

## 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.



## Women's Health Grampians Newsletter

March 2022

It almost seems too late to wish all readers a Happy New Year but here it is, and a Happy International Women's Day also which is just around the corner. You'll read more about IWD activities coming up in this newsletter.

Once again we've had an unpredictable and disrupted start to the year thanks to Omicron, which is hopefully on the wane. It has been challenging for staff with Covid, isolation, testing, getting kids vaccinated and so on but the fabulous staff here continue to be productive, professional and mutually supportive of each other throughout. We hope to be back in the office on a rostered basis by early March.

Women's Health Services across the state are collaborating prior to the state budget to highlight the fact that funding for our services has fallen in real terms over the past 30 years, while health outcomes are poorer in many areas, further exacerbated by the pandemic. Mental illness, family violence and rates of several cancers increasing while services are even more difficult to access. In short, women and girls in the Grampians are being further disadvantaged by underinvestment in their health. We will be running an advocacy campaign around these issues over the coming weeks and would very much welcome the support of our members and stakeholders to bring this situation to the attention of government.

Work is getting underway for the development of our next strategic plan, 2022-2025 and we are very keen to seek input from members and partners both in identifying key priorities, and in developing strategies and actions that work towards these.

Our AGM in November saw some changes in the Board, with Deputy Chair Rachel Whittaker and Director Shawna Dominelli moving on – we thank them for tremendous contributions over the past five years and wish them well. For the first time we held Board elections, such was the high level of interest in Board positions, and were delighted to announce that Onella Cooray from Horsham and Carly Myers from Ballan were elected as new Directors. Amy Rhodes has stepped down as Chair after 3 years, and Shani Cain was unanimously endorsed for the position, as was Jennie Courtney for Deputy Chair. We're very much looking forward to working with the whole Board in tackling the challenges and opportunities that lie ahead in 2022.

Finally a staff farewell – our valued Regional Consultant Debra Harris is moving on. Many of our CoRE members will know Deb and have experienced her strong commitment to supporting organisations with CoRE Action Plans and delivering training. We will miss her very much and wish her well.

Take care all  
Marianne Hendron  
Chief Executive Officer, Women's Health Grampians

## News



## Act@Play

Challenging sexism, discrimination and violence against women

We are delighted to announce that the Act@Play program has received an extension of funding by Sport and Recreation Victoria for 2022-2023. The program will be targeting the Wimmera region and working with the local sports scene to enable female friendly-outcomes across sporting clubs in that region and support clubs to take action to progress gender equality through community sport.

The Act@Play program has been delivered to sporting clubs in the Central Highlands between 2018-2020 and has seen great success, we are thrilled the program can broaden its reach throughout the Grampians and we look forward to working with the sport and recreation sector in the Wimmera to promote gender equality through the power of sport.

### WHG on Instagram

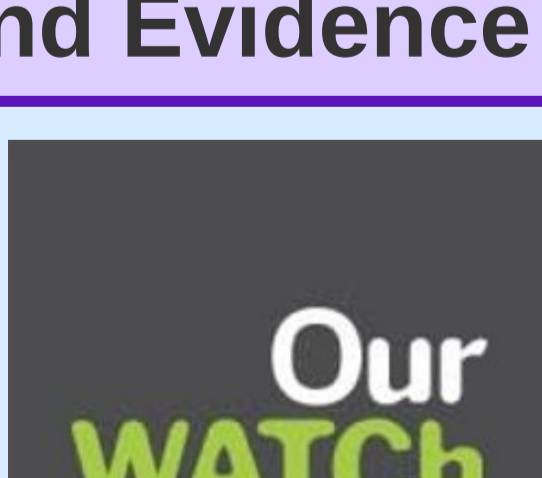
Women's Health Grampians is back on the 'gram! Follow us on Instagram for all things Sexual and Reproductive Health.

We are kicking off with Endometriosis awareness month, where we discuss all things Endo - what it is, how it can be managed, and who can help.



[Follow us!](#)

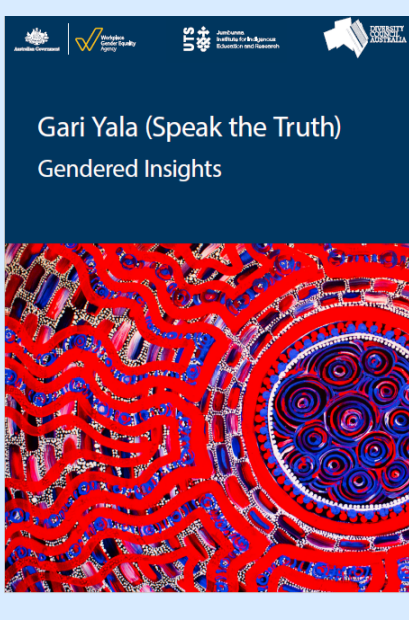
## Resources and Evidence



**Changing the Landscape - A national resource to prevent violence against women and girls with disabilities, developed by Our Watch and Women with Disabilities Victoria, February 2022**

Changing the Landscape highlights a series of ableist drivers that intersect with the gendered drivers to drive violence against women and girls with disabilities. The Framework outlines 6 essential prevention actions that we can undertake to prevent violence against women and girls with disabilities.

[Find out more](#)



## Gari Yala (Speak the Truth): Gendered Insights

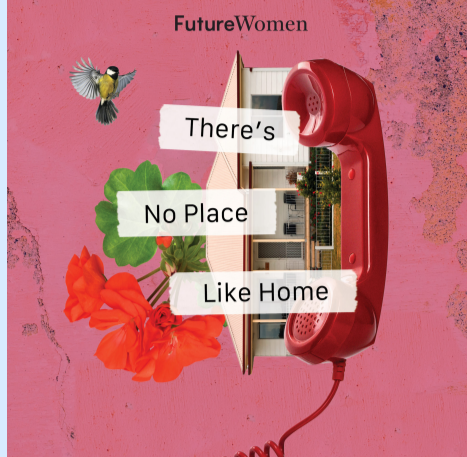
Developed by the Workplace Gender Equality Agency, UTS Jumbunna Institute for Indigenous Education and Research and the Diversity Council of Australia, October 2021

This report provides a deeper understanding of the intersection of gender and Aboriginal and Torres Strait Islander identity in the Australian workplace. The results demonstrate the shared experiences of Aboriginal and Torres Strait Islander men and women in the workplace, but also highlight how these experiences diverge.

[Find out more](#)

### Listen up...

Future Women has launched its newest podcast, *There's No Place Like Home*. Hosted by **Tarang Chawla**, whose sister Nikita was killed by her partner in 2015, each episode tells a story of family violence in survivors' own words. Lived experiences, shared as these are with compassion and courage, are so important to working towards a future where such stories don't exist. Definitely worth a listen.



[Listen](#)

## Events

### ACT: ON-SITE.

Shaping the workplace for women in trades: An International Women's Day panel

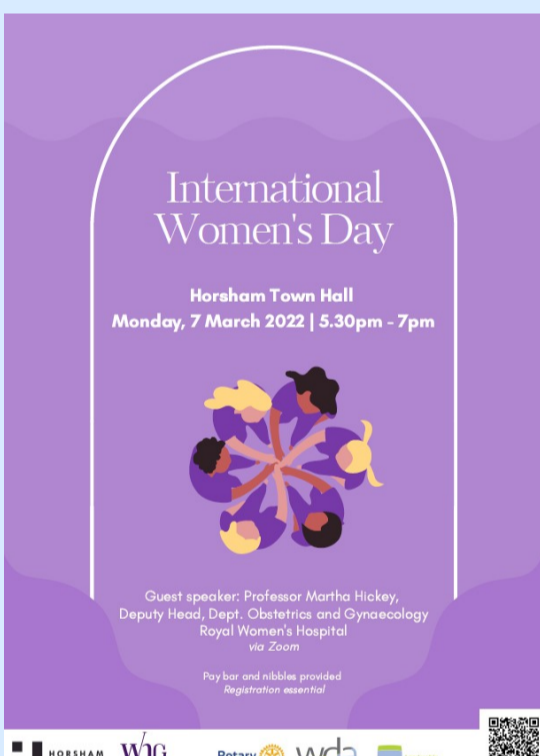
The theme for 2022's International Women's Day - *Changing Climates: Equality today for a sustainable tomorrow* - is thoroughly aligned with the goals of our new program, **Act On Site**.

WHG is delighted to invite you to the launch of Act On Site, online on **9 March 2022, 12-1pm**. Act On Site is designed to bring about broad ranging cultural changes in construction and manufacturing businesses with a view to recruiting and retaining more women in non-traditional roles. Creating equitable workplaces will lead to more sustainable outcomes for both business and society.

Our expert panel will bring their lived experience to discuss the benefits of attracting and retaining more women in trades and related industries.



[Register](#)



**Come and celebrate International Women's Day at the Horsham Town Hall!**

Guest speaker ([via zoom](#)) Professor Martha Hickey, Deputy Head, Dept. Obstetrics and Gynaecology at the Royal Women's Hospital, will talk about Gender bias and how it exists in healthcare. Women of all ages are less likely than men to have their pain treated, their symptoms taken seriously and their health issues diagnosed. But there is hope!

Refreshments with paid bar and nibbles provided so **registration is essential**.

[Register](#)

## Training



### Experts in Our Health - Workforce Training

A great opportunity for CoRE members in the health and community services sector!

Women with disabilities experience multiple barriers to accessing the health services they need. The Experts in Our Health training supports health and community services professionals and staff to improve the accessibility of services and implement inclusive co-design practices.

Training participants will learn about barriers and engage in facilitated discussion about practices that uphold rights and support access.

The presenters will showcase the Experts in Our Health Guide, Factsheets and Poster. The resources have been designed by a team of Health Experts with lived experience of disability. Participants will be advised when the resources are made available in standard and accessible formats.

**Date:** Tuesday 10th May 2022

**Time:** 11:00AM - 12:00PM

**Location:** Online via Zoom

**For more information:** Contact Kate Diamond-Keith at [kate@whg.org.au](mailto:kate@whg.org.au)

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