

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

Spring 2023

CEO Welcome

As we hum towards the end of another year, in the midst of AGM season, there is much reflection back on the year that was. The challenges of coming back from Covid – while still living with it – have played out in a number of ways most notably the financial and mental health impacts. WHG is committed to an increased focus on mental health and wellbeing and to this end we are engaging with the implementation of the *Mental Health and Wellbeing Act* recently passed and highlighting the need for a gendered, intersectional lens in the planning of new regional services and programs.

We are now more than half way through our two year funding uplift and along with our women's health colleagues have been documenting the economic benefits of investing in women's health. The *Small Change Big Impact Report* and a comprehensive Business Case will be presented to the Victorian Treasurer in late November and these can be accessed on the [Women's Health Services Network website](#).

The past year has been dominated by The Voice Referendum. The whole process and now the outcome have been a painful and challenging time for all First Nations people. It has also been deeply felt across our whole staff group. We have reflected on it and agreed on the need to reaffirm our commitment to actively supporting self-determination, truth telling, listening, learning and changing. Respect and solidarity with First Nations people are all the more vital now.

We look forward to our members, partners and colleagues joining us to reflect on the past year at our AGM on 22 November. We are particularly excited to launch the 2023 Equality for All Program and hear from the amazing Advocates who tell powerful and important stories that help deepen our understanding of intersectionality. You will also hear about several other excellent pieces of work taking place across our region, celebrate our work and our people and enjoy warm hospitality. See you there!

Marianne Hendron

Chief Executive Officer, Women's Health Grampians

News

16 Days of Activism Against Gender-based Violence

[16 Days of Activism Against Gender-Based Violence](#) is a global campaign led annually by UN Women. It runs every year from 25 November (the International Day for the Elimination of Violence Against Women) to 10 December (Human Rights Day). This year, the campaign is calling on people to share the ways they are taking action to end violence against women and girls. The campaign also calls on governments worldwide to share how they are investing in gender-based violence prevention.

There's lots happening locally from Ballarat to Horsham. Keep your eye on social media (including ours!) for events near you, or organise something yourself. You can find more information on how to get involved, including a calendar of events, [by visiting the Safe and Equal website](#).



Yarning Garden

We are so excited to see the **First Nations Women's Yarning Garden** project, led by [Food Is Free Inc.](#) and our own First Nations team, start to put down roots in Ballarat. The Yarning Garden project is about creating a safe space for First Nations women to come together on Wadawurrung land, connect with each other and Country, share and learn new skills, all while creating a bush garden from scratch.

The project will be co-designed, developed and run by mob, and established in the Barkly Square community precinct. Food Is Free Inc. will provide mentorship while ensuring that all First Nations participants take the lead on key decisions including themes, plants grown, and workshops (whether this is being taught by others, the groups' own self-led learnings, or a hybrid of both).

Guest speakers will inspire the group, and in time First Nations women may host public workshops, especially aimed at First Nations cultural awareness around bush tucker and Connection to Country.

Any First Nations women who would like to be involved can get in touch with Lyndel at lyndel@whg.org.au or call us on 03 5322 4100



The Yarning Garden logo is based on the murnong, or yam daisy, a tuberous plant that was widespread and a staple food for Aboriginal people in the region prior to invasion. Efforts are now being made to cultivate and re-naturalise the murnong. That it's difficult but still possible to grow makes it a beautiful symbol of hope, determination, and trust in Country.

Sexual and Reproductive Health news



Tell Your Story - Thank YOU!

Thank you to everyone who shared their stories about accessing contraception and abortion services in regional areas - we had well over 100 responses from women and gender diverse people right across the region! Talking openly about sexual and reproductive health is the best way to get an accurate picture of women's experiences. We are now working through the data and starting to draw out learnings. Stay tuned for the results!

In the meantime, if you need information about pregnancy options in your area, contraception, or sexual health, contact [1800MyOptions](#) on 1800 696 784.

Resources and Evidence

Gender Compass and Common Cause

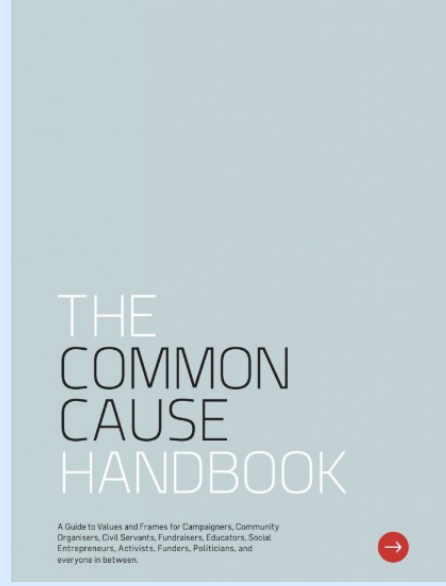
Gender Compass is a research project from [Plan International](#) that segments the broader Australian public into six groups according to their beliefs, policy preferences and behaviours in relation to gender equality.

The analysis was conducted in mid-2023 on data gathered through an online survey of 2,522 Australians aged 16 years and over. This kind of research can help us design targeted communications, understand our target populations, and put our gender equality efforts where they are likely to have the most impact.

[Download the Gender Compass report by clicking here.](#)

The Gender Compass research aligns with the work done by communication specialists Common Cause Australia. Common Cause has resources available that speak directly to developing effective values-based messaging for the not-for-profit, advocacy and public sectors, and can provide training in applying that messaging to specific projects.

[Find out more about Common Cause by clicking here.](#)



Events

Women's Health Grampians 2023 AGM

Women's Health Grampians AGM: Together at the Intersection

22 November 2023
11:00am - 1:15pm

Albert Coates Complex
Federation University
Mount Helen

A light lunch will be provided at the conclusion of the AGM. Please advise of any dietary requirements

Join us on 22 November 2023 at Federation University in Mount Helen for our Annual General Meeting. Attendees will enjoy a panel discussion featuring some of our Equality Advocates, We are looking forward to showcasing our work, celebrating our people, and looking back on the year that was. Formal AGM proceedings will be followed by presentations and a light lunch. **RSVP by 15 November.**

[Registrations are essential. Register online by clicking here.](#)

CoRE Community of Practice: Be Part of the Solution

Join us on 30 November for an event focused on improving the lives of women with disability in Ballarat and surrounds. We are looking forward to hearing from our keynote speaker, Julyne Ainsley, and our panel of Equality Advocates, Heidi, Christine and Annabel. All four women bring lived experience, enthusiasm, and a strong commitment to constructively raising awareness of barriers women with disability face in everyday life.

When: Thursday 30th November 2023, 10:00am - 11:30am

Where: Eureka Centre, 102 Stawell Street South, Ballarat, Vic 3350

FREE event, morning tea provided

[Register by clicking here](#)

CoRE Community of Practice
COMMUNITIES OF RESPECT & EQUALITY Be part of the solution

Building on a foundation of knowledge and respect to improve the daily experiences of women with disabilities in Ballarat

Keynote speaker: Julyne Ainsley
Julyne is a proud woman with an Acquired Brain Injury, a mother, a grandmother and a survivor of Domestic Violence. She is also a Trainer at Voice At The Table. She gives training to people with an Intellectual Disability and Acquired Brain Injury about their rights, speaking up and how to be on boards, committees and advisory groups.

Christine, WHG Equality Advocate
Heidi, WHG Equality Advocate
Annabel, WHG Equality Advocate

WHG women's health
CITY OF BALLARAT
AUSTRALIAN, LGBTQIA+, RAINBOW
Register here: [QR Code]

Training

WHG Training

Women's Health Grampians can provide in-house training for your organisation for a cost-effective flat fee. Our sessions range from Intersectionality to Gender Equity for Managers and plenty in between. Contact us for more details on 5322 4100.

[WHG Training](#)



Follow Us Online



Facebook Instagram

You are receiving this email as you signed up for our newsletters.

Want to change how you receive these emails?
You can [Unsubscribe](#) or [Update your preferences](#)

Women's Health Grampians

Add content for your email template in this text block.