

## 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

Winter 2023

## CEO Welcome

Welcome to the Winter edition of the WHG newsletter. While still cold and grey, the days are definitely getting longer and lighter, and made more exciting by the FIFA Women's World Cup. We have all been glued to the tv watching the Matildas, who have put diversity, inclusivity and pride front and centre on the world stage. And they've changed the Australian narrative around women's sport forever. It's up to us to keep the momentum going and capitalise on the impact they are having.

Speaking of impact, the women's health services sector have been delighted to release the *Small Change, Big Impact: Women's Health Services Network Collective Impact Report* this month. This formidable report captures the collective impact of the women's health sector in advancing Victorian women's health and equality as a key part of state's public health infrastructure for four decades. It makes such a strong case for the need for a well-resourced women's health sector and is a key part of the advocacy that we are doing on a statewide level.

We also recently welcomed Susie Muller, Family Violence and Disability Practice Lead to the CHIFVC team. The role is a big one, designed to improve the accessibility of specialist family violence and sexual assault services, to support capacity building within the sector, and to provide secondary consultation in relation to disability and family violence. Welcome Susie!

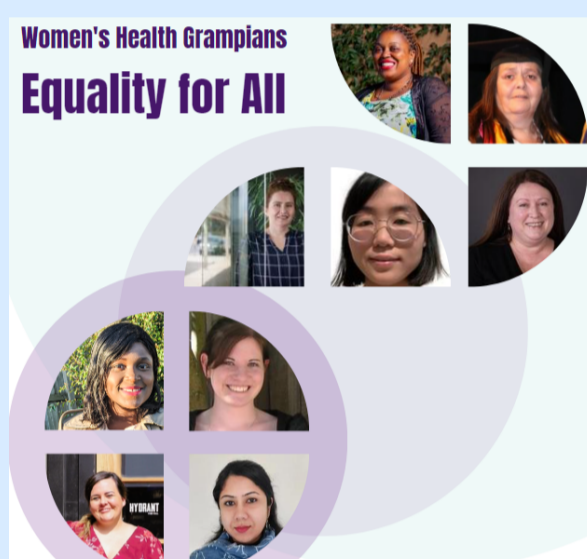
Marianne Hendron

Chief Executive Officer, Women's Health Grampians

## News

### Equality for All project

Women's Health Grampians has recently recruited nine amazing women from diverse backgrounds for the second phase of the Equality for All project as Equality Advocates. These women have been trained to share their lived experiences and support CoRE members to develop a deeper understanding of effective strategies to reduce discrimination and gender inequality.



Through speaking engagements, Equality Advocates aim to address negative stereotypes and assumptions, as well as change attitudes to help break down barriers to equality.

Equality Advocates are able to speak at CoRE member organisations' events, workshops/trainings, and meetings to promote equality, diversity, and inclusion for all women. They represent women in the Grampians region across abilities, age, culture, ethnicity, gender, residency status, religion, and sexual orientation. They are looking forward to meeting CoRE members and working towards effective positive, systemic change together.

[Get to know our Equality Advocates and their topics HERE.](#)

[To find out more about the project visit our website HERE](#)

[To request a speaker, please complete this form.](#)

### Accessibility for all – safety and respect for women with disabilities in Ballarat

Earlier this year, Women's Health Grampians received funding from the City of Ballarat and Department of Justice and Community Safety to deliver the *Accessibility for all – safety and respect for women with disabilities in Ballarat* project. This project amplifies the voices of women with disabilities in Ballarat to address discrimination and ableism in community spaces and within organisations. It aims to create a city where women with disabilities feel safe, respected and valued.

We are excited to develop a positive community campaign about safety in and around the Ballarat region using an empowerment model. Co-design is key. Carly Myers, Gender and Disability Advisor at WHG, is working alongside three Equality for All Advocates who have lived experience of disability: Christine, Annabel and Heidi. The team will develop an Action Tool Kit for community groups and organisations to help them take action that is inclusive of women with disabilities.

For more information about this project, please contact Kate Diamond-Keith, Senior Regional Consultant and Diversity Lead on [kate@whg.org.au](mailto:kate@whg.org.au)

Image: Empowering Communities Grant recipients. Photo by Ballarat City Council



### Yarning Garden

We were also thrilled, in collaboration with Food Is Free Inc, to receive funding from the Empowering Communities Grant round for a Yarning Garden project. This project is all about creating space for First Nations women to come together, connect with each other and with country, share and learn new skills, and create a bush garden from scratch.

We are **currently calling for First Nations women who would like to be involved in the project to get in touch and have a yarn** about what it involves. If this is you, or you know someone who would be interested, please contact Lyndel Ward, WHG First Nations Health Promotion Officer, on 0491 673 916 or [email her HERE](#).

Watch this space as the Yarning Garden starts to grow...





## Tell Your Story

Women's Health Grampians is proud to launch **Tell Your Story** - a project designed to hear people's experiences of seeking sexual and reproductive healthcare in the Grampians Pyrenees, Central Highlands and Wimmera regions. **Data shows that there is demand for sexual and reproductive health services in rural areas that isn't being met. But we also need evidence of the impact this has on real people.** By sharing your story in our anonymous survey, you can help our campaign to call for more local services.

[Click HERE to learn more.](#)



Get in touch if you think you might be able to help by spreading the word in your part of the world.

We have print collateral we'd be delighted to share. [Contact Stephanie by email here.](#)



We will hold a webinar on 30 August 2023 at 12pm to discuss the project - [follow us on social media](#) for more details and the link.

## Resources and Evidence

### Small Change, Big Impact: Women's Health Services Network Collect Impact Report

In 2023, the Women's Health Services Network undertook a network-wide collective impact evaluation. The resulting report captures the collective impact of the women's health sector in advancing Victorian women's health and equality as a key part of state's public health infrastructure for four decades. This significant piece of qualitative research forms part of our ongoing advocacy work to secure long-term core funding for our sector.

It also serves as a fascinating history of organised, collective action by and for women and gender-diverse people. Our profound gratitude goes out to those organisations and individuals in the Grampians region who have worked with us to place gender equality at the heart of progress over the past 30 years. WHG is a service based on partnership, collaboration, and place-based health promotion. Our achievements are the region's achievements.

[Access the summary and full report HERE.](#)



## From the Outskirts podcast



Our friends at Women with Disabilities Victoria have been working on producing a new podcast featuring women from regional areas. The series will be released in full across podcast platforms from 9 September 2023. Various accessible versions, including full transcripts, will be available. You can access the first in the series right now on Youtube, with Liz Wright talking with Elise Stewart, CEO of Deaf Hub, Bendigo. [Find out more about WDV's invaluable work here.](#)

## Events



## Training

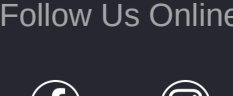
### WHG Training

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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