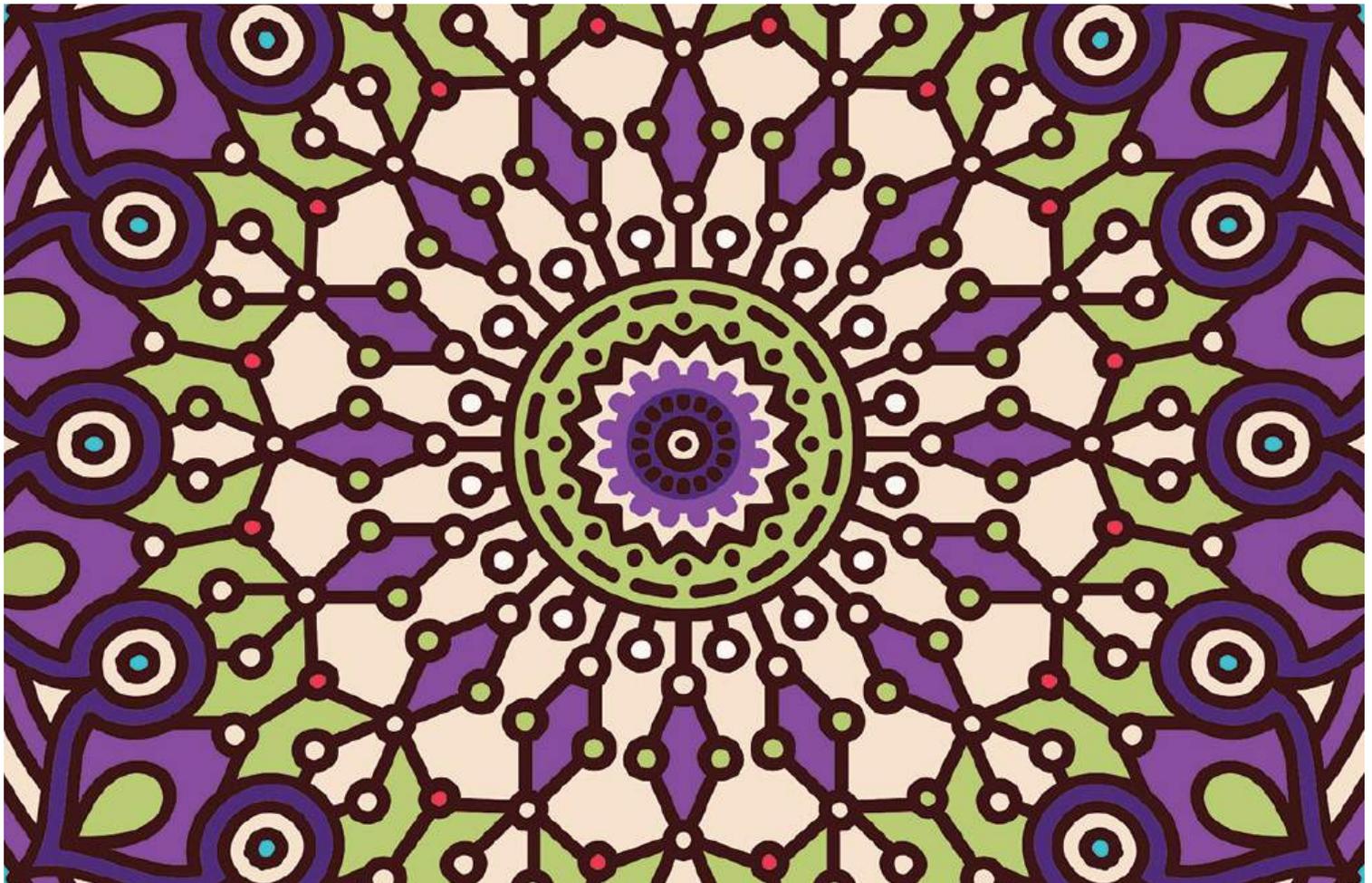


Strength in dignity, choice, diversity and justice.

# whise words

Women's Health in the South East Newsletter

March 2017



[www.whise.org.au](http://www.whise.org.au)

Find us on Facebook:  
[facebook.com/whisewomen](https://www.facebook.com/whisewomen)

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Come and visit us, we're open  
Monday to Friday from  
10.00am - 4.00pm

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# From Our CEO

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Welcome to our newsletter!

I should introduce myself – I am the new CEO at WHISE and I am feeling very privileged to have been given this opportunity to work in an organisation which makes a positive difference in the lives of the community in the Southern Metropolitan Region.

I have been in this role for two weeks and as you would imagine, it has been quite a whirlwind! I have joined a team of passionate, intelligent, knowledgeable, inspiring women who are incredibly motivating and who want to make an impact so that we are successful in our organisational goals of advocating to achieve system and policy change, achieving best practice in Health Promotion, especially to marginalised women, and improving community participation and social connectedness.

I have been impressed with the amount of work which is taking place in the Women's Health sector. Prevention of Violence against Women and Children, Sexual and Reproductive Health and Gender Equity are all major priorities in a multitude of forums and environments, and it is an exciting time to be joining an organisation which can add so much value to our community in these areas.

As our newsletter will show, we are already active and effective in the work that we do. Our plan is to develop the relationships, the capacity and the vision to look at Women's Health with a wide lens, and to have a sustained and credible impact in our area.

It is early days for me, but WHISE has been a constant presence in the community for many years. It is my job to grow our business – to lead this organisation on its journey into the future; to open doors and minds, and to seek the opportunities to impact significant and permanent change so that we are able to see improvements in the health of our community as a whole. I have no doubt that it is going to be quite a ride, but we have the team, the Board, the passion and the vision – it will be worth keeping an eye on us! (You can follow us on Facebook and Twitter.)

I know that you will enjoy our newsletter – take care until next time,

Michelle Wood



# In House News

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## WHISE appoints new CEO

I am pleased to inform you that Michelle Wood has been the successful candidate for the CEO role.

Michelle has a diverse professional background with extensive experience in the health, education, community, NFP and small business sectors. With a particular passion for health, and intimate knowledge of biomedical and social models, she has based all of her professional choices on the belief that the roles will enable her the opportunity to influence or make a positive difference in the lives of others.

Michelle has extensive executive and senior leadership experience, as well as a strong operational management background. Most recently, she has undertaken CEO positions within community health and health-education organisations. She brings us her abilities in executive leadership and management, her 20+ years' experience in owning and managing small business, her knowledge of the complexities of the NFP sector, her multiple successes in business development and growth, and her capabilities in financial management, fundraising, networking, marketing and brand awareness.

Michelle has a very strong focus on team building and staff development and a keen interest in leadership and mentoring. She promotes a "constant review and improvement" philosophy, believing it is essential to be courageous and dynamic to attain optimal success.

Michelle has developed a passion for our sector which is based on her observation that in a world in which change is relentless and accepted, equality and justice for women has not kept pace and she believes structured, concerted and unified vision and action will have long-term, multi-faceted societal benefit.

On behalf of the Board, I would also like to thank Susan Glasgow for her tireless effort in serving this organisation, her passion for our goals, and her wise words and advice; a sincere thank you from the Board for Sue's significant efforts and contribution to the organisation during her tenure as CEO.

~ Dona Tantirimudalige, Chairperson.

# International Women's Day 2017

WHISE, Connect Health & Community, and partners recently celebrated International Women's Day by hosting another successful award ceremony for women in the Southern Metropolitan Region.

This year we honoured the achievements of older women living, working and volunteering in the region, from intersectional communities. The three award categories were:

- An inspirational Aboriginal Elder
- An inspirational woman with a disability
- An inspirational cultural leader

Keynote speaker, Aunty Janet Turpie-Johnstone shared stories about her experience as an Aboriginal Elder and the importance of staying connected to the environment.

Every nomination we received was exceptional and deserving of recognition. In the spirit of International Women's Day, the selection panel decided that all women nominated this year would receive an award for the contribution they've made to their respective communities. It was moving to see these wonderful women graciously accept their awards and to hear their stories of strength, courage and resilience.

Congratulations to all the women who were nominated:

Deborah Mellet, Terry Schlicht, Wendy Bastow, Jennifer Trone, Evelyn Webster, Sally Conning, Intha Chetty and Hayat Doughan.

It was a very inspirational day and empowering to see women recognised for the work they do to better the community.



## Meet our new recruits!



L-R: Michelle, Megan, Florence, Kate

### Megan Bugden, Health Promotion Officer

I began work as a Health Promotion Officer at the beginning of November 2016 in the Prevention of Violence Against Women space, facilitating gender equity training within workplaces. I'm looking forward to expanding the reach of gender equity training into the for-profit sector this year. With a strong research background, I'm currently a PhD Candidate, part-time, in Health and Social Development at Deakin University. My research will be undertaken nationally, exploring how social and cultural pressures within Australia influence women's decisions to have or not to have children, across their lives.

### Michelle Jones, Project Coordinator

I am incredibly fortunate to be given the opportunity to work on the WHISE regional strategy for Prevention of Violence against Women and Children. I am very passionate about this space so this role is a perfect fit for me. I am also looking forward to connecting with organisations across the areas and to improve services to the community.

### Florence Chan, Health Promotion Officer

I am ecstatic to have joined the Health Promotion team at WHISE, predominately working within the Sexual and Reproductive Health (SRH) space. I am excited to be able to advocate for women's SRH rights and accessibility to services and programs. At the moment, I am developing a Service Map of all the SRH services, programs and initiatives in the Southern Metropolitan Region. This is informed by over 36 of our stakeholders. The Service Map will, in turn, inform a Needs Analysis which will identify gaps, priorities and unmet needs. I look forward to be able positively contribute to the health and wellbeing of women.

### Kate Lowsby, Project Coordinator

As the new coordinator for the OMAC (Office of Multicultural Affairs and Citizenship) Project, I am looking forward to the challenging and rewarding work to be done implementing PVAW programs in asylum seeker and refugee communities. This role has provided me an ideal platform to utilise my skills and interests in women's health and working with culturally and linguistically diverse communities. I am eager to support and work alongside these communities to prevent violence against women and enable better health outcomes in our region.

# Preventing Violence Together, Partnership (PVTP) Project

As experts in the prevention of violence against women and their children (PVAW&C), WHISE is leading the Regional Strategy 'Preventing Violence Together: A Strategy for the Southern Metropolitan Region', which was implemented last year in March.

This strategy utilises a collaborative approach to enable organisations in our region to collectively prevent violence against women and their children. As part of this strategy, WHISE co-designed and delivered training to establish gender equity across workplaces.

After training many not-for-profit organisations, WHISE is now looking to expand into for-profit corporates and small business organisations, which we anticipate will make a greater impact across the Southern Metropolitan region.

This project will aim to address drivers of family violence at an individual, organisational and

societal level, in line with research conducted and implemented by VicHealth (2007; 2015) and Our Watch (2015).

We are very excited about the project and have already received written support from many large organisations keen to be involved.

Watch this space!



# Farewell to Sue Glasgow

In February, we said goodbye to WHISE CEO, Sue Glasgow.

The team at WHISE would like to thank Sue for her leadership, advocacy for women's health, and the many years she has dedicated to WHISE.

Sue has put a lot of blood, sweat and tears into this organisation, paving the way for the team to continue the important work in preventing violence against women, as well as advocating for improved health services for women.

We wish Sue all the very best for her exciting adventure ahead!



# Health Bites

## With PapScreen Victoria

### Have a cervix? Then you need this test

A new campaign empowers LGBTIQ people with a cervix to have regular cervical screening.

Regardless of your sexual or gender identity, you need cervical screening if “your bits have ever touched anyone else’s bits – ever,” says the tongue-in-cheek campaign video.

The PapScreen Victoria campaign was based on a survey of people who identify as LGBTIQ with cervixes that found that one in five people had never had a Pap test. Of these the top two reasons for never having a Pap test was that they were embarrassed or frightened, or that they didn’t need one.



The campaign offers useful information for the community, such as links to health providers across Australia who have been recommended by the community as being sensitive to LGBTIQ people.

For tips on how to make your next cervical screening more stress-free: visit [www.papscreen.org.au/LGBTIQ](http://www.papscreen.org.au/LGBTIQ)

### Further examination of the burden of disease

In November last year, ANROWS released new calculations on the impact of intimate partner violence on women’s health. The Burden of Disease study measures both fatal and non-fatal health impacts of intimate partner violence. In a world first, the study provides estimates of the burden of disease of intimate partner violence that include emotional abuse.

The researchers completed calculations using a range of definitions of intimate partner. These additional estimates allow policy makers and advocates to have data to hand that matches the definition of intimate partner that they are using in their work.

For example, the study found that:

- Using a broad definition of intimate partner (physical and sexual violence by a cohabiting or non-cohabiting partner, as well as emotional abuse by a cohabiting partner):
  - o for women aged 18-44 years intimate partner violence was the leading cause of disease burden.
  - o for all adult women (18+) intimate partner violence was the 7th leading cause of disease burden.
- Using a narrower definition of intimate partner (physical and sexual violence by a cohabiting partner only):
  - o for women aged 18-44 years intimate partner violence was the second leading cause of disease burden.
  - o for all adult women (18+) intimate partner violence was the 9th leading cause of disease burden.

# Get Involved

## Harmony Day

WHISE is pleased to support cultural diversity in the City of Greater Dandenong. To celebrate Harmony Day 2017, WHISE is participating in the Harmony Day Festival to promote understanding and respect, to increase social connectedness and to celebrate diversity through appreciation and sharing of different cultural experiences.

The event will include:

- An international dress parade
- A multicultural concert
- A cultural souk (community stalls with interactive cultural activities).

The WHISE Settlement team will have a stall with Harmony Day badges for decoration, gift bags and other surprises - all for free!!

A fantastic event for all to enjoy and partake in - be sure to drop by and say hello!

Date: Wednesday  
22 March  
Time: 12 noon to 8pm  
Venue: Harmony Square,  
225 Lonsdale St,  
Dandenong

## Settlement Services

### New to Australia?

**We would love to help you!**

- Assistance with forms
- Centrelink issues
- Health information and referrals

**or just pop in for a chat!**

Volunteer home visiting program available for women within our region who have lived in Australia for less than 5 years. Contact us to find out if you are eligible

**Call us to find out more - 9794 8677**

### BreastScreen Victoria's Mobile Screening Service is coming to Palm Plaza, Dandenong

A regular breast screen could save your life.

10 minutes • free • women 40 and over • with a female radiographer

GROUP BOOKING WITH WHISE

When: Thursday 30 March Time: 1-3pm

Where: Palm Plaza, Dandenong

If you would like to attend, please contact Shehani Cramer, WHISE Settlement Services Officer on (03) 9794 8677



www.whise.org.au • T: (03) 9794 8677

2/31 Princes Highway, Dandenong VIC 3175

Find us on Facebook: [www.facebook.com/whisewomen](http://www.facebook.com/whisewomen)



## **Research project participant recruitment**

Are you a woman who has no children, is living in Australia and aged 65 years or more?

If so, we would love to hear from you.

We are conducting research about life in Australian society for women with no children.

If you would like to take part, please visit the following link to complete the anonymous online questionnaire, which will take around 30 minutes of your time.

<https://www.surveymonkey.com/r/life-in-Australian-society-for-women-aged-64-or-more-with-no-children>

For further information, please read 'project information' below, and revisit this page regularly. More information will be added as the research continues.

### **Project information:**

The purpose of this research project is to explore and describe life in Australian society for women aged 65 years or over, who do not currently have any biological children (that is, children they have given birth to) and do not consider themselves to be the mother of any step, adopted or fostered children.

Participation and connectedness in different areas of life are important influences on our health and wellbeing. While the number of women in Australia who have no children is increasing, there is much we do not know about their resources and opportunities for participation in everyday life in Australian society.

# The SHAPE Project

## [Sexual Health & Ageing, Perspectives and Education]

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### Project Flyer for Participants

The Sexual Health & Ageing, Perspectives and Education (SHAPE) Project presents a unique opportunity for you to participate in research to improve the wellbeing of older people. Sexual health is an important component of health and well-being, and sexual activity enhances physical and mental health during ageing.

Whilst discussion of sexual health is seen as routine in general practice for younger adults, this is not the case for older patients. However, research has found that many older people would value the opportunity to discuss sexual health.

This pilot project is designed to explore the challenges in undertaking these conversations, as well as collecting ideas on the ways these challenges might be overcome. We welcome your views, regardless of whether you are currently sexually active or not. The SHAPE Project was designed by the School of Population and Global Health, in conjunction with the Department of General Practice, the University of Melbourne, as the first step to understanding this important issue in Australia.



We are calling for older patients aged 60 years and over to take part in short, one-on-one interviews, either over the telephone or face-to-face. If you would like to be involved, please contact:

**Project Manager: Dr Sue Malta 03 9035 7737 or [smalta@unimelb.edu.au](mailto:smalta@unimelb.edu.au)**

**Our project partners include the National Ageing Research Institute, the Royal Women's Hospital, Andrology Australia, the Melbourne Sexual Health Clinic, Council of the Ageing (COTA) and Women's Health in the South East (WHISE)**

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# MEMBERSHIP APPLICATION FORM for Individuals/ Organisations/ Associations

Please complete and return to: Women's Health in the South East, 2/31 Princes Highway, Dandenong. Vic 3175  
Ph: (03) 9794 8677 Fax: (03) 9793 1866 Email: [whise@whise.org.au](mailto:whise@whise.org.au)

**I am a new Member**  
\*Please fill out all of the following information

**I am renewing my membership**  
\*Please add name, update details if necessary sign and date.

Please indicate membership type applicable to you:

**Individual Member**  
Individual members are 18 or over who live, work or study in the Southern Metropolitan Region

**Organisational Member**  
Organisational members include women's groups, agencies and community organisations located in the Southern Metropolitan Region who share the visions and goals of WHISE as defined in the Statement of Purpose. Each group/organisation is entitled to appoint **one** female representative whom is able to submit **one** vote on behalf of the group/organisation.

**Associate Member**  
Women with an interest in and commitment to women's health who do not meet the criteria for individual membership can apply to become associate members. Please note voting rights do not apply and you must be endorsed by a current individual member.

### Personal Details:

First Name:..... Last Name:.....

Address:..... Suburb:.....

Post Code:..... Home Ph:..... Mobile No:.....

Email:.....

Preferred method of contact:  Post  Email

Are you happy to receive information from WHISE via email?  Yes  No

Membership is free and entitles you to vote, stand for election as a member of the Board, the opportunity to attend WHISE events and inclusion on our mailing list. Membership is for the current year only and expires at the end of every Annual General Meeting. If you wish to vote at the next Annual General Meeting, you **must** renew your membership before June 30<sup>th</sup> to be eligible to vote.

As a member of the Association I shall at all times comply with the rules of the service. I accept that Women's Health in the South East's Constitution requires that my name, address and date of entry into membership shall be kept in a membership register and that this is available for inspection by the members at the address of Women's Health in the South East for the purposes of the Association.

**Signature of applicant:** ..... **Date:** .....