



**Women's Health Grampians Newsletter**  
December 2020

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[16 Days of Activism](#)

## CoRE 16 Days of Activism wrap up

We would like to take this opportunity to acknowledge the wide range of actions that CoRE members undertook during 16 Days of Activism this year. From online panels to discussions with Equality Advocates, from training to social media campaigns - all these actions demonstrated this region's commitment to gender equality and the prevention of violence against women.

### CoRE Calls It Out

The CoRE Call It Out Leadership video was produced for 16 Days of Activism. It features CoRE members from across the Grampians region, together with the Minister for Women and the Prevention of Family Violence.

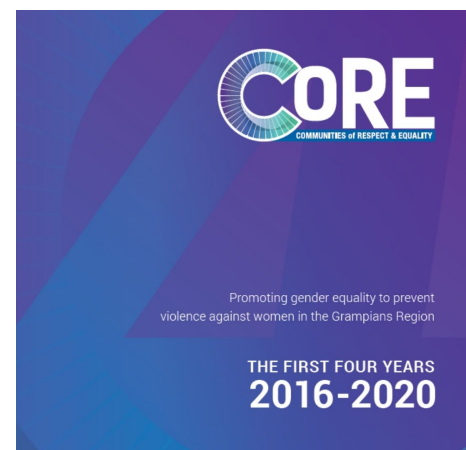
The video is available [here](#).



### CoRE First 4 Years report

A major milestone was achieved this year with the completion of the first four years of Communities of Respect and Equality. We thank Ali Piepers for conducting the evaluation and developing this excellent report which captures the first phase of the CoRE journey.

View the CoRE 4-year Evaluation report [here](#).



## CoRE: First 4 Years

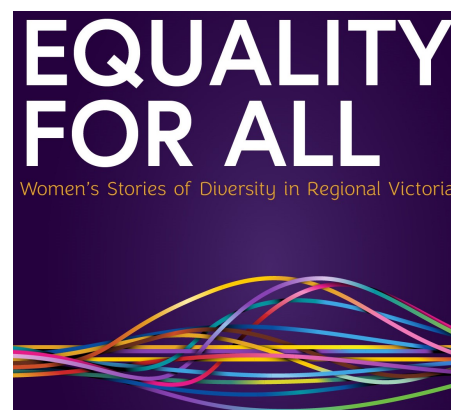


### Equality for All: Women's Stories of Diversity in Regional Victoria

During 16 Days, we released the first episode of our new podcast series, Equality for All: Women's Stories of Diversity from Regional Victoria for 16 Days of Activism. This series features the lived experience of diverse women, who are interviewed by Gunditjmara and Wotjobaluk woman Tanisha Lovett. Covering experiences of discrimination, family violence, the Covid 19 pandemic, being LGBTIQ, living with a disability, skilled migrants, older women and the precarious nature of temporary visa holders, these stories are powerful insights into life in our region.

Hear African Australian woman and Equality for All Advocate, Joy, talk about how she 'calls it out' on her past experiences struggling to gain respect and to have her skills and knowledge recognised in workplaces because of her migrant background.

You can listen [here](#).



### New CoRE Local Stories of Action resource

We have published a new Local Stories of Action resource to support CoRE members, which showcases some of the innovative actions being undertaken by a range of CoRE members in the gender equality and prevention of violence against women space. We held an interesting online panel discussion with CoRE members Jennie Courtney from Ballarat Health Services, Kevin O'Brien from Horsham Rural City Council and Norman Prueter from Pyrenees Shire Council and hosted by our CEO Marianne Hendron.

The resource can be downloaded [here](#).



### Act@Play

Implementation of Act@Play at Ballarat City Football Club, in partnership with Sports Central is currently well ahead of deliverables and we are excited at the progress made by this great club.

# Act@Play

### CoRE Training

A number of training sessions were delivered throughout 16 Days, including one free session for CoRE members that are volunteer organisations, funded through Respect Victoria. Since October 2020, 23 training sessions have been delivered to organisations across the region.

***'It is important to try and act and speak out in a situation, rather than not. Because by not saying anything you are effectively saying it is okay, and this can be worse than the feeling of being uncomfortable.'***

CoRE Training Feedback

***'Talking through the scenarios was really beneficial I thought, particularly when you could relate the scenarios to instances that may have personally occurred and talk through how you could change for next time.'***

CoRE Training Feedback

**RESPECT IS...** treating everyone as an equal

**RESPECT WOMEN CALL IT OUT**

#16dayscampaign  
#respectis  
#callitout



Act@Work

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