welcome

Women’s Health Grampians (WHG) along with our key partners have been developing regional partnerships seeking to increase women’s access to timely and appropriate family planning services in the Grampians region. By publishing this quarterly newsletter we aim to inspire ideas and action to improve rural women’s sexual and reproductive health.

We welcome your feedback, contribution and collaboration to both this newsletter and developing regional partnerships.

regional update

Women’s Health Grampians and Grampians Pyrenees Primary Care Partnership recently established a sexual and reproductive health working group. Meeting monthly we are bringing together agencies who hold an interest in sexual health or have included it as part of their health promotion priorities.

We are very fortunate to have nine active members with a broad range of experience covering nursing, education, health promotion, public health and regional partnerships.

Using the information captured in our regional service mapping project, the group are now reviewing and refining a Sexual Health Referral Guide for the Grampians Pyrenees catchment. Our plan is to share this guide amongst our partners in the coming months.

If you are a provider of sexual health and/or family planning services and would like to be included in this guide, we would be keen to hear from you.

We are also exploring ideas for improving access to sexual health information and services within the catchment. If you would like to be involved or contribute ideas to the group please feel free to get in touch with WHG or Grampians Pyrenees PCP.

In other news we would like to announce a new member of the WHG team, Paigen Horwood, commencing in the role of Health Promotion for sexual and reproductive health on 24 September. Paigen brings a wealth of experience working in the region as a nurse, school nurse and health promotion worker. We are delighted to have Paigen working three days: Wednesday, Thursday and Friday each week.

We are also excited to have one of our existing team members Kate Souter contributing to the sexual and reproductive health promotion priority one day per week.

Kate brings expertise of working in partnerships and networks across the region for the past five years. Kate has previously focussed on prevention of violence against women and has a great talent for keeping us all connected with the latest research, media and data.

Knowing the sexual health work will be in great hands, Shannon Hill will commence 12 months maternity leave on 3 October. She would like to thank all the wonderful partners for their support over the past two and a half years and is looking forward to hearing news of how the work is progressing while she is away!

Acknowledging Key Partners: The Royal Women’s Hospital Family Planning Victoria Grampians Medicare Local Ballarat Community Health

#WCD2014 #WCDchat
Ballarat Community Health Launches Lucas
Better Health for our Community

Ballarat Community Health (BCH) have officially launched their Lucas premises. This state of the art primary healthcare facility worth almost $14m has been jointly funded by BCH and the Australian Government’s Health and Hospitals Infrastructure Fund through the Regional Priority initiative.

The Regional Priority initiative aims to help close the gap in health outcomes between major metropolitan and regional areas through investment in health infrastructure.

BCH Lucas delivers a wide range of services including General Practice, sexual health, podiatry, exercise and fitness, dietetics, chronic disease management, mental health, counselling, youth services, health promotion, and alcohol and drug treatment.

Lucas also has an onsite gymnasium, conference and meeting room hire, café, commercial kitchen, kitchen garden and office facilities for more than 100 staff.

The team from the Sexual Health Clinic relocated from their Sturt Street premises on 12 June to the new facility at 12 Lilburne Street, Lucas.

The phone number remains unchanged: 5338 4541 and they will continue to offer their high standard of services including:

- Information and support on sexual and reproductive health
- Sexually Transmitted Infection (STI) testing, counselling and treatments
- Contraception Services such as:
  - Mirena insertion and removal
  - Implanon insertion and removal
  - Cooper IUD insertion and removal
  - The Combined Pill
  - The Minipill
  - Depo Provera injections
  - NuvaRing
- Unexpected Pregnancy counselling, testing, advice and referrals

The team of qualified health professionals pride themselves in offering a non judgmental, welcoming clinic providing services to men and women of all ages.

in the Grampians region

Working across the region we often learn about initiatives improving women’s sexual health and wellbeing. This is an opportunity to profile the latest findings.
**Enhanced capability in Family Planning for General Practice Nurses**

Australian Primary Health Care Nurses Association (APNA) has recently released a Family Planning Decision Support Tool developed to support Australian primary health care nurses in their consultations with patients to promote effective family planning throughout reproductive life.

The APNA Family Planning Decision Tool is a four card series covering:
- Contraception methods available in Australia
- Preconception advice for women
- Preconception advice for men
- Pregnancy algorithm and resources

The tool can be used to deliver a person-centred approach to care and decision making in relation to family planning. As part of the launch in August, APNA members were sent a pack including the A4 sized cards which can be used as a visual prompt when talking to patients about considering contraception options, protecting against STI’s, unintended pregnancies, planning for future pregnancies or to reinforce related guidelines and recommendations.


A recording of the APNA Family Planning Decision Support Tool Webinar will also be made available via this page in the coming weeks.

APNA developed this tool with funding from the Australian Government Department of Health.

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**Private Health Association Australia**

2nd National Sexual & Reproductive Health Conference | 18-19 November

Registrations are open for this conference being held in Melbourne. Topics covered will include:
- Preventing and reducing unwanted and unintended pregnancies, including TOP provision
- Rethinking men’s sexual and reproductive health

**Professional development**

**PHAA 2nd National Sexual & Reproductive Health Conference**

- Sexual and reproductive health issues in migrant and refugee communities
- Aboriginal and Torres Strait Islander peoples’ sexual and reproductive health
- Current issues in fertility and infertility
- Body image and/or cosmetic surgery
- Sexuality and ageing

See PHAA website for invited speakers and program

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**Regional Viral Hepatitis Forum in Horsham**

Date: Tuesday 11 November
Time: 9:00am – 4:00pm
Venue: Horsham Golf Club
Registration: Free

See online registration form
In the media

Two young Australian women launch the Rosie project

Georgie Proud and Chantelle Baxter launched Rosie, an online website to help young women face challenges they face in their everyday lives, including the pressures of body image and bullying.

http://www.abc.net.au/news/2014-08-06/young-australian-women-launch-rosie-project/5651388

In August The Victorian Women’s Trust launched a new project RosieRespect.org.au - a space where young women can connect with the best web resources out there, helping them to navigate life’s tricky situations. The project team want to see a world where young women make informed choices, respect themselves and others, and play an active, positive role in our society.

Rosie has a range of tips, links and videos all centred around a theme of respect – for your body and mind, in your relationships, at work and for the world we live in.

The section on relationships includes some great resources covering: sex and consent, sexting, sex and alcohol, sexual orientation, contraception, STI’s and a condom how-to.

The section on body and mind covers topics such as pregnancy choices, puberty, periods and health.

Watch this space! Rosie has also been awarded a $50,000 NAB Social Impact Grant that will go towards the development of a Rosie App for teenage girls, fostering resilience and connections with key support networks.

Why Rosie?

The Rosie website was inspired by the well-known Rosie the Riveter poster.

Rosie the Riveter is an iconic image representing all the women that went to work in factories during World War II in the USA.

Traditionally women were not allowed to work in such roles, if at all. These women paved the way for future generations to enter the workforce in whatever field they chose.

The image has become a symbol of women’s empowerment globally, proving that women can achieve anything they set their minds to!

Please contact Women’s Health Grampians if you would like to contribute ideas or feedback to this newsletter

Grampians Region: partnerships improving rural women’s sexual and reproductive health

Women’s Health Grampians along with our key partners have been holding discussions about how to support regional services to improve women’s sexual and reproductive health across the Grampians region.

Our focus is on family planning services including contraception, pregnancy counselling, abortion and the professional development needs of service providers.

We readily acknowledge that many organisations across the region have a long history of working hard to address these issues. With this in mind the aim is to build on existing relationships, and develop new connections, to enhance current work, add capacity, and where relevant, provide a new range of initiatives.

We welcome opportunities to consider the sexual and reproductive health issues for women in our region.