaviour e.g. accessing services and the importance of social connection.

Overall, the project was successful and confirmed the positive impacts that social connection has on women’s mental health and wellbeing.

Women’s Health East would like to congratulate everyone who was involved in the project!

The final report can be found online at: <http://www.whe.org.au/newsite/documents/2012-10-24%20Investing%20in%20Women%20-%20FINAL%20REPORT.pdf>

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



Department of Planning and Community Development



Financial Literacy Project

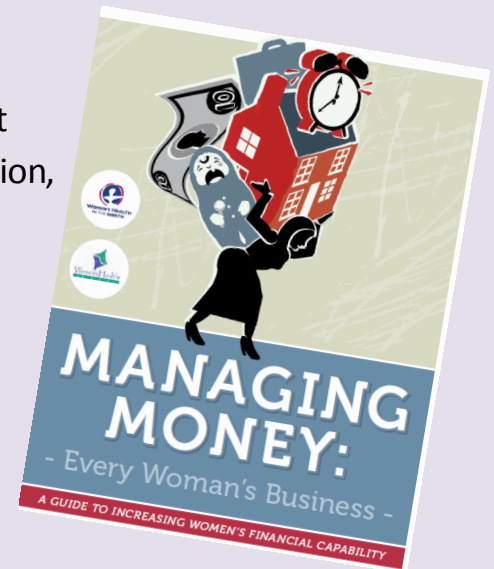


Managing Money: Every Woman's Business was developed by Women's Health in the North in partnership with Women's Health East in 2012.

This resource adds to the growing body of work and resources on financial literacy, yet is uniquely placed to enable workers at a grassroots level to work with newly arrived and migrant women to develop basic financial skills. It includes topics on budgeting, savings, accounts, credit, debts and loans; accessing community assistance and financial counselling; information on consumer rights and responsibilities; and housing and tenancy issues.

Managing Money is a tool for women and facilitators which not only provides culturally and gender-sensitive financial information, but also raises awareness of, and addresses, the barriers that restrict newly-arrived and migrant women's financial inclusion and security.

Click the picture to download the resource.



Climate Change



Kristine Olaris, WHE Chief Executive Office, presented at the Stringy Bark Festival in Knox in October. Kristine spoke on behalf of WHE and also the Climate and Health Alliance (see www.caha.org.au) of which WHE is a member. The topic of her presentation was "Healthy Living for a Healthy Planet".

WHE is also a signatory to the Doha Declaration on Climate Health and Wellbeing which calls for the protection and promotion of health to be made the one of the central priorities of global and national policy responses to climate change, and has been signed by health and medical organisations from around the world (see <http://dohadecclaration.weebly.com/>)

So why does WHE see this as part of our business?

Because:

- an urgent and real threat to our health and wellbeing
- women are potentially more vulnerable to the impacts of climate change, largely due to gender inequalities and traditional gender roles
- the move to a lower carbon economy presents us with unprecedented opportunities to address inequalities, and to improve public health and could result in less obesity, diabetes, cancers, respiratory disease, heart disease, and other chronic conditions

Want to know more? Have a read of our fact sheet on Women and Climate Change [here](#)

Regional PVAW Strategy Update

WHE are leading the development of a Regional Strategy to Prevent Violence against Women (PVAW) 2013-2017. The Strategy will be an important piece of work in the EMR, building on current momentum, achievements and leadership in the region. Its key purpose is to provide a framework to guide integrated and coordinated PVAW efforts across Local Government (LG), Community and Women's Health Services (C&WHS) with a focus on preventing violence *before* it occurs.

The development of a Strategy is timely given that Councils and C&WHS are currently developing their 2013 – 2017 plans. By aligning with the planning cycles, a good draft of the Strategy is expected to be completed late February 2013.

To date, WHE has sought feedback into the development of the Strategy via an online questionnaire and a half-day consultation forum held on 6 December. The day proved a great success with facilitator, Kris Honey, engaging participants in some lively table discussions to develop the Strategy vision and refining the strategic directions and goals. Attendees included representatives from LG, CHS, Medicare Locals and members of the Eastern Region Family Violence PVAW working group. A big thanks to all involved!

For further information, please contact Jill Exon 8873 3700

WHE would like to acknowledge the financial contribution of the Inner and Outer East Primary Care Partnerships to the development of the Strategy.

Conferences 2012

Women's Health East has participated in several conferences this year. The Eastern Media Advocacy Project was presented at the CASA Forum Conference, the Outer East Health and Community Support Alliance Showcase and the Australian Population Health Congress in Adelaide. The Investing in Women – Building a Socially Connected East project was also presented as a poster at the Population Health Congress.

Both projects have been accepted to be presented at the Australian Women's Health Conference in 2013 along with one of WHE's partnership projects – the Inner East Local Government PVAW Project.

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.

Eastern Media Advocacy Project



WHE would like to thank all of the advocates for their involvement in the Eastern Media Advocacy Project (EMAP). Their participation has contributed such value to the project and their enthusiasm and passion has been truly inspiring.

The media and advocacy opportunities are used to improve the community's understanding of the impact of sexual assault and family violence and the range of prevention strategies. The number of requests for the EMAP advocates has increased dramatically since the project began. The project has had a great year with approximately 80 advocacy, media and PR opportunities. A big thank you goes out to the women who have been involved in these opportunities. Some of these opportunities have included; consultations, interviews, articles and public speaking. The project has also had input into many White Ribbon Campaign events, Local Government primary prevention initiatives, State Government Enough Campaign events and input into National, State and local print and electronic media.

Relationships with the media have strengthened and the partners involved have been able to play a proactive rather than reactive role when working with the media. Through building relationships with media personnel, it is hoped that reporting practices can be influenced.

WHE is looking forward to the achievements that the project will make in 2013.

If you would like to request working with these advocates or to find out more about the project please contact Women's Health East on 8873 3700.

LIVING WITH VIOLENCE
Home is meant to be a haven but for some it's a war zone. Catherine Watson meets those dealing with the mess of family violence.

Crooks set free
PRISONERS have been accidentally released from Victorian jails because of a computer glitch, the *Sunday Herald Sun* can exclusively reveal. Three inmates have been let out since 2008, which the Justice Department blamed on an "administrative error".

SOS on home violence
FOR three years, Christine was trapped in an abusive relationship with a man held in high esteem by the community. The few people she did tell, didn't believe her and well liked," she said.

A voice against violence
Safety | Kate Bruce-Rosser Ms Ravenscroft is one of 11 women trained as an advocate against sexual assault and said she signed up because she wanted to provide "real information" about the support available and educate the community to prevent crime.

Above: Examples of media opportunities

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.

Robyn Murray Meeting Room for Hire ● ● ●

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

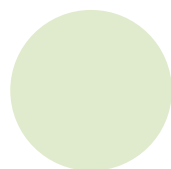
Costs for use of the Meeting Room during office hours;

- \$100 (up to 3 hours)
- \$120 (4-6 hours)

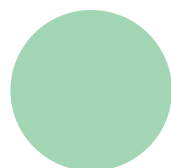
This price includes;

- 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

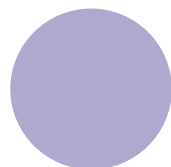
If you are interesting in hiring the Meeting Room please visit www.whe.org.au for the Hire Agreement and Application form.



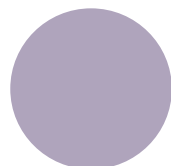
Address:
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Heatherdale Road,
Ringwood 3134



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health@whe.org.au



Website:
www.whe.org.au



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!

Please note that the WHE office will be closed from 21st December. We will be re-open on Wednesday 2nd January 2013.



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

