

Women's Health Grampians Newsletter August 2018





Welcome

Another busy quarter here at WHG has seen us complete some projects at the end of June and commence a couple of new ones which is always exciting!

The *It Takes Courage* project is one that has formally ended (you will see elsewhere details of where to buy the beautiful book that came out of the project), but we continue to have Shiree on board to support the wonderful group of women that participated in the book and the new women that have since come on board. WHG is committed to supporting the group through identifying and developing new and sustainable opportunities in leadership, business development, food and catering.

We also completed the first phase of the *CoRE and Sports* project which saw great success in engaging a range of sporting clubs and associations to join CoRE and ensure greater participation of women in many areas of sport. We look forward to continuing this work with our partners Sports Central through an Act@Play pilot and activities with many other sports groups across the region.

An exciting new project getting underway is *Equality for All* which will engage women from a range of backgrounds as advocates and strengthen CoRE member's approach to equality. It will be led by Belinda Sue Parsons who comes on board in September.

The *Reproductive Choices* project ably managed by Marieke Dam in Horsham, is now well underway with excellent buy in from partners across the region.

We will soon farewell Christy Knapman our project support officer on maternity leave and welcome Ange van den Berg who will join us in that role for 12 months.

In the bigger picture, the Respect Victoria Prevention Agency, was launched and will hopefully become a statutory authority through the Family Violence Prevention Bill which has recently passed the lower house. This is a significant milestone for the sector and takes us one big step closer to an ongoing dedicated commitment to prevention and fulfilling Recommendation 188 of the Royal Commission into Family Violence. Another first for Victorial

It's hard to believe we are well into the second half of the year and time to start prepping for our AGM. Please save the date – WEDNESDAY 21 NOVEMBER, 11.30am in Ararat. Venue and exciting guest speakers will be announced very soon!

Enjoy the read

Marianne Hendron, CEO, Women's Health Grampians



Foll

Conducting a Health Services Roundtak better understand the local health indu employing some 7000 people in Ballara surrounding areas, accounting for almo of local workforce @BallaratHealth @cityofballarat @sjog_healthcare @WHGrampians @BalltFoundation



:19 PM - 14 Aug 2018

The Governor, Her Excellency The Honourable visited Ballarat Health Services on 14 August. WHG were delighted to be part of a roundtable wellbeing partners sharing project highlights, clopportunities for our local health industry.





A great way to end the week - The @Respect__vic Bill has been passed in Lower House of the Victorian Parliamer We're now one step closer in our quest end family violence for all Victorians #victoriaagainstviolence #respectvictor

News & Events

Leading Change - Can Businesses Prevent Violence Against Women?

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Patty Kinnersly, CEO of Our Watch and Karen Oldaker from Medibank will speak at the event and discuss the role that business and organisational leaders have to prevent violence against women.

The event is part of a drive to support local organisations and businesses to be part of the Communities of Respect and Equality (CoRE) plan, a Grampians-wide regional plan to prevent violence against women. Led by Women's Health Grampians, the initiative brings together over 96 organisations, networks and associations across the Grampians region to create a safe, equal and respectful society for everyone.

12.00–2.00pm, Tuesday 28 August 2018
Housey Housey, 12 Armstrong St North, Ballan
\$40 per person (Includes 2-course lunch and te
RSVP by 21 August 2018

RSS

Training opportunities for CoRE members

WHG is offering a number of training sessions in the second half of 2018 open to CoRE member organisations across the region.

Unconscious Bias Training for Managers, Horsham, 11 September

Exclusive to CoRE members. Based on positive feedback, WHG have again engaged Dr Victor Sojo, Senior Lecturer in Leadership and Research Fellow, from the Centre of Workplace Leadership (University of Melbourne), to explore unconscious bias:

- · The implications of gender bias at work
- · How managers can mitigate the impact of unconscious bias

An excellent opportunity for CoRE members to have access to this level of expertise, provided locally in the Wimmera region. Places are limited, so please ensure you register early.

Registrations are also open for:

An Introduction to the Prevention of Violence against Women, Ballarat & Horsham Intensive Bystander Training, Ballarat & Horsham

Gender Equity Training for Managers, Ballarat & Stawell

Having more staff trained across these areas will strengthen the work you are doing as part of CoRE – both leading change within your workplace and identifying opportunities externally: with your core business, community of interest and networks.

For more information or to register visit http://whg.eventbrite.com.au



CORE Alliance Training

Introduction to PVAW
Intensive Bystander
Gender Equity for Managers





Thanks to all who joined us to celebrate the It Takes Courage book launch on 23 June a wonderful celebration of women from 14 different cultural backgrounds gathering to share food, friendship and knowledge.

Proudly made in Ballarat, the book makes a great gift for guest speakers or visitors to our region. It features recipes from homelands and family traditions, creative writing, food and portrait photography, art and key messaging around the Prevention of Violence Against Women. More than 200 copies have been sold already!

Order this unique collection of recipes and stories now: www.ittakescourage.org.au
Proceeds go back into the It Takes Courage project group.

Copies are also available through:

Ballarat Neighbourhood Centre - Tuppen Dr, Sebastopol (behind Phoenix College)

Ballarat Regional Multicultural Council 145 Victoria Street (ex-Sacred Heart Convent site)

Kittelty's Café – Lydiard Street (Art Gallery of Ballarat)

Women's Health Grampians, 2 Drummond St Sth, Ballarat

WRISC - 205 Dana Street, Ballarat

Featured on ABC Victoria during Refugee Week, you can listen to an interview when Libbi Gorr asks Joy Juma and Shiree Pilkinton what food that takes them back to their grandmother's

kitchen? http://www.abc.net.au/radio/melbourne/programs/sundays/courage-cooking-libbi/9903812



Grampians Communities of Respect and Equality (CoRE) Alliance

Leading Change Lunch Ballarat - we invite leaders to attend this event in Ballarat on 28 August. The focus will be looking at the private sector and how they can take action to end violence against women, though will be relevant to all organisations wanting to know more about the issue, and where to begin in terms of being part of the solution. These events have been really popular in the past so please promote to businesses you are connected with and register your staff early.

CoRE snapshot - Thanks to 62 organisations who who participated in our annual snapshot. We are currently compiling the results and will let you know the key findings over the next couple of months. We will look to continue to improve the support we provide, based on your feedback.

CoRE Resources - we noticed in the survey that a lot of members were not aware of the large range of resources we have developed to support you with your CoRE actions. You can find many tools and resources on our website that will help make it easier for you to identify potential actions your organisation can take, and help ensure your membership to CoRE is meaningful. Resources can be found on our website.

Mapping Prevention Work in the Grampians – the Victorian Government is committed to a long-term vision for gender equality. To be informed of all the prevention work happening across the state The Office for Prevention and Women's Equality has commissioned Ernst and Young to undertake mapping of primary prevention activities and infrastructure. WHG were fortunate to host Ernst and Young at a consultative workshop to provide a regional perspective. We would like to thank CoRE members who were able to participate, we had great representation from different settings and industries that demonstrated the breadth of action happening throughout the region.

For more information on the resource or to become a CoRE member please contact Darlene Henning-Marshall at darlene@whg.org.au or 03 5322 4100.



If you would like help identifying what your orgacreate Communities of Respect and Equality, p Regional Consultant at WHG.

CoRE Tool and Resources available:

- Taking Action Guide and video
- · Local Stories resource and video
- Gender Audit Organisation wide audit : culture, facilities etc
- Gender Lens Assessment Tool Progra tool to assist in providing a gender lens
- · Gender and Local Planning guide
- · Resources menu
- · Taking Action in Sport resource
- CoRF Plan and video
- · Gender Inequality in the Grampians Rep

CoRE: Sports Club Project

It is pleasing to see the growth of CoRE membership in the sport and recreation setting continue – with clubs throughout the Grampians region actively promoting gender equality. We now have 13 clubs and associations who are CoRE signatories and would like to congratulate the following clubs on their involvement:

Ballarat City Football Club | Ballarat Cricket Association | Ballarat & District Golf Association
Ballarat & District Soccer Association | Ballarat Golf Club | Ballarat Roller Derby League
Buninyong Cricket Club | Buninyong Soccer Club | Harrow Tennis Club
Minyip Murtoa Football Netball Club | North Ballarat Football Club
Sports Central | Western Bulldogs Community Foundation

For more information on the resource or to become a CoRE member please contact Dee Angelina Micevski at dee@whg.org.au or 03 5322 4100.



Regional: Central Highlands

Act@Work is ramping up – two new workplaces will commence the program in the next few months. We congratulate **Child and Family Services (Ballarat)** on supporting this prevention work in our region. This is a fantastic show of leadership and we look forward to supporting CAFS to foster an environment of inclusion and diversity.

City of Ballarat Gender Equity Strategy Launch – City of Ballarat having recently finished their Act@Work program have been highly engaged in a process of culture change, identifying internal and external avenues where gender equity can be promoted. Their new Gender Equity Plan has been informed by staff across the organisation, with a high degree of ownership from all areas of Council. We look forward to celebrating City of Ballarat's achievements at the launch of this plan on 22 August.

Central Highlands CoRE Community of Practice – wonderful to see CoRE members attend the recent Community of Practice in Ballarat on 15 August. These sessions are a great way for members to learn what prevention initiatives other workplaces, clubs or networks have undertaken and we appreciate the sharing and interaction among this group. We explored how to use our newest resource, the Gender Lens
Checklist, as a tool that can inform program planning, implementation and evaluation. The next Community of Practice will be held in October 2018.

Hepburn White Ribbon Matches - Hepburn White Ribbon Committee with support from Hepburn Shire



In the Media

against women, challenge men to speak out, think about their own beliefs, languages and actions, and enlighten young people, especially young men and boys, in regards to the issue. Hepburn White Ribbon ambassadors made formal acknowledgements to senior playing groups and supporters prior to the commencement of senior football and netball matches, highlighting the importance of the initiative within the local Hepburn community. Players and supporters also had the opportunity to purchase White Ribbon merchandise, and to obtain key White Ribbon and Hepburn Health Services educational and referral resources.

For more information or support in this region, please contact Dee Micevski at dee@whg.org.au or 5322 4100

DFNC holds first White Ribbon Round



<u>Hepburn Advocate shared news</u> of the Daylesf Club taking a public stand to prevent violence ϵ hosting a White Ribbon Round.

Regional: Grampians Pyrenees

Grampians Pyrenees CoRE Community of Practice - held in Ararat in July, CoRE organisations from the region came together to share ideas and talk about actions within their organisations. Thank you to Pyrenees Shire Council for sharing their Act@Work journey and the actions they are undertaking. The CoP also included information about the new Gender Lens Checklist and featured a new CoRE Taking Action Video. The next Community of Practice will be held in October 2018.

Grampians Pyrenees Leading Change Dinner - Grampians Pyrenees was 'leading change' in June with a dinner event featuring keynote speaker Rosie Batty. Over 190 people braved the cold night to hear Rosie talk about violence against women and how we can all take action to prevent violence. Rosie was joined by local family violence advocate Danielle Jenkins, Tim Cartwright, Family Violence Implementation Reform Monitor, Kashif Bouns, Western Bulldogs and Stephen Rodis from AME Systems who all spoke about the importance of leadership in improving gender equality and preventing violence against women. Videos of our key speakers can be found on the WHG facebook page.



Grampians Pyrenees Leading Change Dinner: sharing event videos @RosieBatty1 "Change starts with us. Start the change and others will join you. Our attitudes play a big part in the solution. Recognise all forms of violence are unacceptable."



Grampians Pyrenees Leading Change Dinner: sharing event videos Tim Cartwright APM Family Violence Reform Implementation Monitor "Every one of us in the room has the opportunity to contribute to change."

For more information or support in this region, please contact Kate Diamond-Keith at kate@whg.org.au or 5322 4100



In the Media



Stawell Times shared news of Rosie Batty spea Grampians Pyrenees Leading Change Dinner.

Regional: Wimmera

Wimmera CoRE Community of Practice in July focused on how our Genders Lens Checklist can be applied to programs, running through case studies on two very different programs: a strength training program for older adults and a bushfire recovery program. Thanks to Jo Martin from Rural Northwest Health who outlined some of the initiatives they have undertaken two years on from their involvement in the Act@Work program; and also the work happening in hospitals as part of the Strengthening Hospitals Response to Family Violence. Our hope is that hosting CoP's locally will make them more accessible and reduce travel for organisations across the region. Our next Community of Practice will be held in late October.

CoRE Members - we welcome Minyip Murtoa Football Netball Club, Harrow Tennis Club and the Wimmera Regional Sports Assembly (WRSA) as new members. Fantastic to see sporting organisations in the Wimmera coming on board and taking action to create a safe, equal and respectful society for everyone. WRSA invited us to present to its Regional Administrators Network, a great opportunity to raise awareness of the CoRE Alliance to sporting organisations across the region. It's fantastic to see two of our CoRE members, WRSA and Centre for Participation, working together to support the Women in Sport Good Governance program which helps women feel more confident to step into leadership roles in the sporting field. Harrow Tennis Club are part of a project with West Wimmera Shire and other clubs to apply for funding to improve female friendly facilities at the Harrow and District Recreation Reserve.

Minyip Murtoa Football Netball Club on joining Core.....

Burras President Scott Arnold said "the idea was put to our Board by one of our Directors who was made aware of CoRE through their workplace. It was an easy decision for us really. It aligns very strongly with our



Training Opportunities

Unconscious Bias: Horsham 11 Sept Gender Equity for Managers: Stawell 18 Sep Intro to PVAW: Horsham 17 Oct

Sessions are open to all.

To register please visit whg.eventrbite.com

In the Media

and including each other and respect.

Over the next 12 months the Burras plan to work with its members to develop a series of actions that demonstrate its commitment to CoRE including breaking down stereotypes, building equity in facilities and services and developing appropriate policies and procedures.

"We have done a lot of work recently on our club strategic planning" Mr Arnold said. We know what's important to us as a club and what we stand for. We pride ourselves on being an inclusive and family friendly club with respect at our core. We believe these values make us a club of choice for everyone. Becoming part of CoRE and delivering club actions to help meet its vision will help us engrain our values even further." Read the full story in the <u>Wimmera Mail Times</u>

For more information or support in this region, please contact Melissa Morris melissa@whg.org.au or 5382 5607



Burras first to sign

WHG CEO Marianne Hendron joined with Nhill Board members in welcoming the decision to s commended the club's leadership in taking the (L-R) Scott Arnold, Marianne Hendron, Brett W District Advertiser)

Central Highlands Integrated Family Violence Committee

Bacchus Marsh Forum Explores Child-Centred Practice - nearly 80 professionals from across the health, community, legal and education sectors took part in a Community of Practice forum in Bacchus Marsh this July to consider the voice of the child in practice.



Wendy Bunston, keynote speaker with more than 30 years practice and research experience in the field, emphasised the importance of every engagement with a child and finding ways to create space for their voice. "We often focus on trying to heal the parent, and don't think enough about the consequences for children at a pivotal time in the foundation of the rest of their lives", she said. "We need to flip this adult centric mentality on its head... There are windows of opportunity we can take to give children the sense of being seen and this does make a powerful difference".

The forum also showcased presentations from local lead practitioners on programs operating in the Moorabool Shire, including 'VAN GO' (a mobile art therapy van) and 'Let's Talk about Children' which operates across the Grampians region. More information about the discussions and copies of presentations and resources are available via the CHIFVC website news.



Member for Macedon Joins Hepburn Family Violence Action Group - the Hepburn Family Violence Action Group (HFVAG) welcomed Mary-Anne Thomas MP at a recent meeting in Daylesford. This was a valuable opportunity to highlight the regional needs of the Hepburn Shire in a system that can be 'Ballaratcentric'. The meeting explored the progress made in providing emergency relief in a family violence crisis situation, thanks to the terrific contribution of the local community including supermarkets and accommodation providers.

Mary-Anne was pleased to lend support for the HFVAG's upcoming priorities, including an information session for Police in the Shire, a greater focus on working with perpetrators, and strengthening awareness and referral pathways in the community to encourage early intervention. For more information on HFVAG, please contact info@chifvc.org.au.



Save the Date!

The next CHIFVC Community of Practice forun Hepburn Shire in October 2018. Registrations Eventbrite.

To be added to the CHIFVC mailing list and rec contact info@chifvc.org.au



In the Media



EPBURNADVOCATE.COM.AU

Emergency relief

Further funding for people experiencing domestic violence in s

Hepburn Advocate shared news of MP Mary-A announcing further funding to make it easier fo experiencing domestic violence in Hepburn Shi emergency relief.

Resources & Training

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approach in workplace setting. If you would like <u>more information</u> contact Darlene Henning-Marshall on 5322 4100

New CoRE Resource: Gender Lens Checklist

CoRE members commit to undertaking action both internally and externally to promote gender equity and prevent violence against women. This tool will support you to consider gendered differences and identify potential areas of inequality in programs, services, policies and initiatives that may be occurring unconsciously. Undertaking the Gender Lens Checklist is one way that CoRE members can identify areas where actions may be needed to promote gender equity.





Gender Lens Checklis

A tool for programs, services, policies an

New CoRE Resource: WHG CoRE Member Local Stories Video

<u>This new video</u> gives examples of actions taken by four CoRE members. Thanks to **Ararat Rural City Council**, **VicRoads**, **MDP Photography and Video** and **Horsham Rural City Council** for sharing your stories. This video highlights the breadth of activities organisations can take and how they have incorporated actions in to their core business. We encourage you to share this 4 minute video with your staff, especially those involved in developing CoRE action plans.



New Resource: Our Right to Safety and Respect

Women with Disabilities Victoria (WDV) has developed a new information resource for women with disabilities about violence prevention and response, "Our Right to Safety and Respect. A video resource and video guide, developed by, and for, women with disabilities about violence, abuse, safety and respect". The resource aims to provide women with disabilities information about how to identify violence and abuse and how to get help to feel safe. In the 20-minute video women with disabilities speak about their personal experiences, about how they found ways to speak up, be heard and get support to live free from violence and abuse.



Resource: Violence against women: Accurate use of key statistics

Australia's National Research Organisation for Women's Safety Limited (ANROWS) have developed a quick reference guide to key statistics on violence against women in Australia for use by media, government, academics, sector leaders and community advocates. This resource is aimed at ensuring these statistics are interpreted with care and is based on the most reliable data available in the field.



Resource: Workplace Family Policy Template

North West Metropolitan Region Primary Care Partnerships have developed a Workplace Family Violence Policy Template to provide organisations with guidance on developing a workplace family violence policy. By using this template to guide the development of a workplace family violence policy organisations are likely to have greater capacity to provide a safe workplace for all employees, manage disclosures, respond to risks and understand roles and responsibilities in relation to family violence policies and procedures.



Sexual & Reproductive Health

options to support women facing unintended pregnancy. It aims to establish partnerships with local health services and improve options for local women.

A project reference group has been established, with both Ballarat and Wimmera based organisations with a keen interest in the project and the improvement of services. There will be discussions about practice models and outreach service provision in conjunction with our main partners.

Our project worker Marieke Dam will be out and about meeting new project partners. If you would like to be involved or for more information about project please contact **Marieke Dam** on 0417 028 823 or marieke@whg.org.au

One of our key partners in this work **Ballarat Community Health** are currently advertising <u>Women's Sexual & Reproductive Health Nurse Coordinator</u>. This newly funded position based in Ballarat will support implementation of the Ballarat Community Health Sexual and Reproductive Health Hub program. In the initial 12 months the Nurse Coordinator will collaborate closely with a project manager to establish the hub and will play a high level coordinating role for clients and clinical service providers.



MAILTIMES.COM.AU

Women's Health Grampians unintended pregnancy stud continues

Wimmera Mail Times shared the news of our p capacity to address unintended pregnancy serv



BCH.RECRUITMENTHUB.COM.AU

Women's Sexual & Reproductive He
Nurse Coordinator

Part time (0.6 EFT), fixed term until 30 June want to be part of a team helping our comm achieve the best possible health and...

Sexual Health Literacy and Service Options

WHG recently received funds to increase women's sexual health literacy in relation to contraception, pregnancy options and abortion services. In particular to increase awareness of the sexual and reproductive health information available via the Better Heath Channel and 1800 My Options statewide sexual and reproductive health phone line providing information and direction to clinical services such as contraception, pharmacy, counselling, abortion providers and a range of other services.

Of the 150 services currently registered with 1800 My Options, only two of these are based in the Grampians region. For this service to be effective as a source of information for women in our region, we must actively promote regional service provider engagement. WHG will lead a region-wide campaign to engage providers to register their services.

For more information about our Sexual and Reproductive Health work across the region please contact Shannon Hill on shannon@whg.org.au or 5322 4100.

Women's sexual and reproductive health





1800 696 784

For information about contraception, pregnancy options and sexual health.

Centre of Excellence in Rural Sexual Health

<u>Victorian Rural Clinical Network for Unintended Pregnancy and Abortion</u>

6:00-7:00pm, 10 September 2018

This network is open to all practitioners working in rural locations and metropolitan practitioners supporting rural workforce development. The meeting will be facilitated by Dr Paddy Moore from the Royal Women's Hospital and will include discussion on:

- Retained products and 2nd dosing of MS 2 Step
- Telehealth models for medical termination of pregnancy (MToP)
- Sharing of relevant resources

Participants can attend via personal videoconference (using GoTo software) or at a set regional site in Bendigo or Wodonga.



For more information contact Nina Hakamies



Yarriambiack Shire Council improving access to contraceptive choices

Last month we welcomed the news that <u>Yarriambiack Shire Council approves condom vending machine</u> <u>trial</u>. Easily accessible condom vending machines are planned for Warracknabeal, Hopetoun and Murtoa.

These 6 new machines will sit alongside 8 machines installed throughout Hindmarsh Council at Jeparit, Rainbow, Nhill and Dimboola.

Great to see Yarriambiack included on the <u>CERSH map</u> of rural councils across Victoria have that have installed condom vending machines and where there are still gaps in access for rural young people.



Other Items of Note







GEN VIC are calling on politicians pledge their support for our visior wellbeing and freedom from violence and girl in every community of Victor the Priorities for Victorian Governme

Launching GEN VIC's 100 Day Campaign #VICVOTESEQUITY

Now is the time for making substantial headway to ensure all Victorian women are equal, healthy and safe

How can you take action for #vicvotesequity

- Read GEN VIC's Advocacy Toolkit for tips on how to make your advocacy more effective
- <u>Email or call</u> your local representative and tell them why investment in gender equity, women's sexual and reproductive health, the prevention of violence against women and a sustainable peak body is important.
- Share photos with the <u>Priorities for Government Action Poster</u> @genderequityvic #vicvotesequity



Understanding Conscientious Objection: perceptions and experiences of Victorian health professionals

Are you a general practitioner, specialist or nurse who has a conscientious objection to abortion or voluntary assisted dying?

The Melbourne School of Population and Global Health at the University of Melbourne are seeking health professionals to participate in an interview (phone or face-to-face) to understand:

- Health professionals' perceptions on abortion and/or voluntary assisted dying laws.
- How conscientious objection is managed in practice (or how it will operate in practice in the case of voluntary assisted dying laws).

Findings from this study may guide policy or legislative amendments and may be useful in achieving a more uniform medical practice in relation to conscientious objection. Results of the study will be used in a thesis, academic conferences and may also appear in academic journal articles.

If you would like more information about the project, please contact Casey Haining by email: hainingc@student.unimelb.edu.au or phone: 0421 047 424





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