

Women's Health Grampians



International Women's Day

BEAUFORT WOMEN'S DAY

Pyrenees Shire hosted Grampians Women's Health last Thursday to celebrate 'International Women's Day' at the Shire Hall in Beaufort.

Simone Meade, Shannon Hill and Claire Rooney gave a presentation to approximately fifty people on the theme of 'Prevention of Violence Against Women.'

During the presentation gender stereotyping was identified as one of the main causes of violence against women.

A brief DVD was shown making a strong impact. The DVD highlighted that men do not think about themselves as potential victims of sexual abuse. Women on the other hand worry constantly about the prospect of violence using protective behaviours such as carrying a phone in their hand, holding car keys, only walking on well-lit paths or not going out at night.



"photo courtesy Pyrenees Advocate"

The presentation brought to light horrific statistics which showed 1 in 3 women aged 15 years or older in Australia have experienced physical violence and approximately 1 in 5 women have experienced sexual violence.

In Victoria violence is the greatest contributor of ill health and premature death for women 15-44 years.

Violence is more damaging to the health of Victorian women aged 15-44 years than any other well-known risk factors, including high blood pressure, obesity and smoking.

In 2012 the rates of recorded family violence incidents in the Pyrenees was 565 per 100,000 persons. The rates appears low when compared to other municipalities (Ballarat 1579 per 100,000 and 1487 per 100,000 in Ararat) However we note there has been an increase in Pyrenees Shire from 376 in 2011. It is also important to note many cases of family violence go unreported and therefore are not reflected in the data.

Also discussed during the presentation was the economic cost of violence. To prevent violence, relationships between men and women need to be promoted as equal and respectful. Non-violent social norms need be promoted and access to resources and systems of support need to be improved.

For violence support services call the Police on 000 or Domestic Violence Resource Centre of Victoria on 1800 015 188 Available 24 hrs.

Extract from *the Pyrenees Advocate*



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In the First World War, nurses were recruited from both the nursing service and the civilian profession and served as an integral part of the AIF. They served in Egypt and Lemnos during the Gallipoli campaign, in England, France and Belgium in support of the fighting on the Western front, and in Greece Salonika, Palestine, Mesopotamia and India. At least 2139 nurses served abroad between 1914 and 1919, and a further 423 worked in military hospitals in Australia, while 29 died on active service.

Reference: The Oxford Companion to Australian Military History, page 62.

<http://australia.gov.au/about-australia/australian-story/women-in-action>

Ballarat International Women's day 2013



International Women's Day

THE GENDER AGENDA: GAINING MOMENTUM"

Kate Souter was part of Ballarat's IWD day event held on Monday the 4th of March. The event was an important contribution to progressing the conversation about gender equality and hosted a diverse group of speakers who highlighted the inequities women continue to face in 2013. The Ballarat Art Gallery provided a fitting backdrop featuring an exhibition of political posters. As well as speakers, the event hosted dancers from the multicultural centre (BRMC) and the City of Ballarat's Community Charter Preventing Violence against Women was available for people to sign.



Speakers at the event were:

Danielle Green MP Shadow Minister for Office of Women and Disability who spoke passionately about her views.

Lynne McLennan – CEO, UFS Ballarat, who spoke about being a woman in a senior management position, the sacrifices she has made because of her gender and how she has navigated her own path. Lynne importantly noted that the majority of her staff are women and she notes the sacrifices that they also need to make to be able to

What's news at Women's Health Grampians.....

Act@work

Preventing Violence Against Women and Children
(Formerly titled "Rural Workers Take a Stand")

The WHG Department of Justice (reducing violence against women and their children grant) funded project has received a new name. Formerly titled "*Rural Workers Take a Stand*" the project was renamed after consultation with our stakeholders and is now known as Act@work: Preventing violence against women and children.

Act@work calls on organisations in the Central Highlands region to develop and strengthen their capacity to take action to promote gender equality and non-violent norms. By working together to promote gender equality and by providing employees with practical tools to stand up against an act of violence, discrimination or other unacceptable or offensive behaviour *we can prevent violence against women*. For more information contact

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Farewell to Emma Mahony

Over the last 2 years Emma has led our capable health promotion team in their work across the Grampians region. Over that time, WHG has refined our focus to undertake work that is regional, upstream and focussed on prevention. She has led the development of our web based gendered data resource, a variety of evidence based documents aimed at supporting our partner agencies with their planning and overseen a variety of other significant gender based projects. Emma has



also built strong relationships around the region and strongly modelled our key value of *respect within a feminist framework*.

Emma has set a very high bar for the rest of us to follow and I have no doubt that her skill and passion will be an asset to the newly formed Women's Health Barwon South West. Emma has spent four years walking around the lake in Ballarat...pretending it was the Warrnambool ocean – so, we are glad that she can enjoy the real thing again!

Australian Women's Health Conference Staff presentations.

In preparation for the upcoming conference in May, WHG have taken the opportunity to present to the Primary Care Partnership (PCP's) across the region the presentations that we will be showcasing. Each staff member has presented their abstract and presentation to the Integrated Health Promotion networks that are held by the PCP's. This has provided the team with the ability to practice their public speaking skills, refine their presentation and share with others across the region the work WHG is currently undertaking. A Big thankyou to Wimmera PCP, Grampians Pyrenees PCP and Central Highlands PCP for providing us with the time to present. All our presentations have been well received and we are looking forward to sharing them with others from across the country!

