

Resource menu

What support is available to help?

A resource for members of the Grampians
Communities of Respect and Equality
(CoRE) Alliance

CoRE Resources Summary

February 2018

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An electronic version of this document can be found at

Women's Health Grampians

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Acknowledgements

Communities of Respect and Equality (CoRE): A Plan to Prevent Violence against Women and their Children in the Grampians region was launched in May 2016. All organisations, clubs and networks in the Grampians region are invited to join the CoRE Alliance and work towards the vision of a safe, equal and respectful society for everyone, as outlined in the Plan. Implementation of the CoRE Plan is overseen by the CoRE Alliance Governance Group. The Alliance Governance Group has overseen the development of this resource, to help organisations select activities they will undertake to move us towards that vision.

Women's Health Grampians would also like to acknowledge the members of the Women's Health Association of Victoria (WHAV) (the other regional and three state-wide Women's Health services), Our Watch and the many other innovative organisations who have been paving the way with activities that will lead to the cultural change required to end violence against women and their children. This resource seeks to highlight some of this work so it can be used, where useful, to support your work.

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This Plan is a Grampians region call to action. We can all help to end violence against women

Introduction

This resource menu has been developed to help you as a member of the Communities of Respect and Equality (CoRE) Alliance take action to end violence against women and their children. It seeks to help build your awareness of the many tools and resources that have been developed by Women's Health Grampians and other organisations, so you can select those that might be useful to your organisation.

There are an unlimited number of actions member organisations can do that collectively, will start to address the drivers underlying violence against women and their children. This resource is to help you make the most of the existing tools and resources that can help you execute the actions you have selected.

This resource is by no means complete: there are many more resources and useful tools available, and more being published by a range of organisations everyday, as more and more momentum flows to addressing this public health and human rights issue. However, this is still a reasonably comprehensive list of some of the resources we think will be most useful to CoRE members, provided by credible organisations and as current at the date of publication. If you cannot find what you are after we recommend you try an internet search, and just be mindful to consider the credibility of the source.

Remember to use the CoRE Taking Action Guide to help you select activities that are evidence based and in line with the CoRE Plan.

And always remember to:

1. **Align activities with the vision and purpose of your organisation** and with work you already do; this will help your actions to be meaningful and sustainable;
2. **Integrate activities into your core documents** such as planning and policy documents to also ensure meaningful and sustainable change;
3. **Consider both internal** (workforce/ club culture), **and external** (interface with community or other businesses) opportunities; and
4. Ensure the activity or **activities you elect to do are consistent with the themes espoused in all action areas** (e.g., beware of perpetuating a stereotype, even if your activity is in line with a different action area).



What is the CoRE Plan and why do we need it?



CoRE Plan

The CoRE Plan was developed in 2016 by 26 organisations from across the Grampians. The Plan reports the staggering statistics regarding violence against women and children and proposes an Alliance of organisations, clubs and networks in the region to work together to change the culture in our communities that underpins and perpetuates this violence. The vision articulated in the Plan is for a safe, equal and respectful society for everyone.

This resource is useful in highlighting the issue of violence and for using when encouraging other organisations, clubs and networks to become members of the CoRE Alliance.

The CoRE Plan can be accessed from this link:

<http://whg.org.au/wp-content/uploads/2017/09/CoRE-Plan-Document-2016-2020.pdf>

CoRE introductory video

This 2 minute video gives a brief introduction to violence against women and the CoRE Plan.

It is useful to send to your networks as a follow up to discussions about CoRE when encouraging them to become members.

<https://www.youtube.com/watch?v=XNOG99e6fHc&feature=youtu.be>

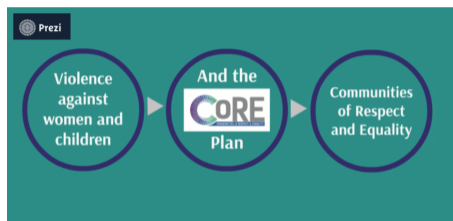


CoRE Presentation on Prezi

This 15 minute presentation provides a brief overview of the CoRE Plan.

This is useful for people who prefer to receive information in a presentation format to reading the CoRE Plan. It can be useful for using at Leadership meetings as an overview when considering membership.

https://prezi.com/z3-gsuomtoob/do-you-have-a-vision-of-communities-of-respect-and-equality/?utm_campaign=share&utm_medium=copy



What do we do as members of the CoRE Alliance?



CoRE Taking Action guide

This guide has been developed to help you as a member of the Communities of Respect and Equality (CoRE) Alliance take action to end violence against women and their children in ways that are both relevant to your organisation and in line with the 2015 evidence based national framework (*Change the Story: A shared framework for the primary prevention of violence against women and their children in Australia*) and the CoRE Plan.

This is the most useful resource for new CoRE members.

It is important to use this when planning the actions you will take as a CoRE member to ensure it is meaningful and evidence based. It includes a planning tool in Appendix C.

<http://whg.org.au/wp-content/uploads/2016/09/CoRE-Guide-formatted-final.pdf>

CoRE Taking Action video

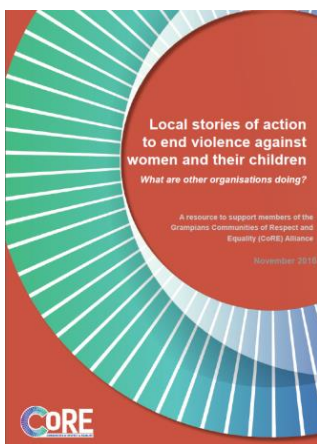


This short video provides an introduction to the *CoRE Taking action to end violence against women and their children guide*. It provides a framework to consider what your organisation can do.

This is useful in providing a short snappy overview and using to inform/engage others in your organisation, club and network when planning the actions you will take as a CoRE member.

<https://www.youtube.com/watch?v=2MafrJbaMNU>

CoRE: Local stories



This resource guide has been developed to help members of the Communities of Respect and Equality (CoRE) Alliance take action to end violence against women and their children by learning from what other members have done or are doing. These stories of local action both illustrate the breadth of actions that can be taken as well as provide an understanding of the factors which have enabled this work in their organisations to occur and how they overcome various challenges along the way.

This is useful to CoRE members who want to see what other members have done and are planning – and what they have learned along the way. WHG is adding to this resource all the time – so be sure to also check our website for more recent stories.

https://whg.org.au/wp-content/uploads/2017/11/CoRE-Local-Stories_November-2017.pdf



CoRE local stories videos

Watch this video for more information about CoRE initiatives in action. It includes the stories of 4 CoRE members (VicRoads, AME manufacturing, Golden Plains Shire Council and Warracknabeal Secondary College) and covers some of the actions they have taken; how they have aligned them with their core or principal business interests, and what they thought helped enable success etc.

This is useful for CoRE members who want to see what other members have done and are planning – and how they can support implementation. It can be really useful for new members starting to plan their actions – to see real and practical examples of CoRE actions.

<http://whg.org.au/priorities-programs/core#the-core-guide-local-stories-of-action-to-end-violence-against-women-and-their-children-what-are-other-organisations-doing>

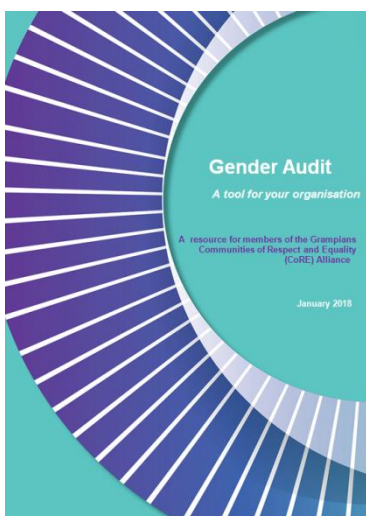


Gender and Local Planning

Local planning and development can increase how equitably women and men participate in society and also their equal access to facilities, transport and public spaces. Integrating gender analysis into planning assists local government and other organisations to meet the current and future needs of local residents, both men and women. This resource provides an overview of how local planning can impact on women and girls, the importance of data that has been separated into male and female statistics and where you can access this data.

This resource is useful for a quick overview of why it is important to consider gender when planning, how to do it and where to access relevant data. Considering gender in planning is a concept that all CoRE members should consider as part of their broader strategic initiatives.

<http://whg.org.au/wp-content/uploads/2017/09/CoRE-Gender-Local-Planning-Final.pdf>



Gender Audit

This Gender Audit tool is designed to assist members to identify opportunities and areas for improvement in your organisation.

This resource is useful for new CoRE members to start considering a gendered lens in their organisation, and to identify actions that you can take as a CoRE member.

<https://whg.org.au/wp-content/uploads/2018/02/CoRE-Gender-Audit-Tool-January-2018.pdf>

What help is available to help us get started?



Individual meetings

WHG Regional Consultants are available to meet with CoRE member organisations to help explore potential activities that align with members' interests and resources and current best practice prevention activities. WHG Regional Consultants have a wealth of knowledge and expertise on the topics of preventing violence against women and addressing gender inequality. They are also useful in helping to build local connections with likeminded organisations and being able to provide direction to many other useful tools and resources to support members' actions. A WHG Regional Consultant can help members map out their planned actions across the Planning Tool in the CoRE: Taking Actions guide and help support members to overcome any challenges in implementing their plan.

If you would like more information, or to arrange a meeting with your Regional Consultant, please contact WHG on 5322 4100.



Leadership briefings

Leadership briefings are available to any organisation, club or network considering becoming a member, to new CoRE members, and to existing members that require more understanding at leadership level to progress actions as part of their membership.

Leadership briefings usually involve both WHG CEO/Chair of the CoRE Alliance Governance Group and the CoRE member's WHG Regional Consultant. They are adapted to suit your organisation and can cover information on violence against women; local information on violence against women, the drivers of gendered violence and evidence based approaches to preventing violence; the vision and goals of the CoRE Plan; they key aspects to consider when developing your actions.

Leadership briefings are tailored to the needs of the organisations, club or network and generally take between 30-90 minutes. These briefings are free.

For more information or to arrange of Leadership briefing please contact your Regional Consultant at WHG on 5322 4100.

What ongoing help is available?

Community of Practice



The Grampians Community of Practice for the Prevention of Violence Against Women (GCOP-PVAW) is an initiative by Women's Health Grampians that is designed to help CoRE members to implement best practice prevention activities.

The GCOP-PVAW aims to:

- assist people to access resources
- translate research into relevant and accessible knowledge
- facilitate the exchange of skills and knowledge and
- provide opportunities for people to support each other, develop working relationships and share problem-solving strategies with one another.

People who manage/oversee CoRE activities in their organisation, club or network are encouraged to attend. These events are free. Sessions are held regionally in the Central Highlands, Grampians Pyrenees, and Wimmera regions. For more information about upcoming sessions please contact your regional consultant on 5322 4100.

<http://whg.org.au/priorities-programs/community-of-practice-for-prevention-of-violence-against-women>



Act@Work

Act@Work is an organisation-wide program developed by Women's Health Grampians that provides intensive support to CoRE member organisations in the planning and implementation of an Action Plan and includes staff training across the organisation.

The program includes regular (usually fortnightly) support from a WHG staff member to help drive initial progress and establishing systems for long term ongoing action that aligns CoRE work with the organisation's core business and workforce. The intensive support is provided for approximately 6 months.

The program requires support at the leadership level, the formation of an internal Action Group, an organisational assessment, the development and implementation of an action plan, and periodic ongoing review. Actions to ensure the ongoing sustainability of the program form part of the action plan. Staff training in bystander action and community responsibility is also a key element of the program.

Act@Work is available for a fee that ranges between approximately \$8-20k depending on the size of the organisation and number of training sessions required. If you would like more information about doing Act@Work at your workplace please contact your WHG Regional Consultant on 5322 4100.

<http://whg.org.au/priorities-programs/prevention-of-violence-against-women/actatwork-3>



Staff training

Women's Health Grampians offers centralised training available to all CoRE member staff, volunteers and members. Topics covered include Gender Equity Training for Managers, Prevention of Violence Against Women: An Introduction, and Intensive Bystander Training. Training is offered in central locations across the Grampians region. For more information or to register for upcoming sessions, visit:

<https://whg.eventbrite.com.au>



Website

WHG provide women's health and well-being leadership, advice and support to policy makers and service providers. Our focus is at the population level. We work to achieve healthy public policy and improved service provision for women. We do this through consultation, education, advocacy, resource and service development.

CoRE members will find a wealth of information available on our website

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



Please contact Women's Health Grampians for more information and support on any initiatives you would like to pursue

Phone: 03 5322 4100

Email: adminb@whg.org.au

Website: whg.org.au

