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The staff and Committee of Management of Women's Health Grampians wishes to thank the many agencies that have worked with us throughout the Grampians, Wimmera and Central Highlands sub regions. Your support has been of great value to our agency.

Convenor's Report

In this International Year of the Volunteer, I would like to pay tribute to the many women from all walks of life who generously give their time and energy to countless organisations and service providers around the country. I also take this opportunity to thank the members of the Committee of Management (COM) who generously contribute their time, expertise and experience to work cohesively toward effective and productive outcomes.



During the last financial year, Women's Health Grampians has continued to be involved in many successful and well attended workshops, activities and events which continue to support the aims and goals of the organisation. On behalf of the COM, I thank the staff of Women's Health Grampians for their dedication and commitment to promoting and advancing the health and well being of the women of our region.

Committee of Management meetings have been held at six-weekly intervals in Ararat with the occasional teleconference as required. This financial year the committee has completed work on the Strategic Directions Working Document and continues to work positively in the areas of planning, reviewing and developing internal policies and procedures.

Staff have also been encouraged to participate in COM meetings by taking the opportunity to present reports of their activities. This contributes positively to the meetings and facilitates a direct liaison with committee members as well as promoting and maintaining a good working relationship between management and staff.

In January, we celebrated the birth of Julia Elizabeth Henty, a second daughter for Dorothy (COM member). The resignation of Jenny McCracken and the move to Geelong by Jenny McElwee accounted for the loss of two valued members of the COM team, creating vacancies in all three sub-regions. The

Chief Executive Officer's Report

It is with much pleasure that I present this annual report. Once again it has been a busy and productive year. This year we have been able to focus on developing our internal organisational environment. We have developed a more structured process for identifying our strategic directions and have also devoted time to review and develop our internal policies and procedures. This is a time consuming process but one that will be worthwhile and assist us in the future when we undertake formal accreditation.



Each alliance has developed a Community Health Plan in which a Health Promotion Strategy is an integral component. As the strategies are developed Women's Health Grampians will have an opportunity to deliver programs identified.

I would like to acknowledge the importance of our involvement in the three Primary Care Partnerships. Although this is a high maintenance area of our work on limited resources, it is a very worthwhile and valuable networking and partnership developing experience.

As part of meeting the requirements of our funding and service agreement, Women's Health Grampians continues to give high priority to our involvement in the Primary Care Partnerships. Our organisation is a full member of the three Primary Care Partnership alliances within the Grampians region.

Women's Health Grampians continues to have representation on various committees including Breast Services Enhancement Program, CASA Consultative Committee and WHG was also a member of the organising committee for the inaugural Ballarat Health Awards.

Although the level of engagement in each alliance varies we are currently represented on the following committees - Full Alliance Committee and Service Planning Sub Committee of the Central Highlands Primary Care Partnership and Service Planning Health Promotion Sub Committee of the Wimmera Primary Care Partnership. Due to limited staff our involvement in the Central Grampians Primary Care Partnership has been on a less formal basis.

Women's Health Grampians has attracted funding from VicHealth and The Jean Hailes Foundation for special projects. We continue to bring new and exciting workshops to women in our region. The delivery of Professional Development workshops within the region has increased, giving health professionals the opportunity to enhance their skills and knowledge without the need to travel outside the region.

My appreciation and thanks is extended to my colleagues from the Women's Health

Continued over

Services for their continued support. My thanks also to the regional advisors from the Department of Human Services, Allison Doodt and Heather McRae for their ongoing assistance and advice which is greatly appreciated.

The Committee of Management ensures the success of our organisation through their dedication and invaluable commitment. I am grateful to them for their continued guidance and would like to take this opportunity to thank them. A special thank you to our Convenor, Gabrielle Rayner for her tireless energy and inspiration.

Lastly, I would like to say a big thank you to my staff. Their work capacity is amazing and I feel fortunate to work with this wonderful group of women. I am proud to be part of this team.

Annie Reeve
Chief Executive Officer

This year saw the much awaited and needed upgrade of the library data bases at both the Horsham and Ballarat sites, with Ann, Jan and Deborah undergoing training in the new system in April.

Since then Jan has been busy bar-coding existing records. When this massive task is completed a borrower data base will be developed and all library transactions will be monitored electronically. This will enable enhanced access to resources for women of the Grampians region and better tracking of resources by staff.

Health information files in Horsham and Ballarat have been reorganised and updated with much assistance from Christina who volunteered in our Ballarat office.

The newsletter has continued to prove popular with over 3500 copies distributed to women throughout the region. The newsletter is an excellent means of providing health and well-being information and details of our courses and activities.

The three newsletters produced over the year covered the themes of sleep, menstruation and relationships. Thanks to the members of the newsletter reference groups for their invaluable contributions and to the many women from various organisations and backgrounds who gave so generously of their time to submit contributions to the newsletter.

Deborah Greenslade
Publications Coordinator

Staff & Committee of Management

Current Staff

Annie Reeve, Chief Executive Officer
 Ilana McLeod, Women's Health Worker
 Sandy Anderson, Women's Health Worker
 Deborah Greenslade, Publications
 Coordinator
 Anna Fieldhouse, SAAP Network
 Coordinator
 Jan MacKay, Office Administrator
 Ann Ross, Office Administrator
 Kelly Klowss, Women's Health Worker
 Sue Van Den Bosch, Family Violence
 Outreach Worker
 Melissa Rose, Family Violence Outreach
 Worker

Former Staff

Many thanks to the staff listed below who left our service during the last twelve months. The contributions they have made to the service continue to be appreciated.

Joanne Martin (Women's Health Worker, 1998-2001), Lynda Chapman (Office Administrator, 1998-2001), Brenda Muscat (Women's Health Worker, 2000), Alison Mathews (Family Violence Outreach Worker, 1998 - 2001), Sharyn Cook (Women's Health Worker, 2000), Shirley Baker (Family Violence Team Coordinator, 2000-2001), Julie Crowe (Child and Adolescent Support Worker, 2000), Wendy Eden (Family Violence Outreach Worker, 2001).

Students

Women's Health Grampians has a commitment to providing support to training institutions by accepting students on placement when possible. This enables students to gain practical experience while the agency benefits from their input into programs and resource development.

Emily Muller - Nursing Student, Horsham
 Office

Rebecca Talbot - Ballarat University Rural
 Social Welfare

Volunteers

Women's Health Grampians has recently completed a volunteer policy and procedure manual. The service greatly appreciates the contributions made to the organisation by volunteers and welcomes enquiries from women wishing to offer their services as a volunteer.

Christina Weate (library volunteer 1997-2001).

Committee of Management

- Gabrielle Rayner
- Ela Tually
- Heather Davis
- Angela Feery-Richards
- Dorothy Henty
- Dianne Hadden-Tregear
- Jenny McCracken
(resigned February 2001)
- Jenny McElwee
(resigned January 2001)

Programs For Women

Menopause

Staff responded to identified needs for information on menopause with a number of innovative workshops and seminars throughout the region. "Menopause Feast", a full day workshop was held in Ballarat, with a delicious banquet of nutritious food and information on Chinese medicine, homeopathy, yoga, western herbs as well as genealogical therapies.



Staff assisted The Jean Hailes Foundation to organise and run two fantastic and well attended public seminars in Ballarat and Horsham. Professional education was also provided at both ends of the region with general practitioners and other health professionals given the opportunity to update their knowledge of physical and emotional issues around menopause.

A Menopause Evening in St Arnaud conducted by Joanne Martin (WHG), Des Lardener and Emily Taylor was also well received.

Endometriosis

As one in 10 woman will experience

endometriosis, there was significant demand within the region for up to date information on this condition. Sessions for both health professionals and the community were held in Horsham and Ballarat. Conducted by The Endometriosis Care Centre of Australia, the information sessions updated participants on the causes, diagnosis, surgery and other ways of coping with endometriosis.

Women on the Move

"Women On the Move" is a women's participation program that was developed by Women Sport and Recreation Victoria. It aims to get women participating in physical activity and is suitable for women who are uncertain about how to get started or how to fit in exercise with the rest of their life. Women on the Move stresses that you don't need to be good at sport or have the latest in gym wear or the greatest body to participate in sport.

The program runs for 10 weeks and includes group discussion where information is provided on issues such as

"I liked the discussion time. It was open and I felt comfortable"

"Very enlightening" "Absolutely brilliant"

"Great night, very interesting and informative"

Programs For Women

“Most enjoyable and educational day.”

“...knowledge is power” “This was a fantastic workshop”

“It was excellent, well presented”

“It’s never too late to change your life”

motivation, personal safety, stress management and goal setting. The group tries some form of exercise or physical activity each week. A typical range of activities a group will have the opportunity to try is: Tai-Bo; aqua running; aqua aerobics; indoor cricket; volley ball; table tennis; belly dancing; racquet ball; badminton; mini golf and croquet.

Celebrating the Age We Are

A program developed by Women's Health East was conducted at Ballarat.

Ilana assisted Haddon Community House and Wendouree Community House in running their programs. The program is comprised of eight-two hour sessions on health and wellbeing for women over fifty. The sessions include information on osteoporosis, incontinence, nutrition, financial management, safety, memory, self-nurturing, and the recreational activities - yoga, creative drama, Feldenkrais, Tai Chi, belly dancing, and aromatherapy.

Koori Programs

This year we conducted two programs specifically for koori women in conjunction

with the Ballarat and District Aboriginal Co-operative. These consisted of a two hour workshop on assertiveness and a fun and informative Breast and Bone Day.

Breast Health

Funding was obtained from Jean Hailes to conduct breast and bone information sessions. Part of the session was breast checks by a health practitioner for participants. Other features of the days included osteoporosis information, belly dancing and exercise. These were conducted in Ballarat, Stawell and Ararat. A number of talks on breast health were conducted by staff in Ballarat and Horsham to various groups.



Happiness Training for Women with a Disability.

The popular Happiness Training six-week course was adapted for women with a disability with the help of Rebecca Talbot a student on placement with experience in working with disability. Six women and two support workers enjoyed learning how to improve their self-esteem, contentment, communication, body image and reduce stress in their lives.

Health Promotion and Education

Information and Social Marketing and Special Events

* The number of women in attendance is indicated by the number in brackets

- Edenhope Women's Health Day (24)
- Wimmera Machinery Field Day Display
- Warracknabeal Carer's Meeting (10)
- Ballarat University Sexpo Display
- Open Day IWDA (30)
- International Women's Day Garden Party (62)

Community Education and Skills Development

Menopause

- Jean Hailes Foundation 'Dance with Midlife', Horsham (300)
- Menopause satellite broadcast, Ballarat (21)
- Menopause Feast, Ballarat (57)
- Jean Hailes "Love, Life and Libido" (330)
- St Arnaud Menopause Evening (21)

Endometriosis

- Endometriosis Community Session, Endometriosis Care Centre of Australia, Horsham (20)
- Endometriosis and Fibroids Information Session, Endometriosis Care Centre of Australia, Ballarat (21)

Breast & Cervical Health

- Cervical and Breast Health for women with a Disability (peer educators from Women's Health West) Warracknabeal
- Breast & Bone for Koori Women (24)
- Cervical and Breast Health for women with a Disability (peer educators from Women's Health West) Horsham

- Breast and Cervical Health, Women's Access Group, Ballarat University SMB Campus, (6)
- Breast & Bone Stawell (25)
- Breast & Bone Ararat (50)

Mental & Emotional Health

- Celebrating the Age We Are Ballarat 8 week program (11)
- Happiness Training Program, Ballarat North Community House- 6 week program (10)
- Health and Happiness for women with Disabilities, Ballarat, 6 week program (6 plus 2 carers)
- Happiness Training for Women, Clunes Community House- 6 week program (6)
- Self Esteem workshops to students from Dunmunkle region
- Assertiveness & Self-esteem workshop Family Violence Week (11)
- Women's Access Group SMB, Self Esteem (8)
- MS Society Expo at Queen Elizabeth Centre, stress management (55)
- Ballarat Childcare Co-operative, Stress management (8)
- Sebastopol TOWN (Take Off Weight Naturally) stress management (45)
- Women on the Move, Ballarat North Community House, 10 week program, (10)
- Celebrating the Age We Are, Haddon Community House, 2 sessions (6)
- Celebrating the Age We Are, Wendouree West Community House - 2 sessions (6)
- Women on the Move, Ballan (4)
- TOPIC Club (Take of Pounds in Company) Invermay (25)
- Assertiveness workshop with

Health Promotion and Education

- Aboriginal Co-operative (9)
- Getting Gorgeous, Horsham College
- Sleep Better Naturally Workshop, Horsham
- Post Natal Depression (6)

Other

- Horsham Nursing Mothers Association "When the Heat's on "
- Group session at Kiata
- At the Crossroads, Horsham (130)
- Women's Business Meeting evening for parent, carers, & women with an Intellectual Disability
- Murtoa Older Adults Health Expo (60)
- Donald Older Adults Health Expo (120)
- Healthy Bones, Edenhope High School (80)
- Murtoa Primary School Safety Day (60)
- Puberty Evening with Mothers and Daughters, Nhill College (71)
- Breast Health, Cervical Health, Endometriosis and Menopause, CWL (21)
- Women's Health Day, Balmoral (60)
- Loss and Grief workshop, Nhill (16)
- Food for Thought
- Wine, Women, & Wellbeing Evening Woomelang (16)
- Health with Humour, Goroke (20)
- Quit Smoking Information Session, Bannockburn Medial Surgery (8)
- Puberty Clues (22)

Professional Education

- Jean Hailes Professional Development for General Practitioners (26)
- Jean Hailes Professional Development for Community Nurses (41)
- Endometriosis and Fibroids

- Information Session, Ballarat (7)
- Endometriosis Professional Development, Horsham (8)
- Menopause into the Millennium, GP training, Jean Hailes, 15 General Practitioners and 8 health professionals

Screening and Risk Factor Assessment

- Natimuk Pap Smear Clinic
- Pap Smear Clinic Woomelang

Research and Development

- Quit Smoking survey of women, Horsham

Organisational & Environmental Development

Primary Care Partnerships

- Central Highlands Primary Care Partnerships
- Grampians Primary Care Partnerships
- Wimmeria Primary Care Partnerships

Networks - Regular Meetings

- Breast Services Enhancement Program
- Ballarat Healthy Community Program
- Central Highlands Cultural Network Ballarat
- CASA Consultive Committee
- Koori Services Improvement Strategy Ballarat Aboriginal Co-operative
- Koori Services Improvement Ballarat Goolum Goolum Horsham
- Wimmera Human Relations Network (for people with a disability)
- Service Provider Network, Ballarat
- Family Violence Network, Ballarat
- School Focus Youth meeting Horsham

Family Violence Outreach Program

The Family Violence Outreach Program is located in Horsham, Ararat, Stawell and other outlying areas, providing a confidential and free service for women who have experienced family violence.

Over the past year support has continued to be provided to women, and women and children, experiencing family violence. Women from a diverse range of backgrounds have been assisted with practical and emotional support, housing, legal and financial information and referral, and counselling around the impact of family violence.

Community education and information has been provided to service providers throughout the region, including schools, Community Health Centres, the Victorian Police, and Horsham Court.

Workers have had input into projects in the community, such as Centrelink Rural Service Provision Appraisal, Victorian Parliament Law Reform Committee - Review of Legal Services in Rural and Regional Victoria, Family Violence Crisis Protection Strategy, and Rural Practice Research Project.

During the past year, we have worked at developing and updating protocols with the Salvation Army, Goolum Goolum Aboriginal Co-operative, and the Christian Emergency Food Centre.

Along with Women's Health Grampians Health Project Workers, Joanne and Sharyn, Family Violence workers participated in the promotion of our service at the Wimmera Field Days in March. It was a pleasure to have Heather Davis from the Committee of Management, spend time on the stand.

Involvement in the Grampians Family Violence Network has kept us in contact with other service providers in the region. A highlight of the year was the successful Building Healthy Relationships workshops, held during Week Without Violence in October. Workers also have had involvement with Grampians Regional SAAP Forum and West Grampians SAAP Workers Forum.

During the year nine women attended a three day therapeutic retreat at Boroke Yoga centre in Halls Gap. Five of these women have commenced a self-help group in Ararat. The group requires minimal facilitation and meets on a fortnightly basis.

An especially rewarding experience was the distribution of Christmas food hampers and gifts to clients and children. The hampers and gifts were generously provided by the Christian Emergency Food Centre, and the Allannah and Madeline Foundation, through the Victims Assistance Program. We were especially impressed during this distribution, at the amazing ability of women making a very

Grampians Regional SAAP Network

comfortable home within adversity.

We would like to especially acknowledge the assistance provided by volunteer agencies, the Christian Emergency Food Centre, and St Vincent de Paul Society, for the practical support provided to our clients to assist in re-establishing a home after the experience of family violence.

Sue Van Den Bosch
and Melissa Rose

Family Violence Outreach Workers

The last year has been marked with an increased focus on community consultation in the community housing and homelessness sector. The SAAP Network has been involved in a range of reviews undertaken by the Bracks government. These have included the Victorian Homelessness Strategy, the Segmented waiting List (Office of Housing) Review and consultations around Family Violence. For the most part, the outcomes of these reviews will begin to take effect in the 2001 - 2002 financial year.

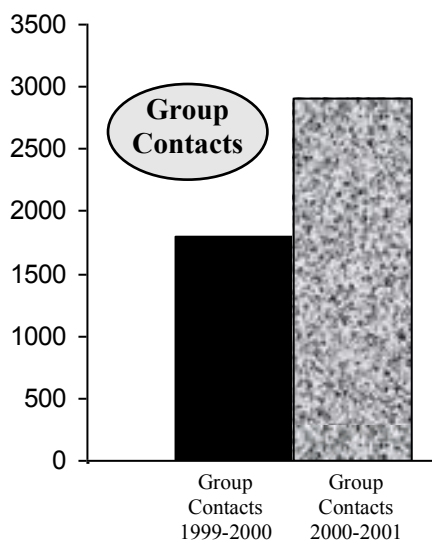
As part of the Victorian Homelessness Strategy, the SAAP Networker assisted Grampians Housing Network in an extensive project looking at assessment and referral practices in the homelessness sector.

In the past twelve months, the Network has also made a strong contribution to the Grampians Regional Housing Strategy. The Regional Housing Strategy will provide a strategic framework for the development and provision of housing and support services across the entire region.

Anna Fieldhouse

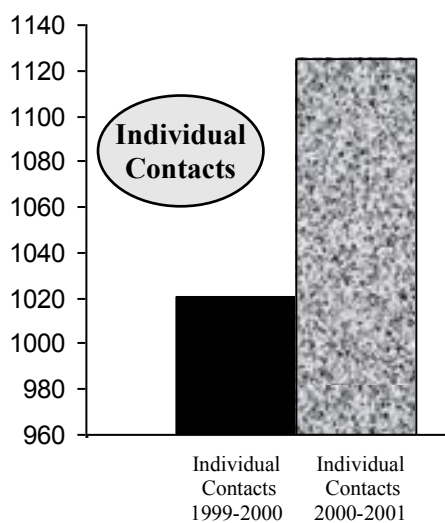
Grampians Regional SAAP Network
Coordinator

Annual Statistics

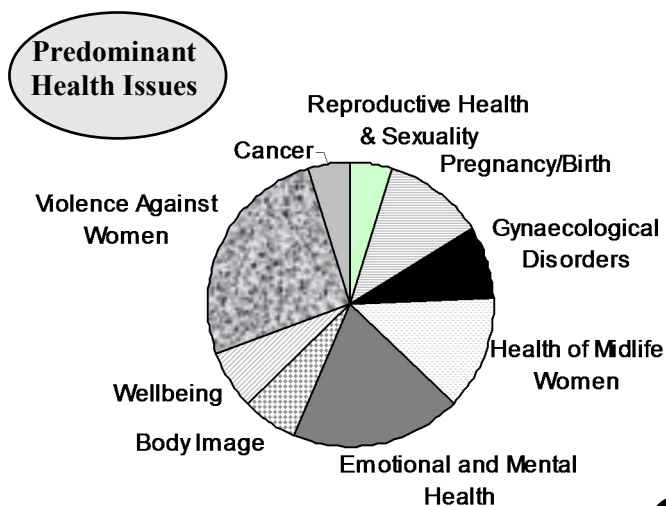
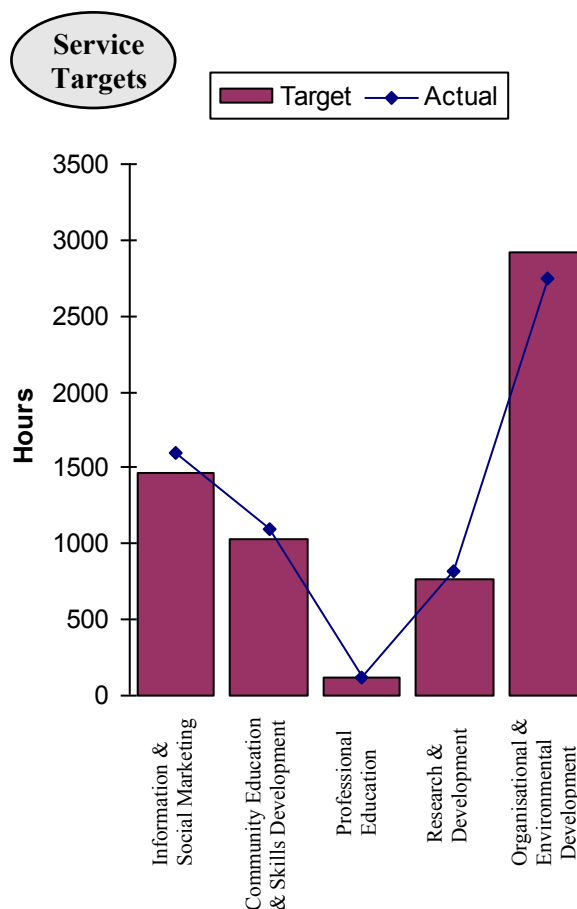


The 2000-2001 year has been a busy one for Women's Health Grampians with a total of 4034 women contacting our health service for health information/referral or attending one of the 102 group sessions run throughout the year. This is a 43% increase in contacts on the 1999-2000 year.

The health issues which prompted women to access our service were diverse. As the pie chart below shows major health issues were violence against women, mental health, body image, pregnancy/birth, reproductive health and sexuality and midlife issues.



Targets set by the Department of Human Services were accomplished and in some areas surpassed.





Annual Report 2000-2001

Supporting Women
in all their
diversity
throughout the
Journey of
life

Women's Health
Grampians



Women's Health Grampians
Funded by the Department of Human Services

Ballarat

90 Main Road
PO Box 1757
Ballarat Mail Centre 3344
1800 013 432 or 5332 9477

Horsham

20 Darlot Street
PO Box 1033
Horsham 3402
1800 013 431 or 5381 1663

**Family Violence Outreach
Program**

Horsham 5382 6669
Stawell 5358 3700
Ararat 5352 2555