

Women's Health Grampians



Sharing the evidence

WHG wish all our members the best for 2013.

Reflecting on the year that has past and our plans for 2013 this newsletter will outline our key aims for the year and share some of the evidence that will guide this activity.

In short, key areas of work for WHG for 2013 include:

Gendered Advocacy

- Collaboration with local government planners to ensure women's health is considered in the Municipal Public Health and Wellbeing Planning
- Develop resources outlining women's experience of health and how to consider this in population planning

Sexual and Reproductive Health (SRH)

- Work collaboratively to identify a regional SRH priority and progress action

Prevention of Violence Against Women (PVAW)

- Collaborate with workplaces across the Central Highlands Region taking action to prevent violence against women before it occurs, sharing what we learn along the way
- Share the findings of WHG webWise initiative, profiling the importance of recognising and considering gender and violence in the development and delivery of cyber education to young people
- Support and advice primary prevention activity across the Grampians region.

Highlighted below are key topics from a number of conferences attended in 2012 that will inform and guide our planned activity, as outlined above.



1. Sharing lessons learnt from successful health promotion strategies

Both national and international guest speakers stressed that advocacy and persistence are the key to successful health promotion activity in this area.

Strategies will be successful if they consider the importance of;

Leadership: Be highly organised and visible

Tactics: Tactics are essential to build political capital

Strategy: Seek societal and attitudinal behaviour change, give young people a voice; collaborate across sectors, not just the 'health' sector.

Evidence: Evidence is essential, be aware of 'evidence free' policy making

Creativity: Capture public attention, frame your debate and make it compelling

Persistence: Change takes time, be persistent, advocate more than the opposing forces

WHG staff will reflect on our work in the coming months to ensure we draw from this presentation and lead successful work.

For further information please contact Shannon Hill shannon@whg.org.au

NO TO VIOLENCE
2012 AUSTRALASIAN CONFERENCE ON
RESPONSES TO MEN'S DOMESTIC
AND FAMILY VIOLENCE



Experience, innovation
and emerging directions

2. Gendering collaboration

One of the standout workshops, presented by Dr Tracy Castelino introduced the concept of 'gendering collaboration'. 'Gendering collaboration' refers to the partnerships and working relationships feminist organisations have with mainstream services. To collaborate with a gendered focus is to ensure that partnership development considers broader social masculine cultures and gender norms and how these gendered inequalities can be replicated in working relationships.

WHG look forward to exploring this notion further and examining how gendered norms and expectations may be evident in our working relationships with colleagues and partner organisations.

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One billion rising

One in three women on the planet is raped or beaten in her lifetime: that is one billion women violated. V-Day is a global activist movement to end violence against women and girls, and is inviting women across the world and those who love them to rise and demand an end to this violence on 14th February 2013
www.onebillionrising.org

Joint breast & pap clinics

Grampians BreastScreen - Ballarat Health Services, in conjunction with PapScreen Victoria, is excited to announce 29 joint clinics starting in February 2013.

Who: All women 40+ due for their 2 yearly screening mammogram & PapScreen

Where: Grampians BreastScreen, Queen Elizabeth Centre, Ballarat

Cost: FREE

Contact: 5320 3527

Love your sister

Actor Samuel Johnston, best known for his work on 'The Secret Life of Us', 'Crackerjack', and 'Underbelly II' is riding his unicycle around Australia to promote breast awareness in support of his sister who has terminal breast cancer.

Samuel will be unicycling through Beaufort on the 17th February. For more info visit www.loveyoursister.org or www.facebook.com/



International Women's Day

International Women's Day (IWD) is held each year on March 8. This day provides an opportunity to celebrate women's achievements, raise awareness of women's issues and encourage continued action to redress inequalities. The 2013 theme for is *The Gender Agenda: Gaining Momentum*.

WHG hope to create a list of IWD events from across the region that we can profile on our website and in our March newsletter. So, if you plan on hosting an IWD event please let us know by contacting Simone Meade on simone@whg.org.au

Beaufort and Avoca

Theme: *Preventing violence against women*

Date: Thursday 7th March

Time and venue: 10am to 11.00am at Beaufort Community Resource Centre, 72 Neill Street, Beaufort.
1.30pm-2.30pm at Avoca Regional Library, 122 High Street, Avoca.

Note; the Avoca session is a repeat of the Beaufort event for residents from Avoca and surrounds. All community members welcome, light refreshments provided.

Contact: Avoca 03 5465 1004 or Beaufort 03 5349 1182 or email norman.prueter@pyrenees.vic.gov.au

Ballarat

Theme: *'Keeping gender on the agenda.'*

Date: Monday 4th March

Venue: Ballarat Art Gallery, 40 Lydiard Street North

Time: 11am—1pm

Contact: Benita Marson 5337 8696 for more details

For a list of IWD events happening across the region check out WHG website www.whg.org.au

For more information on IWD visit <http://www.internationalwomensday.com/>

Partnerships to improve rural women's sexual and reproductive health

-  access to family planning
-  teenage birth rates
-  rates of chlamydia
-  participation in pap screening
-  fertility rates

On December 12th WHG and the Royal Women's Hospital (the Women's) hosted an information and consultation session titled *'Partnerships to improve rural women's sexual and reproductive health'*. This session provided a chance to review significant sexual and reproductive health data for our region, to understand the greatest issues faced by regional service providers and also to identify shared priorities that could be addressed by working in partnerships.

The session, held in Ararat, was attended by 21 representatives from 16 organisations, generating enthusiastic discussion and ideas. We were encouraged by the willingness and commitment to work together with a common purpose or goal. Initial themes emerging include the need for:

- **Partnerships** committed to working together and identifying key regional priorities.
- **Communication** to help regional leaders understand and progress action in the area of sexual and reproductive health.
- **Sharing the evidence** that demonstrates the need for action on sexual and reproductive health and particularly family planning.
- **Information** - making sexual and reproductive health information available to service providers and community members; with clear referral pathways, particularly for abortion services.

WHG very much look forward to progressing this work in 2013.

If your agency would like to contribute ideas or are interested in this partnership initiative please contact Shannon Hill: shannon@whg.org.au



Farewell to Stacey

After completing her Administration Traineeship with WHG in December 2012, we sadly said goodbye to Stacey Brennan. Her contribution over the past year to the work of WHG has been highly regarded and appreciated by the staff and board. We all wish her the best with her future endeavours.



New resources from WHG

WHG are developing a set of fact sheets that will consider women and each of the 9 Victorian Public Health and Wellbeing priorities; healthy eating, physical activity, mental health, alcohol and other drugs, injury prevention, tobacco control, skin cancer, oral health and sexual and reproductive health. WHG will keep you informed as they are released. If you or your organisation would like any further information on these please contact Annie Douglass annie@whg.org.au