

Acknowledgement of Country

Women's Health Grampians acknowledges the Traditional Owners of the lands across the Grampians region: the Wadawurrung, Dja Dja Wurrung, Djab Wurrung, Wurundjeri, Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagalk People, and recognises their continuing connection to the land and waterways. In particular, we recognise the strength and courage of Aboriginal women and girls in our communities who bravely speak up against oppression and the impacts of colonisation and who generously share their wisdom on family, country and culture.



Welcome to the bumper first edition of CoRE Onside! CoRE Onside will be dropping into your mailbox on a regular basis with lots of great info about gender equality on the field (or court, or range, or track...). We'll bring you updates from across the Grampians region and beyond, as well as introduce you to new people, feature clubs doing great things, and provide heaps of resources to support you in your efforts to make your sport and clubhouse a welcoming space for all.

CoRE Club Update

CoRE Members

Communities of Respect & Equality (CoRE) is an Alliance or partnership of businesses, workplaces, sporting clubs that share a vision for a safe, equality and respectful society. There are 118 members who are part of the CoRE alliance and **22 are from the local sport and recreation sector**. To mark our first CoRE sport e-newsletter, we would like to acknowledge and congratulate all those clubs, Associations, Leagues or sport focused organisations that are committed to preventing violence against women and being proactive to create environments, spaces and places that are respectful, safe, inclusive and welcoming for all women and girls. You are in good company!



Act@Play

Cultural change is a marathon not a sprint, and clubs who participate in CoRE are at different stages on their gender equality journey. For those clubs who fast-track outcomes around gender equality within their clubhouse - Act@Play is the route to take. Act@Play is a 6-month intensive cultural change program to prevent gender-based violence that is delivered by WHG. WHG will provides round the clock support to clubs, helping them select, identify and implement a range of gender equality activities that will strengthen and transform your club around diversity and inclusion.

Act@Play continues its reach up the Grampians, thanks to an extension of funding from Sport and Recreation Victoria, with two Wimmera-based clubs now participating. Congratulations to Minyip Murtoa Football Netball Club and Horsham Basketball Association for tackling the program and continuing the great work your clubs already do to promote gender equality. Act@Play is a fee-for-service program - contact your RC for further information.

Images: Horsham Basketball Association and Minyip Murtoa Football Netball Club are walking the talk for their communities.



Partnerships

A burden shared is a burden lessened 😊 At WHG, the most amazing aspect of our work, especially being a regional and rural based organisation, is the opportunity to work in partnership with other like-minded organisations. We all have a common goal to end violence against women in the Grampians, and the value of using sport as a vehicle to bring about this change cannot be understated!

In exciting news, WHG will be teaming up with GenWest (formerly Women's Health West), the Western Bulldogs, and the Western Region Football League to deliver the *Champions of the West (COTW) Program*.

COTW is one of the 12 initiatives/projects recently funded under the State Governments *Preventing Violence Through Sport Grants Program*. The State Government announced more than \$1.8 million for the 12 initiatives, recognising the enormous capacity community sport has to influence positive behaviours and attitudes and prevent all forms of violence against women by supporting organisations to design and deliver primary prevention activity within community sport settings.

COTW is a project in partnership and aims to deliver capacity-building training to the Western Region Football League and the Western Bulldogs staff, boards, and volunteers, and health promotion education to young people in the Western Region Football League through to 2024.

[Find out more about preventing violence in sport](#)
[Find out more about taking action though community sport](#)

CoRE Friends Network

Knowledge is power. The CoRE Friends Network was established to spread the word of CoRE and gender equality practices to individuals within CoRE member organisations, beyond the CoRE Liaison. the CoRE Friends Network is a quarterly bulletin to encourage and inspire individual within CoRE organisations to take action to prevention violence against women. Membership is open to anyone who:

- Works or volunteers within a CoRE member organisation
- Supports the vision and purpose of the CoRE Strategy 2021-2025, and

- Is over 18 years

Being a part of social change is hopefully contagious, and while RC's have the most contact with a CoRE Liaison or Action Group within an organisation or club, there are so many others that want regular contact or be part of the action and be upskilled. CoRE Friends Network is a vehicle to make that happen. Members will receive our quarterly CoRE Friends Network newsletters (in case you weren't getting enough from WHG), as well as invitation to key events, forums and materials related to our work. Feel free to share the registration link with anyone in your organisation you think may be interested.

[Register](#)

Our Team

Many hands make light work. Clubs have a solid idea already about the micro and macro level changes they can implement to promote gender equality inside their four walls and in their community, sometimes they just need a helping hand – that is what your WHG Regional Consultant aims to do. WHG has a team of RC's based in each sub-region of the Grampians (Central Highlands, Grampians/Pyrenees, Wimmera) that is available to provide your club with practical advice and guidance on how to promote gender equality in a sport and recreation context. COVID-19 has really disrupted the normalcy of clubs and we hope you are all in a position to re-connect once again. Your RC is in regular contact with a CoRE Liaison and vice versa.

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CoRE Club Feature



Wendouree Cricket Club

"The gender audit does not judge a club's progress in regard to respect and equality but instead provides a structured process for continued improvement"

- Natarsha Scott, Wendouree Cricket Club

Our club recently completed the CoRE gender audit through input from a mixed gender subcommittee. The audit provides an accessible framework for clubs to review their own operating procedures, behaviours, attitudes, policies and procedures in respect to inclusivity, respect and equality. The step by step nature of the guide makes it easy to follow and ensures all relevant aspects are considered. The audit was great at highlighting the progress the club has made already in several areas which was a boost to morale. Our next step is to update the wording in our policies and procedures to embrace inclusivity and to ensure our attitudes and expected behaviours are documented. We believe that as a sporting club, particularly one with a predominantly male membership we have a responsibility to make sure that we treat everyone equally and with respect.

Resources and Events

Sharing is caring. There is no shortage of resources and events that can support clubs to navigate the gender equality in sport space, especially in Victoria. Upcoming e-newsletters will include a soft launch of new resources WHG is developing (i.e. bystander posters, taking action guide for sport).

Resources

Fair Access Policy Roadmap

For councils, this is monumental! From July 2024, all Victorian councils will need to ensure fair access to sporting facilities for people of all genders to be considered eligible to receive infrastructure funding. In partnership with Sport and Recreation Victoria and VicHealth, the Roadmap is being delivered through the Office for Women in Sport and Recreation and aligns with Victoria's Gender Equality Act 2020. For more information and to understand your obligations visit:

[Fair Access Policy Roadmap](#)

Grants available

[Community Impact Grants \(City of Ballarat\)](#) The Community Impact Grant Program has opportunities of funding up to \$20,000 to support community groups and organisation to run projects, programs, events and other activities, or to buy needed equipment to promote community outcomes in: environmental sustainability; health, connected and inclusive communities; and community capacity building. For Ballarat-based CoRE sporting clubs this may be a good opportunity for you, for example accessing bystander training or Act@Play. **Applications close 26 September 2022.**

Training

WHG provides locally developed and delivered training to CoRE members to learn more about the nature and prevalence of violence against women, and how to call out instances of sexism, discrimination and harassment if you witness it. Training is flexible – online or in-person. Visit our [website](#) for more details. For Sporting clubs, we recommend the Active Bystander: Tips and Techniques (1.5 hour) or the Bystander Conversations (1 hour), as these are shorter, very conversational, interactive, and practical - perfect for volunteer run clubs.

Active Bystander: Tips and Techniques (online)

Wednesday 26 October

10-11.30AM

[Register here](#)

Tips and techniques for how to be an active bystander

challenging, sexism, discrimination and harassment.

This interactive session will cover:

- What it means to be an active bystander
- Why it is important
- Tips on how to be an active bystander.

Events



This Girl Can Week (12-18 September)

This Girl Can Victoria was developed to get women and girls active and moving in ways that are social, fun, non-competitive, and affordable – whether you just want to get physical activity a go or you are returning to exercise after a break. The state-wide campaign has gone from strength to strength since it first began in 2018.

Currently it is [This Girl Can Week](#) (Monday 12 September – Sunday 18 September) – and there is no shortage of activities, events, classes that you can get involved with for free. To Celebrate TGCW, Ballarat in particular has a series of programs, inspired events and activations. Outside Ballarat? Fear not, while TGCW is currently happening, that does not mean that activities start and stop after this week - these activities are available all year round across Victoria (even online) and we encourage you visit the website and promote this to women and girls in your club and in your lives.

[This Girl Can Week - Ballarat Program of Events](#)

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Women's Health Grampians