

Welcome to the August edition of the Women's Health Grampians (WHG) Newsletter. We welcome your feedback, contribution and collaboration to both this publication and our developing partnerships.

This month we focus on the Prevention of Violence Against Women (PVAW) as nationally 1 in 3 women experience physical violence and Victorian statistics show that violence against women is the leading cause of death, disability and illness for women between 15-44 years.

The Ararat Rats' Raising Awareness

Increasing efforts to prevent violence against women and children WHG recently partnered with Grampians Pyrenees Primary Care Partnership, SportsCentral and the Ararat Rats to pilot a unique performance.

The Ararat Football and Netball Club (The Rats) hosted the performance piece 'You the Man' for their players and members on Thursday 31st July at the Alexandra Oval Club Rooms.

The thirty five minute play was with one actor who features as 6 different male characters whose lives are impacted by violence committed by other men around them. It is not a strategy in blaming, shaming or victimising, but rather a bystander engagement tool. The play uses humour as well as highlighting the seriousness of the issue. The Rats have embraced the chance to host the performance and see it is a great opportunity for a sporting club to show leadership on this important issue.

Billy Bell, President of the Rats, said *"The Ararat Football Netball Club has an obligation to the community and its members, to actively support programs that raise public awareness in preventing violence against women."*

After the performance, an expert panel from support organisations Centre Against Sexual Assault, Grampians Community Health, Men's Behaviour Change Program and Victoria Police opened for questions and discussion.

To keep the momentum going, the Rats are in training for Saturday 9th August, when the Wimmera League and the Horsham District League will be competing for the "White Ribbon Day Round", continuing to highlight the issue of violence against women.



For further information, please call Kate Souter at Women's Health Grampians on 5322 4100.

International Family Violence Conference hosted by Ballarat Community Health in November 2014



The focus of the conference is how to work with the complex effects of family violence on women, men and children, to explore ideas and approaches for preventative work, and to challenge, explore and become innovative in our practice. To meet the challenges of supporting and responding to women; engaging violent men; and working with couples on relationships in which a partner is violent we need to challenge our theoretical, social and personal responses to family violence.

For more information on the conference please go to

<http://bchchallengingresponsesfv.org.au/>

Women's Health Grampians 2014 Annual General Meeting

Thursday 6th November 2014
11.30am for a 12.00pm start to
1.30pm (lunch provided)
Conference Centre at
Grains Innovation Park
110 Natimuk Road, Horsham.

*If you need assistance with transport
please contact the WHG office on
1800 013 432*



Follow us on Twitter, look for our handle: @WHGrampians retweet, comment and share, it all helps to get the message out, advocate and influence, and engage in discussion.

Can business and community leaders be the circuit breaker?

Over 150 business and community leaders from across the Grampians region heard how they can play an integral role in preventing violence against women at the Leading Change Breakfast in Ararat on 31st July.

Our “Leading Change” breakfast targeted workplace and community leaders from across the region to hear from influential speakers Victorian Police Chief Commissioner Ken Lay, North Melbourne Assistant Coach Darren Crocker and Victorian Minister for Community Services Mary Wooldridge.

The Breakfast was co-ordinated with the support of local partners Ararat Rural City Council, Ararat Regional Business Association and Grampians Pyrenees Primary Care Partnership.



Ken Lay speaking at the leading change breakfast, photo by Michelle Dunn

“In order to change our culture, we need to examine our own professional and personal responsibilities. Are our workplaces equitable? Increasingly so, but the short answer is no” Mr Lay states. This forum motivated and educated the local community about challenging sexism, discrimination and violence against women within their workplace and wider community.

Act@Work creating workplaces free from violence and discrimination

It has been a great start to Act@Work in Ararat with presentations at both A.M.E Systems and Ararat Rural City Council in recent weeks. A.M.E Systems provided a great opportunity for Act@Work to share the stage with Ararat’s Senior Sergeant Damian Ferrari and talk about why violence against women is a community problem and how everyone can play a role in preventing violence.



Cassie Lindsey with ARCC's Andrew Evans and Mayor Paul Hooper and A.M.E Systems Darren Bahl



Senior Sergeant Damian Ferrari presenting with Act@Work at A.M.E Systems



Michelle presenting at Ararat Rural City Council

If you would like to know more about the Leading Change breakfast and the Act@Work Project please contact Michelle or Cassie on 5322 4100.

Recommendations for a way forward in eliminating violence against women.

The Australian Women’s Health Network (AWHN) has released a position paper which focuses on best practices for the primary prevention of violence perpetrated by men against women.



The paper [*Health and the Primary Prevention of Violence against Women*](#) has been developed as a resource for public education, debate and community activities engaged in the primary prevention of violence against women, as distinct from secondary and tertiary interventions. It also identifies examples of good practice across settings, and factors for success for primary prevention programs. The paper gives summaries of national, state and territory plans to address violence against women, and makes recommendations to these governments, primary prevention organisations and practitioners for coordinated action across research, policy, and program areas.

The position paper can be accessed at the Australian Women Health Network’s website www.awhn.org.au