



## Women's Health Grampians Newsletter May 2018



## Welcome

Last month saw a major milestone for women's health with the transformation of our peak body, Women's Health Association of Victoria to the rebranded **GEN VIC – Gender Equity Victoria** - launched by Minister for Women and Prevention of Family Violence The Hon Natalie Hutchins. You can find a video and information [on the website](#) and learn how to become a member of this exciting new organisation. The launch was followed by a welcome announcement of funding from State Government to help establish GEN VIC to represent organisations across Victoria who advance gender equality.

Speaking of funding, another budget season has passed, with mixed news for women's health. The Victorian budget has several initiatives in the context of a [Gender Equality Budget Statement](#) including specific funds to support leadership and cultural change in the public and private sector, further funding directed towards implementation of Family Violence Royal Commission recommendations (although still not significant for primary prevention) and allocations for upgrading of sports facilities. Federally, the budget didn't meet expectations despite talk of significant funding and policy measures relating to taxation, support to return to work and superannuation. It is thought these initiatives may be announced closer to the federal election.

**Tim Cartwright, Family Violence Reform Implementation Monitor** [released his first report](#) which highlighted the need for improved whole-of reform planning and coordination to prioritise and sequence activity, rather than the current emphasis on acquitting the 227 individual recommendations. This is critical for the longer term sustainability and success of the system and particularly pertains to our area of focus in primary prevention.

In news closer to home, we were delighted with the announcement of the **new CEO of Our Watch, former WHG CEO Patty Kinnersly**. A very welcome and highly appropriate appointment and we wish Patty all the best in this exciting new position.

As always, I commend the hard work of our dedicated staff over the last few months which saw the highly successful launch of the [Gender Inequality in the Grampians Report](#). Much of the research for the report was undertaken by **Sascha Davies** who finishes with us at the end of May. We thank Sascha for her great contribution to us and wish her well. Staff are busy preparing for events next month including a **Leading Change Forum** in Great Western which has sold out rapidly and the launch of the **It Takes Courage Cookery Book** on June 23 in Ballarat. We look forward to meeting with some of you at those events.

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



## News & Events

**Saturday June 23rd, 1.30 - 3.30**  
Art Gallery of Ballarat - McCain Hall and A



Light refreshments will be served.  
Please RSVP by June 18th.  
<https://it-takes-courage.eventbrite.com.au>  
E: adminb@whg.org.au P: 5322 4100

**SPECIAL GUEST**  
Nyadol Nyuon - nominated as one of the  
Hundred Most Influential African-Australians (2011 & 2012)



### Grampians Pyrenees CoRE Leading Change Dinner

After an overwhelming response this event has officially sold out! It is still possible to [register on our wait list](#) to be notified if tickets become available.

Women's Health Grampians, in partnership with and on behalf of the CoRE Alliance Governance Group, host Leading Change Events across the region aiming to inspire organisations, businesses and community groups to take meaningful action to eradicate violence against women and their children from our community. Our next Leading Change Event is being planned for 28 August in [Ballarat](#).

If your organisation is interested in learning more about how to contribute to our regional plan to create a safe, equal and respectful society for everyone please contact us.

### LEADING CHANGE DINNER

Inspiring change to prevent violence against women and build communities of respect & equality

WEDNESDAY  
**13 JUNE 2018**  
6:30pm-9:00pm  
**SECRET WINERY**  
30 Cornetby, Great Western

**KEYNOTE SPEAKERS**  
**ROSIE BAWA**  
Author of the best-selling book 'The Wives' and 'The Mothers' and 'The Daughters'.

**TICKET - \$40**  
Includes drink and dessert (concess and one drink on arrival)

**RSVP 8 JUNE 2018**  
**REGISTRATIONS ESSENTIAL**  
<https://www.eventbrite.com.au/g/regions-grampians-lead-ing-change-dinner-tickets-4402265348>

The Leading Change event is part of the Communities of

### Jean Hailes presents Women's Stuff - Ballarat

Due to popular demand this event has been moved to a new venue  
**6.00-9.00pm 23 May Mercure Ballarat Hotel & Convention Centre**

Planning a night of fun, facts and the latest on women's health to be hosted by comedian Nelly Thomas.

Hear from leading health experts on women's health checks, food and movement as medicine, menopause and mindful eating. [More information and booking](#)

Jean Hailes for Women's Health is proud to present  
**Women's Stuff**  
A night of fun, facts & the latest on women's health  
Wednesday 23 May, 6pm - 9pm  
Mercure Ballarat Hotel & Convention Centre  
613 Main Road, Ballarat VIC 3300

Hosted by comedian Nelly Thomas

**NEW VENUE**  
due to popular demand!

Hear from leading health experts on:

- ✓ Women's health checks
- ✓ Food and movement as medicine
- ✓ Menopause 101
- ✓ Mindful eating

## Updates across the region

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

The CoRE initiative continues to grow from strength to strength now with [84 organisations, clubs and networks registered as members](#).

A key aspect of ensuring the value of the initiative and monitoring its progress and impact is the annual evaluation. In July we will be sending CoRE members (who have been members for more than 3



come in a survey format and take about 20 minutes to complete. Please let us know if you would like help preparing for, or completing this report.

**A Community of Practice for CoRE members' communications staff** was held in Beaufort in May to talk about how to embed CoRE messages into communications strategies, particularly media releases. Members talked about how they could promote CoRE and include prevention of violence against women and gender equality messages in various existing channels including websites and using social media to share local stories. The Community of Practice will meet again in September and any staff in CoRE member organisations connected with communications are welcome to attend.

**CoRE Member Local Stories: A chance to read how other CoRE members are taking action.** A member since 2016 **Grampians Pyrenees Primary Care Partnership** is taking big strides towards raising the profile of gender equality. Stepping up as a leader for change they aim to connect and bolster efforts to prevent family violence across regions and sectors. [This new case study](#) reflects on their achievements, what has enabled their progress and how they have overcome challenges in building communities of respect and equality. Thank you Emily Anderson, Executive Officer from GPPCP for the development of this local story.

to create Communities of Respect and Equality, please contact your Regional Consultant at WHG.

**Grampians Pyrenees Primary Care Partnership's local story** as a CoRE Member working to lead change across regions and sectors

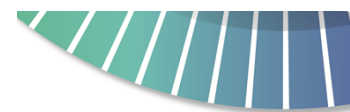


## Training opportunities for CoRE members

Women's Health Grampians is offering a number of training sessions across the region. These sessions are only open to staff in CoRE member organisations. Registrations are open for:

**Intensive Bystander Training - 22 May Beaufort / 12 July Horsham**  
**Introduction to Prevention of Violence Against Women - 29 May Ballarat**

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



**CoRE Alliance Training**  
 Introduction to PVAW  
 Intensive Bystander  
 Gender Equity for Managers



## CoRE: Sports Club Project

As our exciting work with the sport sector continues we are pleased to report CoRE membership from sporting clubs has increased from 3 to 9, and welcome our newest members, **Buninyong Soccer Club, Ballarat Roller Derby and Ballarat City Football Club**. It is inspiring to see the ideas and actions clubs are developing to promote gender equality, as well as their commitment to creating a positive culture around women.

**New Resource Taking Action for Sporting Clubs:** To further support our new members in the sporting sector WHG have recently [developed a resource](#) which highlights ideas for clubs to promote a culture of respect, equality and safety.

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

**CoRE Taking Action!**

Sport is central to Australia's culture and identity. Sporting clubs are in a position to influence attitudes and behaviours towards women and girls in a variety of ways. Clubs can promote cultures of respect, equality and safety for everyone by focusing on actions that address the underlying causes of violence against women.

This resource highlights 5 Essential Action Areas for sporting clubs to consider when preventing violence against women and promoting gender equality.

1. Challenge violence against women
2. Develop a leadership statement
3. Participate in prevention events
4. Develop a code of conduct
5. Promote and position publicly

**Challenge Violence Against Women**

Challenging attitudes that tolerate violence against women. By challenging these attitudes we will shift responsibility from the victim to a collective responsibility.

**INTERNAL:**

- Develop a leadership statement declaring the club position that violence against women is not tolerated.
- Formulate a code of conduct policy outlining expected standards of behaviours.
- Identify male ambassadors to challenge conversations that support violence or sexist attitudes or behaviours.

**EXTERNAL:**

- Participate in prevention events (e.g. World Women Day).
- Display materials reinforcing prevention messages.
- Promote and position publicly when members behave in opposition to sexist attitudes or behaviours.

## Regional: Central Highlands

**Central Highlands CoRE Community of Practice** sessions have kicked off for 2018. Taking a different approach this year we will host a community of practice in each of our sub-regions (Central Highlands, Grampians Pyrenees and Wimmera). For the first session we explored our [Gender Audit Tool](#) which helps identify where gender issues may occur within an organisation.

Attendees included VicRoads, Department of Economic Development, Jobs, Transport and Resources, Djerriwarrh Health Services, Moorabool Shire Council, Buninyong Cricket Club, Ballarat Community Health, Ballarat Clinical School (Deakin University) and Ballarat City Council. We appreciate all the stories and experiences shared from organisations that are very active promoting gender equality. In particular Jenny Fink from City of Ballarat provided a snapshot of their approach to gender equality. As the largest council in the Grampians region their work represents a great opportunity to change the status quo for women.

**Headspace Arms & Armour Program:** WHG is pleased to be partnering with Headspace for this program beginning in June. Aiming to engage young men (18-25 years) in conversation about what it means to be a man in today's world and the health issues that affect men. As one of a range of health



**Headspace Arms & Armour Program**  
 Engaging young men aged 18-25 years  
 Commencing 20 June  
[Registrations now open](#)

For more information or support in this region, please contact Dee Micevski at [dee@whg.org.au](mailto:dee@whg.org.au) or 5322 4100.



### Regional: Grampians Pyrenees

A **Grampians Pyrenees CoRE Community of Practice** was held in Ararat in March, with CoRE members from the region coming together to share ideas and action. Thank you to **Northern Grampians Shire** and the **Grampians Pyrenees PCP** for sharing their CoRE journey. The CoP also included information about the new [Gender Audit Tool](#) and the [Gender Inequality Report](#).

**Save the Date: the next Grampians Pyrenees Community of Practice will be held in July 2018**

**Grampians Pyrenees Leading Change Dinner 13 June** Thank you to all those who registered, this event has officially **Sold Out!** It is still possible to [register on our wait list](#), to be contacted should any tickets become available or advise you of future Leading Change Events.

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



### Regional: Wimmera

Welcome new **CoRE member Wimmera West Grampians Neighbourhood House Network**. Joining existing members in this sector, **Warracknabeal Neighbourhood House and Learning Centre** and **Rainbow Neighbourhood House**, as important organisations in getting CoRE messages out to communities through the Wimmera.

We also welcome **Wimmera Catchment Management Authority** as a new CoRE member.

Last month **Horsham Rural City Council** adopted an updated [leadership statement on violence against women and children](#). It confirms *Council's commitment to creating a safe, equal and respectful community that supports the prevention of (or is free from) violence against women and children; and recognises that Horsham Rural City Council has a leadership role in the community and can influence cultural and social norms through interaction with individuals, families, organisations and community to eliminate attitudes that support violence. The Leadership Statement also indicates that Council is committed to addressing the drivers of gender inequality through the full range of our functions and responsibilities.*

The first **Wimmera CoRE Community of Practice** was held in April focusing on the [Gender Equality Report](#) and application of the [Gender Audit Tool](#). The intent is for CoRE members to come together and discuss prevention of violence against women and gender equality issues. We hope hosting them locally will make them more accessible and reduce travel for organisations in this region.

**SAVE THE DATE: Wimmera CoRE Community of Practice will be held in Horsham 10:00am–12:00pm Wednesday 26 July**

**WATCH THIS SPACE:** Unconscious Bias training to be held in Horsham in August

For more information or support in this region, please contact Melissa Morris [melissa@whg.org.au](mailto:melissa@whg.org.au) or 5382 5607.



### IN THE MEDIA

**Horsham Rural City Council** adopt an updated leadership statement on violence against women and children



Horsham council takes stance to prevent violence against women

The leadership statement plans to use council's role in the community to influence change  
MAILTIMES.COM.AU

### Central Highlands Family Violence Committee

**Family Violence Forum: Information Sharing to Keep Women and Children Safe**

The Central Highlands Integrated Family Violence Committee (CHIFVC) recently welcomed 70 professionals from a range of sectors working with people impacted by family violence to its Community of Practice forum, *Information Sharing: From Concept to Practice*.

Held on 19 April in Ballarat, the forum explored new legislation and practice in what information to share across agencies to keep women and children safe and perpetrators accountable. Discussions included



**SAVE THE DATE!**

working with clients from diverse cultural backgrounds.

Dr Anita Morris, Family Violence Principal Practitioner at the Department of Health and Human Services, facilitated discussion. She said that the impact of family violence is felt across all sectors and that the evidence supports coordinated, multisector, interagency approaches. Dr Morris also gave a strong message about the importance of child safeguarding, and the need to hear the child's voice and encourage others to do so.



in July in Bacchus Marsh

To find out more about the information sharing forum and upcoming events, visit the CHIFVC website news



## Resources & Training

**Act@Work** is an organisation-wide cultural-change program for workplaces. The aim is to address the underlying causes of violence against women: sexism, discrimination and gender inequality using a systems approach in workplace setting. If you would like [more information](#) contact Darlene Henning-Marshall on 5322 4100.

**Act@Work**

### 2018 Crime Prevention & Communities Conference

7-8 June Melbourne

[‘Translating evidence into practice’](#)

This important conference will inform local government planners, policy makers, community organisations and researchers about best practice, policy, evaluation research.



2018 CRIME PREVENTION  
AND COMMUNITIES CONFERENCE

7-8 June 2018  
Melbourne Convention and Exhibition Centre

## Sexual & Reproductive Health

### Improving Reproductive Choices in the Grampians region

Earlier this year **Women's Health Grampians** were delighted to receive funding to undertake a 12-month project to improve referral pathways for women presenting with unintended pregnancy in the Grampians region. In addition to this funding, we welcomed the recent announcement that **Ballarat Community Health** received funding to be one of eight sexual and reproductive health centres who will support a government strategy to expand service delivery across the state. These projects will seek to improve collaboration, strengthen referral options and increase access to information and all forms of contraception and abortion.

At a statewide level, Women's Health Victoria recently opened **Victoria's first women's sexual and reproductive health phone line 1800 My Options**. A free and confidential service providing information and direction to clinical services such as contraception, pharmacy, counselling, abortion providers and a range of other services. We encourage sexual health service providers in the region to register their details with the 1800 MyOptions team.

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



**1800 696 784**

For information about contraception, pregnancy options and sexual health.

### New Health Promotion Posters: Condoms and STIs

The posters are free and can be customised to suit your community. CERSH are encouraging rural organisations, clinics and groups to get involved and endorse positive sexual health messages in your communities.

The website also has [examples of youth engagement activities](#), [ideas to improve access and resources to improve sexual health literacy](#).



### Centre of Excellence in Rural Sexual Health

**Victorian Rural Clinical Network for Unintended Pregnancy and Abortion**  
**6-7pm Monday 18 June**

Save the date for those interested in attending the next Clinical Network meeting. This is an online meeting using GoTo software. Participants can attend via personal videoconference or at a selected local sites. Agenda and registration details will be available shortly.



For more information contact: Kylie Stephens  
[kylies@unimelb.edu.au](mailto:kylies@unimelb.edu.au) or 03 57201705

### Family Planning Victoria - In Class Professional Learning

FPV announced they will again be offering [In Class Professional Learning](#) for up to 18 government schools for free. The program aims to promote the knowledge, skills, confidence and tools needed to drive a whole-school approach to sexuality education. Professional learning is provided to teaching staff in their own classrooms.



## Other Items of Note

### Women's Leadership Development Grants Available

**Women & Leadership Australia** is administering a national initiative to support the development of female leaders throughout the country.

**Grants of between \$3,000 and \$8,000** are available to enable participation in a range of leadership development programs. Funding is strictly limited and has to be allocated prior to the end of this financial year. [Expression of Interest](#) forms to be submitted **prior to 15 June**.

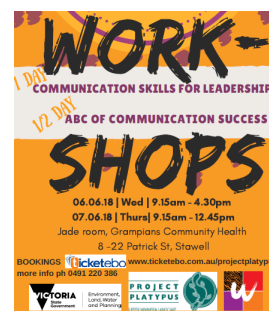


### Project Platypus Hosting Communication Workshops for Women

**Communication Skills in Leadership for Women**  
**9.15am - 4.30pm, 6 June**  
 Learn presentation skills to influence, inspire and lead.

**ABC of Communication Success for Women**  
**9.15am-12.45pm, 7 June**  
 Build confidence and success through understanding communication with others and oneself.

**Venue:** Stawell **Bookings:** <http://www.ticketebo.com.au/projectplatypus>



Act@Work

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