

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

Summer 2023

CEO Welcome

Happy International Women's Day! We are right in the midst of one of the biggest weeks in our calendar and its very exciting to see the growing number of events and recognition from partners all across our region, too numerous to mention, and all contributing to the strong momentum around gender equality and positive change.

A very welcome and exciting piece of news from WHG is the achievement of a key milestone in the launching of our 4 Year Strategic Plan, 2022 – 2026 . Somewhat delayed by Covid, the process for the plan has seen collaboration in action led by the WHG Board and including strong engagement by staff and partners, aimed at ensuring our high level plan reflects the current issues of concern for the region, is genuinely inclusive in its approach and lays a solid foundation for our focus over the next four years.

The Plan continues to highlight three priority areas to improve gender equality, improve sexual and reproductive health and prevention of violence against women. We have also factored in the need to address emerging concerns including women's mental health and wellbeing and the changing society and environment we live in especially with regard to climate change unforeseen events and emergencies. We have recognised the fact that our work requires courage, by including this as one of our values, along with empowerment, respect and feminism. We continue our commitment to learn from the brave and proud First Nations women in our communities and to advocate for and practice decolonization.

The Plan is available on our website in full, as well as a one page summary format. We shall also upload an accessible simple language version very shortly.

Marianne Hendron

Chief Executive Officer, Women's Health Grampians

[Access Strategic Plan here](#)



News

International Women's Day 2023 wrap-up

International Women's Day is a day to celebrate women and start conversations. It's also a day to remind the world that there is still a long way to go when it comes to achieving gender equity, particularly for those who face challenges on multiple fronts.

First Nations Women Yarn

We were humbled by the runaway success of our International Women's Day First Nations Women Yarn event. The event reached capacity within two days of being promoted, and had a long wait list. This shows a huge appetite from our region to hear from First Nations women, and to learn from and listen to people who have historically been silenced and even today are not given enough opportunities to be heard.

Women's Health Grampians is committed to learning and reflecting on our own privilege in order to work in genuine partnership with First Nations people. We recognise the strength and courage of First Nations women and girls who bravely speak up against oppression and the ongoing impact of colonisation, and generously share their wisdom on Family, Country and Culture.

Congratulations to the two deadly women who drove this event - First Nations Strategic Advisor for Health Equality Sissy Austin, and Health Promotions Officer - First Nations Lyndel Ward.

We hope to build on the momentum of First Nations Women Yarn with more conversations throughout the year. Follow us on our social media for the most up to date details.



Wimmera International Women's day events

We were involved in two partnership events in the Wimmera for International Women's Day:

Day:

IWD Panel: How does being rural impact us as we aim for equality?

This event, alongside partners Federation University, Rotary Club of Horsham East, Horsham Rural Shire Council and MIXXFM, explored the opportunities and challenges that come with working towards equality in a rural area. Speakers at the panel included Dr Cathy Tischler, Future Regions Research Centre, Federation University; Dr Niki Vincent, Commissioner for Gender Equality in the Public Sector; Onella Cooray, Program Associate, Champions of Change Coalition (and WHG Board member); and Ashlea Edwards, WHG Gender Equality Advocate. We were particularly interested in hearing about Dr Tischler's research priorities, and what this might mean for our work in the regions in the future.

Horsham Regional Art Gallery IWD Panel:

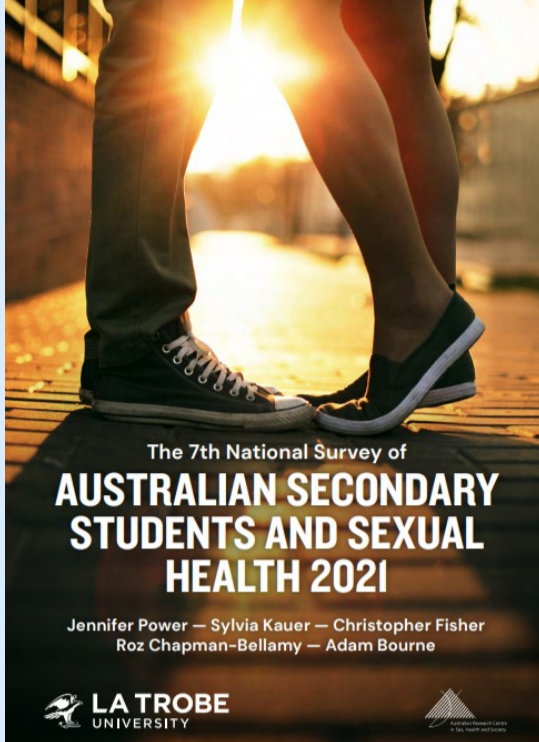
WHG's Sexual and Reproductive Health Promotion Officer, Shannon Hill, MC'd a panel of inspiring women who discussed women's health surrounded by Ponch Hawkes powerful photographic exhibition '500 Strong'. A sold out crowd heard from WHG Equality advocate Bernie O'Shannessy, WHG board member and pharmacist Cobie McQueen, Horsham Gallery Director Lauren Simpson, and Dr Kate Graham from Lister House Medical Clinic. The importance of representation and visibility, particularly of

and for older women, was the central theme - a perfect complement to Hawkes' arresting images.



Resources and Evidence

7th National survey of secondary students and sexual health 2022



Since it was established in 1992, there have been seven iterations of the National survey of secondary students and sexual health. This comprehensive data set explores young people's experiences of sex, relationships, sexual health and sexuality education.

Findings of note include:

- In 2021 more than half (61%) of young people reported being sexually active. Fewer students reported pressure to have sex from their partner (3%) or peers (7%). However, 1 in 3 indicated they had had an experience of unwanted sex in their lifetime, with the most common reasons being verbal pressure or being worried about negative outcomes of not having sex.
- 94% thought they should use condoms with new partners, but less than half (49%) reporting using a condom last time they had sex.
- 72% of young people agreed they should be tested for STIs, but only 15% had ever been tested.
- 77% of young people sought sexual health information from friends and 78% trusted GPs to provide accurate information.

This survey gives us an opportunity to use the findings to better support young people in our region.

[Access survey here](#)

Events

Remembering Stella Young

Northern Grampians Shire Council invites the community to attend a significant public event: the Remembering Stella Young Statue Unveiling at Cato Park.

Stella Young was a fierce advocate for disability rights, a beloved public figure, and one of Stawell's most notable residents.

30 March 2023

2pm for a 2.15pm start

Cato Park, Stawell



The event will be livestreamed. Please keep an eye out on the Northern Grampians Shire Council socials for the link.

[Northern Grampians Shire Council Facebook](#)

Training

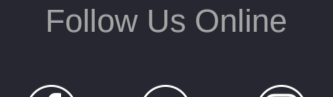
WHG Training

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](#)



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