



## Women's Health Grampians Newsletter December 2018



## 2018 Wrap Up Edition

As another year draws to a close and we take a break to recharge for what promises to be an even busier year in 2019, we all say thanks to our partners for your support and collaboration over the past 12 months. Sending our wishes for a happy and safe summer break.

Noting our **office will be closed from midday Friday 21st December and reopen on Wednesday 2 January 2019.**

For this last newsletter of the year, we wanted to share highlights from the last month.

The CoRE Governance Group and WHG team were delighted that the **CoRE Regional Partnership qualified as one of five finalists in the 'Improving Gender Equality' category of the 2018 VicHealth Awards** held in Melbourne in early December. The big gong went to Our Watch for their fantastic program The Line. It was the first time this category was held and was indeed an honour to be part of it.

The **Victorian State Election** delivered a conclusive result, which is always a good start! We congratulate all the successful candidates representing our region – a very impressive group of women for the lower house seats - Emma Kealy (Nat) for Lowan, Louise Staley (Lib) for Ripon, Julianna Addison (Lab) for Wendouree and Michaela Settle (Lab) for Buninyong. In the Upper House we are also well represented by Jaala Pulford (Lab), Beverly McArthur (Lib), Gayle Tierney (Lab) along with Stuart Grimley (Derryn Hinch Justice) and Andy Meddick (Animal Justice). We wish them all well over the next four years. We particularly welcomed the gender equal cabinet appointed by Premier Andrews and look forward to the implementation of the Victorian Gender Equality Strategy over the coming year.

We are very pleased to **welcome our new Regional Consultant for the Central Highlands region, Deb Harris**. Deb has a background in health, nursing and business and has most recently worked in training delivery at the Western Victorian Primary Health Network. Deb will work along side Dee Micevski supporting our growing member numbers, and is looking forward to meeting the CoRE members in the Central Highlands in the new year.

We have recently undertaken a review of the health promotion team roles before embarking on recruitment of our new Manager. This has been extremely helpful in determining the skill set we require for the role in the current environment. We will shortly be advertising the newly titled role – Manager, Strategy and Programs – watch our website for details.

You will see in this newsletter we are also seeking expressions of interest for Trainers to assist with our CoRE and Act@Work training. As well as some opportunities for participants to join our Unstoppable Women program which will commence in January.

Enjoy the read

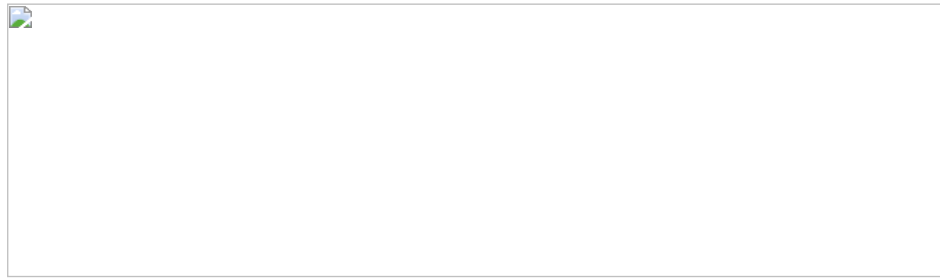
**Marianne Hendron, CEO, Women's Health Grampians**



## Annual Report & General Meeting 2017-18

Thanks to all who attended our AGM in Ararat on 21 November. Our team was proud to showcase highlights from the year, and offer our insights for what to expect from our programs and projects in the new year. **We were inspired by our guest speakers reflecting on the achievements and leadership**

affairs correspondent. **Joanne Harrison-Clarke Co-Chair of the Grampians Dhelk Dja Family Violence Regional Action Group** shared highlights from the new 10 year agreement Safe Our Way. **Sissy Austin** lead a panel discussion to help us reflect on: the key challenges for Aboriginal women in leadership roles; what does self-determination look like; and how can we all play a role in promoting cultural safety in our work and community life? Our sincere thanks to our guests for sharing their interests, passion and experience. It certainly made for an engaging and compelling discussion. We all agreed we could have kept the conversation going well into the afternoon had time permitted!



**In the media: The Ararat Advertiser**

**The Ararat Advertiser**  
November 23 at 9:12 AM

Women's Health Grampians held their annual meeting recently and shared some valuable insights.

ARARATADVERTISER.COM.AU  
**Identifying health challenges**  
Women's Health Grampians held its annual meeting and identified key



First full team meeting at our new location in Barkly Street, Ballarat.

Please note our new street address:

Women's Health Grampians (WHG)  
728 Barkly St, Ballarat 3350  
5322 4100  
admin@whg.org.au

and respectful society for everyone. We are currently expanding our pool of trainer/ facilitators and seeking Expressions of Interest from **men and women** to deliver training on topics related to the primary prevention of violence against women and gender equality. Training will also be delivered as part of our highly regarded Act@Work program where whole workplaces participate in multiple sessions of the training.

Extensive training, support and ongoing professional development will be provided to the right applicants. Delivery of training is well remunerated at consultant rates set by contract after the training. For full contract brief and application details see our [website](#).

**Applications close 18 January 2019**

**Note: Successful applicants must be able to attend a full day training session 30 January 2019 in Ballarat.**

For further information contact Melissa Morris on 0419 185 777.



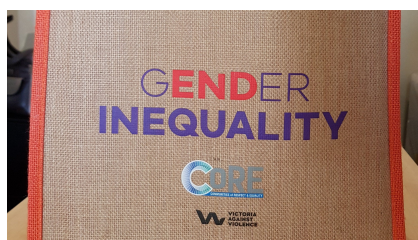
### Grampians Communities of Respect and Equality (CoRE) Alliance

## 16 Days of Activism: CoRE Champions carry a message to End Gender Inequality

This year we shared 1,000 bags among our CoRE Members. Would love you to look out for our CoRE champions carrying a message to End Gender Inequality across the region.

The Victoria Against Violence campaign lead a call for Victorians speak up, speak out and be part of changing the culture that allows family violence to happen.

We hope to see photos and hear stories of the End Gender Inequality bags inspiring conversation in your area!



## Unstoppable Women | New Program Opportunity | Calling for Participants

Thanks to funding from Ballarat Neighbourhood Centre (ACFE) and the Victorian Women's Trust we will be **running a new project, Unstoppable Women in the new year.**

We have places available for women from Refugee, Immigrant and Aboriginal backgrounds to join our weekly sessions.

This is an opportunity to be part of a fun, supportive learning environment as you gain skills to take a seat at decision-making tables! Gain knowledge of health and support services, and confidence in becoming involved in committees, community groups, sports clubs and more.

Sessions will be held on a Thursday during school hours, commencing 31 January through until the end of June, with a break for school holidays.

To enquire or register, contact Shiree on 5322 4100 or email [shiree@whg.org.au](mailto:shiree@whg.org.au)

## International Women's Day 2019

As we head toward International Women's Day 2019, how will you celebrate women's achievements and challenge gender bias?

The International Women's Day 2019 campaign theme of [#BalanceforBetter](#) is a call-to-action for driving gender balance across the world. How will you help make a difference?

### Horsham Save the Date | International Women's Day | Friday 8 March

For more information on planning for this Horsham event, please contact Melissa Morris [melissa@whg.org.au](mailto:melissa@whg.org.au) or 5382 5607.



International Women's Day

**#BalanceforBetter**

**Friday March 8 2019**

**12 PM—1.15 PM Horsham**

**Save the Date**

**Further details to come**



**Daylesford Community of Practice Forum: Responding to Family Violence in Rural and Regional Communities:** Hepburn Family Violence Action Group welcomed a group of 80 professionals to the fourth in the series of Community of Practice Forums. The theme of this forum was *Responding to Family Violence in Rural and Regional Communities*, where attendees heard from keynote speaker Professor Sarah Wendt about coping strategies used by women in regional areas. Read more about the Community of Practice [HERE](#). Resources and presentations from the forum can be found in [our resource library](#).

### 2019 Training Opportunity | Save the Date | 8 March

**Professional Development Day: 9:00am-4:00pm Friday 8 March**  
Understanding the LGBTI+ Community and Family Violence

The training incorporates a performance of the emotional and acclaimed show *My Other Closet, The Cabaret*. Event information can be found at <https://myothercloset2019.weebly.com/>



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## Sexual & Reproductive Health

### Improving Reproductive Choices in the Grampians region

### 2019 Training Opportunity | Save the Date | 27-28 February

We are in consultation with **The Royal Women's Hospital Sexual & Reproductive Health Clinical Champion Project Team** who are planning to visit our region in **27-28 February 2019**. Full details are still being confirmed, but we are tentatively planning a session in Horsham on Wednesday 27 and Ararat and Ballarat on Thursday 28 February.

Dr Paddy Moore, Head of Unit Abortion & Contraception Service, will be sharing her expertise in providing medical termination of pregnancy. The session will be for GP's, Practice Nurses and Pharmacists.

If you would like more information about these sessions please contact **Marieke Dam** in Horsham on 0417 028 823 or [marieke@whg.org.au](mailto:marieke@whg.org.au) or **Shannon Hill** in Ballarat on [shannon@whg.org.au](mailto:shannon@whg.org.au) or 5322 4100.



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