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News, updates and information from Women's Health East



Women's Health East
Investing in Equality and Wellbeing for Women

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

Hi all.

I hope you enjoy reading Women's Health East's **final newsletter for 2013!**

Since our last newsletter we have moved to our **new offices at 1/125 George Street Doncaster East**. You will hopefully have noticed that we have also updated our logo and branding – we hope you like it!

We also have a new tagline – ***Investing in Equality and Wellbeing for Women.***

Read on for updates on our new and current work including progress being made regionally on *Together For Equality & Respect*. You will also find a run down on our AGM and other interesting bits and pieces!

I would also like to take this opportunity to welcome new staff members to WHE – **Sue Rosenhain** and **Sue Sharrock**. A more detailed introduction to these staff is contained in the body of this newsletter.

You can of course also stay up to date on all the latest news from WHE via social media. Make sure to [like our Facebook page](#) and [follow us on Twitter!!](#) We'd love to connect with you!

Regards,
Kristine Olaris
Chief Executive Officer



Welcome to Sue Rosenhain & Sue Sharrock

Dr. Sue Rosenhain joined the WHE team in August 2013 in the role of Health Promotion Manager and Project Manager for *Together For Equality and Respect*. Sue has a background in physiotherapy and health promotion, holding a PhD, Bachelor of Applied Science, a Graduate Diploma in Health Promotion and Health Education and Certificate IV in Workplace Assessment and Training. She has worked in a range of health and community service settings which have enabled her to pursue roles that reflect a social model of health, contribute to reducing inequities, promote continuous quality improvement and involve community and other stakeholders in decision making.

The majority of Sue's work has been in the community sector in Victoria but she has also worked in NT, ACT, QLD and Aotearoa/ New Zealand.

Sue Sharrock is the newest member of the team at Women's Health East, commencing in November 2013. She has a background in nursing and health promotion and over twenty years of experience in the community sector. Sue's professional experience includes work in the fields of mental health, drug and alcohol, education, prevention of violence against women and multicultural youth. She is currently completing her Master of Public Health in the Gender and Women's Health stream at Melbourne University.

Sue sees her position at Women's Health East as a perfect opportunity to consolidate her professional experience, academic interest and commitment to gender equality.



Women's Health East's AGM - with Natasha Stott Despoja

Thanks to everyone who attended **our AGM at our new offices** on 27th November. The AGM provided a great opportunity to highlight WHE's activities and achievements throughout the year, and to introduce our new offices!

Brooke Collins, a local Wurundjeri woman, gave a warm and informative 'welcome to country', and later closed the event with a **traditional smoking ceremony**. Smoking ceremonies can be held to cleanse and move forward and to align thinking and energy to face challenges and tasks ahead. This is most fitting as the AGM was also an opportunity to celebrate WHE's new site and beginning of a new planning cycle.

We also had two fantastic speakers - **Natasha Stott-Despoja, Chair of the 'Foundation to Prevent Violence Against Women and their Children'**, and **Survivor Advocate Sally** who is a participant of the [Eastern Media Advocacy Project](#).

Natasha spoke about the work of the Foundation and stressed that **violence against women is a national concern and priority**. She also made particular mention of the work of this region in preventing violence against women, and encouraged us to continue our focus on this important issue. She called on all of us to **make ending violence against women and children our New Year's Resolution for 2014**.

Sally spoke powerfully about her experience of domestic violence, and of the **shared responsibility we all have in acting to prevent violence against women** through speaking out or offering support.

The majority of the meeting was of course about the work of WHE over the last year.

To **read about the highlights of WHE's work over the last year**, which were presented at the AGM, take a look at our annual report [here](#). Our financial reports are available [here](#).

Images: Top Left: Kristine Olaris, Natasha Stott Despoja and Jackie Kelly; Top Right: Brooke Collins tending the fire for the Smoking Ceremony; Bottom Left: Natasha Stott Despoja addressing the AGM; Bottom Right: Survivor Advocate Sally



Women's Health East's Planning for 2013 - 2017

Much effort in recent months has gone into developing Women's Health East's **Strategic Plan 2013 – 2017**.

We have updated our **vision and purpose** statements and our **strategic directions**. To view these have a look [here](#).

We have also been busy developing the Women's Health East **Integrated Health Promotion Plan 2013 – 2017**.

Our health promotion priorities areas are:

- **Preventing Violence Against Women**
 - **Promoting Sexual & Reproductive Health**
 - **Promoting Gender Equity for Health Outcomes**
-

Strategy Update - *Together for Equality & Respect*

Work is currently underway to progress the ***Together for Equality & Respect*** Action and Evaluation Plans.

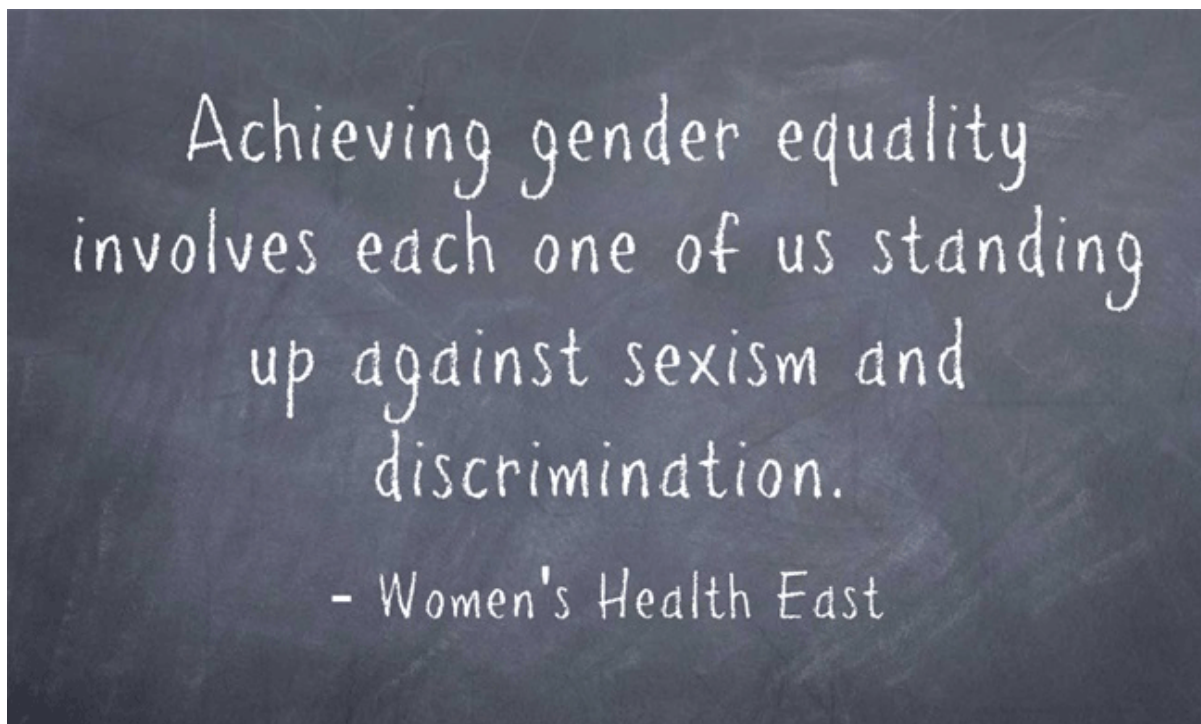
Following the June 2013 Action Planning Forum:

- Strategy Partners completed individual versions of a mapping table which have been collated by WHE to provide an inventory of key primary prevention activities from organisations across the EMR. The mapping process has highlighted some shared areas of interest and some gaps which is being used to develop shared regional objectives and to inform the Action Plan.
- A Leadership Group has been convened to provide guidance and support to implement the Strategy,
- Evaluation Working Group has been established to collate and develop regional objectives that support the principles and values of the Strategy through a shared approach to the evaluation of PVAW initiatives in the EMR.

Looking forward, plans are underway for another Regional Forum in early 2014. At this stage we anticipate this Forum will include feedback from the mapping process and a proposed approach to sharing this information in an ongoing way. There will also be an opportunity for Strategy Partners to contribute to the development of the ***Together for Equality & Respect*** Action Plan. This Forum will also provide an opportunity to workshop proposed shared evaluation approaches including use of shared indicators and evaluation tools and to hear more about Communications and Social Marketing approaches.

For further information about ***Together for Equality & Respect*** contact Sue Rosenhain at WHE on 9851 3703.

Together for Equality & Respect is available for download at our [website](#).



Listening to and Learning from Women

For the [16 Days of Activism Against Gender Violence](#) this year, Women's Health East in partnership with the Eastern Centre Against Sexual Assault and the Eastern Domestic Violence Service has created the campaign [Listening to and Learning from Women](#).

We asked women with experiences of violence across the EMR **what action they most want to see in the community that would help end violence against women**. The responses are strong, articulate and powerful calls to action for the whole community about what needs to change if we are to prevent violence against women.

Women's Health East honours women's strength and expertise. We believe the community can gain great value from listening to and learning from the voices of women who have experienced violence.

The messages are being shared over the *16 Days* (25 November - 10 December) on [Facebook](#), [Twitter](#), the [Listening to and Learning from Women](#) blog and across the region through our partners.

Gender equality is the key to the prevention of violence against women. Achieving gender equality involves each one of us standing up against sexism and discrimination. From the distribution of labour in the home to the distribution of leadership roles in public life, supporting gender equality is a decision each one of us can make. **What action will you take?**

Speaking out about Violence against Women: 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. The aim of the project, which is a partnership with the Eastern Centre Against Sexual Assault (ECASA) and the Eastern Domestic Violence Service (EDVOS), is to reframe the public discourse on violence against women.

Recent events and media coverage in the EMR that have involved **EMAP** advocates include:

- The Weekly Review Stonnington "White Ribbon: Cycle of Violence" July 23, 2013
- Mountain Views Mail "legal advice close to home" September 24, 2013
- Monash Council White Ribbon Day events
- Maroondah Council White Ribbon Day event

And of course, **The Listening to and Learning from Women** project!

We would like to thank all our partners who have recently called on **EMAP** advocates and would encourage anyone in the region working on the issue of violence against women to consider how they might incorporate the voices, insights and experiences of a survivor advocate in to their work.

To find out more or to **book an advocate** for an event or media opportunity, please contact Kate Ravenscroft on 9851 3704 or kater@whe.org.au



Brenda Gabe Leadership Award - Congratulations Tricia Malowney!

WHE would like to congratulate WHE board member **Tricia Malowney** for winning the inaugural [Brenda Gabe Leadership Award](#) for her outstanding contribution to women with disabilities. Tricia is a passionate advocate for the rights of women with disabilities, and we are thrilled that her work has

been recognised.

Congratulations Tricia!

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](#)

Fact Sheets and Gendered Demographic Data by Local Government Area

Designed for people working in the health and community sector, our **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).



WHE Christmas Closure

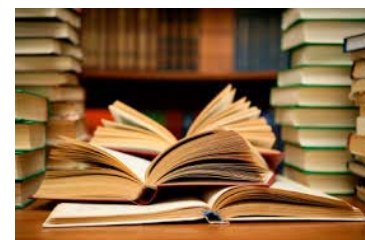
The holiday season is a wonderful time for us to acknowledge the friends and colleagues of Women's Health East. **Our work would not be possible without your continued support.**



WHE has moved!

You can now find us at:

**1/125 George Street
Doncaster East VIC 3109
P: 9851 3700**



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.

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 success and happiness.

Happy holidays!

Please note that the WHE office will be **closed from 25th December**. We will **re-open on Thursday 2nd January 2014**.

Make a Donation



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



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